

SEABEE COURIER

www.cnbc.navy.mil/gulfport

Vol. 55 No. 28

Naval Construction Battalion Center, Gulfport, Mississippi

July 23, 2015

NAVSCIATTS

Our neighbors to the northwest



STENNIS SPACE CENTER, Miss. - International students take part in a training evolution as part of the Patrol Craft Officer Coastal course at Naval Small Craft Instruction and Technical Training School (NAVSCIATTS). The course provides students the specialized training in the employment and operation of a Patrol Craft conducting security operations in littoral and coastal environments supporting interdiction, counter-terrorism and counter-

narcotics operations. NAVSCIATTS is a Department of the Navy schoolhouse that operates under the United States Special Operations Command, which trains and educates Partner Nation Security Forces on a wide range of topics including small craft strategy, operations, communications, weapons, maintenance and instructor development. (U.S. Navy photo by Senior Chief Mass Communication Specialist Gary Ward/Released)

Center Events

Change of Command
Naval Construction Battalion Center Gulfport
July 30, 8:30 a.m., Training Hall
Capt. Paul Odenthal will be relieved
by Capt. Cheryl Hansen

Change of Command
Naval Construction Group (NCG) TWO
July 30, 1 p.m., Training Hall
Capt. John Adametz will be relieved
by Capt. Paul Odenthal

Statement by Rear Adm. Jackson during July 22 Chattanooga Law Enforcement Press Conference

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Capt. Paul Odenthal
Public Affairs Officer
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From Navy Region Southeast Public Affairs

CHATTANOOGA, Tenn. (NNS) -- Just six days ago, a senseless act of violence at both the Chattanooga Navy Recruiting Station and the Navy Operational Support Center claimed the lives of five members of our Department of Navy family.

My deepest sympathies remain with the families of our Sailor and four Marines whose lives were taken during these unimaginable acts of violence. The grave impact reaches far and wide.

On behalf of Navy leadership, I would especially like to thank the Chattanooga Police Department under the leadership of Chief Fletcher, and the first responders who reacted and responded with such veracity and determination that they most certainly saved lives.

Additionally, the leadership from, and the coordination amongst the federal, state, and local law enforcement agencies to conduct a thorough investigation are

comprehensive and reassuring.

We are committed to work with our partners in law enforcement represented here with me on this stage to investigate, review and guard against future vulnerabilities and to safeguard the security of our service members and their families. It is an absolute imperative.

Throughout our nation's history, Sailors and Marines have served overseas, in harm's way, and have experienced the deep and lasting pain of combat loss. Today, here at home, we feel that pain.

And, at the same time, we are reminded that we serve with and alongside brave and valiant Sailors and Marines -- just like those at the Recruiting Center and Naval Operational Support Center who are well trained and responded courageously under fire -- the best our nation has to offer.

In the days ahead, our priority will be to take care of the families of those affected.

While the tragedy in Chat-

tanooga is both devastating and senseless, the healing process is ongoing. We have brought to town a cadre of chaplains and grief counselors that are here to bolster our service members and their families, and to fold into the great efforts that are already being offered.

The citizens of Chattanooga have been incredibly generous with their thoughts and prayers, which are foundational and continue to make a huge difference during the process of recovery.

There is significant interest in the well-being of Petty Officer Smith's family, and the same is true for the families of our fallen Marines. I have met with Mrs. Smith; she is a remarkable and resilient woman facing a horrific tragedy. She is appreciative of everyone who has expressed their concern, yet she asks for your understanding in respecting her privacy as she moves ahead during this difficult time.

I can assure you, without a doubt, that we are honored and humbled to



The American flag is flown at half-mast at Naval Construction Battalion Center Gulfport, July 23, 2015. The flag will remain at half-mast through July 25 to honor each service member killed by a gunman in Chattanooga, Tenn. (U.S. Navy photo by Rob Mims/Released)

serve our nation, both at home and overseas. What Chattanooga has done to rally during this difficult time is the epitome of why we serve.
God Bless America.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French
You don't have to walk this path alone
This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process
For Active Duty females who have been sexually assaulted as adults
Call FFSC at (228) 871-3000

Safe Helpline
Sexual Assault Support for the DoD Community
Live 1-on-1 Help Confidential Worldwide 24/7
Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



The Menu Review Board met at the Colmer Dining Facility on board NCBC Gulfport, July 16. The meeting consisted of an in-depth discussion on current menu choices available to base active duty military personnel and possible changes that could be arranged. The Review Board offered five different food vendors who provided samples of available foods they have to offer to the military branches located on the Mississippi Gulf Coast. (U.S. Navy photos by Builder Constructionman Samantha Opyoke/Released)

Colmer Dining Facility hosts Menu Review Board

By BUCN Samantha Opyoke
NCBC Public Affairs

The Colmer Dining Facility, also known as "The Galley" on board NCBC Gulfport, requested feedback on their menu selections by hosting a Menu Review Board, July 16. The board consisted of an in-depth discussion on current menu choices available to base active duty military personnel and possible changes that could be arranged.

Senior Chief Ryan Albrecht, Leading Culinary Specialist at the dining facility said they are consistently improving the food selection and dining experience at the Galley and encourages more service members to dine with them.

"We always try to maintain the high standards that we set and are always trying to provide the best quality products for our service members," said Albrecht.

The review board provided food samples from five different food vendors who supply food products to the military branches located on the Mississippi Gulf Coast. The vendors were: Nestle, Key Impact, Performance Marketing, Creative Food Sales, and Marketing and Advantage Waypoint. All

of the vendors offered foods ranging from protein selections to an assortment of fried foods. Service members who attended the review board were asked to rate the food they sampled in order of preference.

Colmer Dining Facility is currently a "Five Star" Navy Dining Facility and a recipient of the Captain Edward F. Ney Award for food service excellence. The Ney award is given to Galleys that earn a five-star rating from a Navy evaluation team after a one-day, surprise inspection.

"Our goal here at Colmer Dining Facility is to continue to sustain the performance at the Galley and to continue winning the Ney award for our hard work and efforts," said Albrecht. He said the dining facility is passionate about outstanding food service and wishes to provide the best quality foods possible to military personnel.

Colmer Dining Facility hours of operation are: Monday – Friday, 5:45 a.m. to 7:45 p.m. for breakfast; 11 a.m. - 12:30 p.m. for lunch; and 4:30 to 6:30 p.m. for dinner. On weekends, the hours of operation are: 9 a.m. to noon for brunch; and 4 to 5:30 p.m. for dinner. For more information, contact the dining facility at: 228-871-3459.



Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

"Where do you want to be five years from now in your career?"



SWCA Danny Pham
NMCB 1
Hometown: Seattle, Wash.

"I see myself as a petty officer stationed on the West Coast, hopefully in NMCB 3."



BU3(SCW) Janelle Jones
NMCB 1
Hometown: Kona, Hawaii

"I would like to be a 2nd Class petty officer stationed on shore duty in Italy."



BUCN Isaac Ramos
NMCB 1
Hometown: San Antonio, Texas

"A 2nd Class petty officer in a battalion."

Blood Drive

July 29, Noon - 4:30 p.m.

Liberty Center, Building 365

For an appointment, visit www.redcrossblood.org and use sponsor code: SEABEENG2.

Be sure to bring photo ID or American Red Cross Donor Card





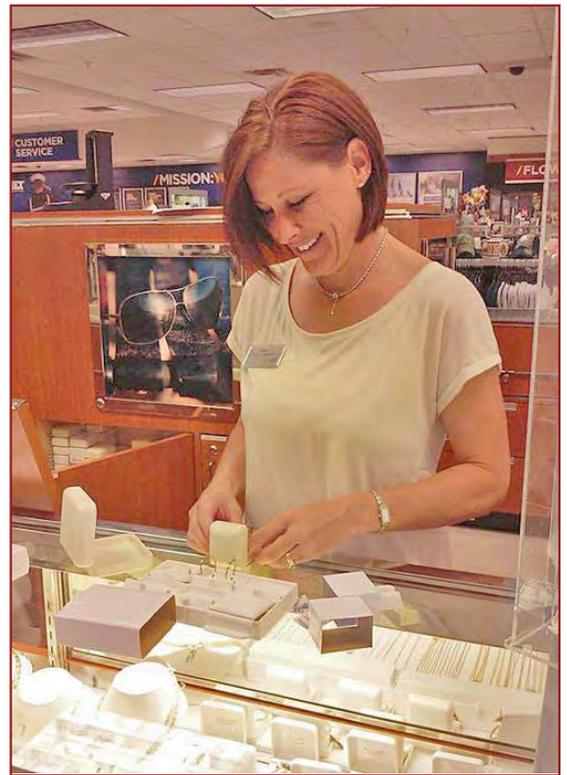
AROUND THE CENTER



Josh Watson, right, Information Tickets and Travel (ITT) manager assists Ken Schmidt with travel options as he looks at brochures available in the ITT office on board NCBC Gulfport, July 15. ITT's hours of operation are Monday through Friday, 10 a.m. to 4:30 p.m., Saturday, 10 a.m. to 2 p.m., Sunday, closed. (U.S. Navy photo by Builder Constructionman Alexandria Marek/Released)



Equipment Operator Constructionman Apprentice Sawyer Buck, left, and Builder Constructionman Apprentice Breanna Weston assigned to Naval Mobile Construction Battalion (NMCB) 133, load personal gear into a trailer onboard NCBC Gulfport, July 17. The battalion is preparing for their field training exercise. (U.S. Navy photo by Builder Constructionman Alexandria Marek/Released)



June Weddle, Navy Exchange (NEX) lead sales associate, prices merchandise on board NCBC Gulfport, July 14. The NEX's hours of operation are Monday through Saturday from 9 a.m. to 8 p.m., and Sunday from 10 a.m. to 6 p.m. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

July 23, 2015

Seabee Courier

NCBC under Construction

Beginning July 28, traffic delays may be experienced at the Broad Avenue Gate and 28th Street Gate due to construction activities. No major inbound/outbound lane or gate closures are anticipated.

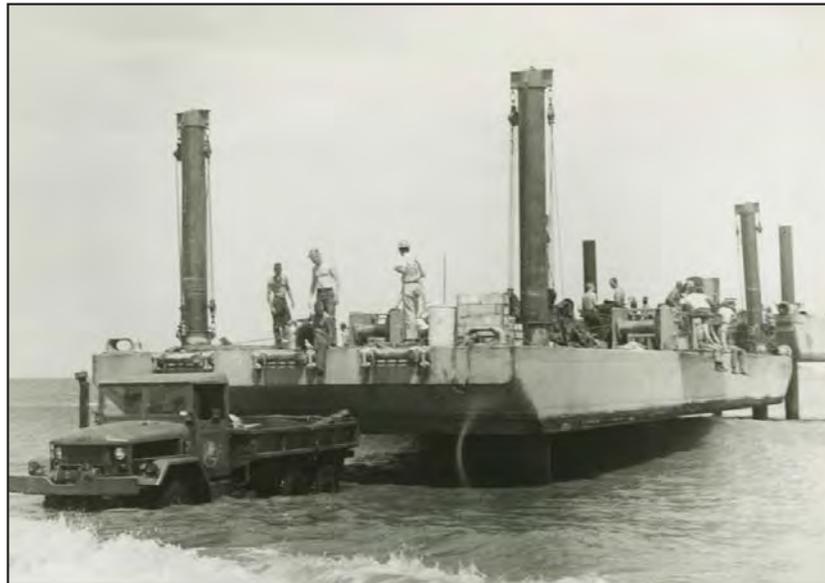
Construction is scheduled to be complete by the end of November.

We apologize for any inconvenience.



Back in time . . .

Seabee history - Vietnam Era



One of the first examples of the AMMI Bridge in action was during Vietnam by Naval Mobile Construction Battalion (NMCB) 53 in 1967. Approximately 150 linear feet of bridge were erected on Route 1 south of DaNang and 650 linear feet were erected across the Perfume River west of Hue. At one place in the crossing the river was 37 feet deep. The height of the bridge deck over normal river level was 21 feet. But during the winter monsoon the river rose to five feet over the bridge deck. The ground appeared to be washed out, but the bridge was undamaged and remained in full operation. In March 1969, a Viet Cong saboteur severed one pipe pile of this bridge; however, the bridge remained in partial service and was restored to full traffic within a few days. This enabled supplies to still reach their destination without the delays and setbacks that a normal pontoon bridge would have taken. (Photo courtesy of U.S. Navy Seabee Museum/Released)

This week in Seabee History

July 19

1968: NMCB 7's main body, consisting of 11 officers and 491 enlisted men, was airlifted from Davisville, R.I. to Da Nang, Republic of Vietnam (RVN) aboard eight C-141 aircraft provided by the Military Airlift Command and shuttled from there to Dong Ha Combat Base, RVN, on C-130 aircraft provided by the 7th Air Force.

July 20

1968: Main body of NMCB 7 departed Davisville, R.I. for duty at Dong Ha, RVN.
1969: Camp Campbell, Phu Bai, RVN was officially turned over by NMCB 40 to NMCB 1.

July 21

1969: Main body of NMCB 40 arrived at Davisville, R.I. from Phu Bai, Republic of Vietnam.

July 22

1968: Master Chief William H. Shannon became the first Seabee Senior Enlisted Advisor to the Commander of the Naval Facilities Engineering Command and Chief of the Navy Civil Engineers.

July 23

1943: 111th NCB commissioned at NCTC Camp Peary, Magruder, Va.

July 24

1940: Rear Admiral Ben Moreell approves plans for Naval Air Station, Quonset Point, R.I. This will later become the first home for the Naval Construction Force in 1941.

1971: Seabee Team 0108 arrived at Davisville, R.I. from Palau, Trust Territories of the Pacific Islands, for reassignment to NMCB 1.

July 25

2014: NMCB 74 decommissioned at NCBC, Gulfport, Miss.

WPN promotes education and mentorship for all Sailors

By BUCN Elizabeth Mills
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport hosted a Women's Professional Network (WPN) presentation at the Training Hall, July 10. The WPN is a program designed to brief service members and their families about current Navy policies, regulations and topics of interest.

"The Women's Professional Network, also known as the WPN, provides mentorship and networking opportunities to Sailors for numerous topics affecting female officer and enlisted personnel, and for topics that are important in making informed career and leadership decisions," said Cmdr. Heather Walton,

commanding officer of Naval Construction Training Center, Gulfport. "While membership primarily consists of women, it's open to all Sailors, regardless of gender or grade. It's a great opportunity to foster, educate, and enlighten Sailors discussing topics affecting women's policy, trends, and careers."

Representatives from Naval Branch Health Clinic, Fleet and Family Support Center (FFSC), Tricare were on hand to offer guidance and information on:

- ~ Exceptional Family Member Program (EFMP), a program designed to identify family members with special medical, psychological or educational needs related to acute and chronic medical and educational conditions

- ~ Family care plans
- ~ Maternity and postpartum issues
- ~ Single and dual military issues
- ~ Tricare policies
- ~ Pediatric advice regarding sleeping with a baby and Sudden Infant Death Syndrome (SIDS), and car seat safety
- ~ Creative ideas to keep in touch when family members are deployed
- ~ New Navy maternity policy

"Being a part of the WPN allows me the opportunity to educate others on what we do and to provide networking, education, and mentorship to those who want to expand their professional growth and knowledge," said Walton. "I've had many great mentors throughout my career and want to provide that same mentorship to other Sailors."

240th Anniversary Navy Ball

An area Navy Birthday Ball will be held from 6 – 10 p.m., Oct. 3, at Oak Crest Mansion Inn, 5267 Menge Ave., Pass Christian. Ticket sales (limited to 200), are expected to begin Aug. 15. Prices are pending, but finalization is expected by Aug. 1. Stennis Navy Ball Representative is Ensign Theresa Schultz, 228-688-5583/5479 or Theresa.schultz@navy.mil. For more information visit: <https://www.facebook.com/sscnavyball> or <http://msgulfcoastnavyball.weebly.com/> (doesn't work on NMCI).

Calling all Creatives! Show the Navy what responsible drinking means to you

By Chief of Naval Personnel Public Affairs

This summer, the Navy Alcohol and Drug Abuse Prevention (NADAP) Office is hosting a contest for Sailors to submit their ideas for a new poster and slogan for the "Keep What You've Earned" (KWYE) campaign.

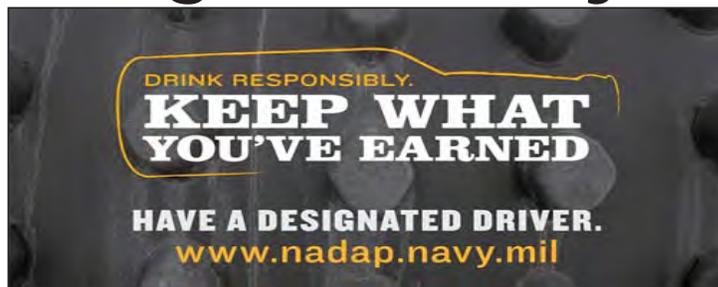
Now is your chance to put your creativity to the test, show the Navy what responsible drinking means to you and help your shipmates make smart decisions.

The KWYE campaign recognizes how hard you've worked to be successful in your career. As a Sailor, you've made sacrifices in your life, including choosing a more responsible lifestyle than perhaps some of your peers outside of the Navy. The campaign encourages you to celebrate all that you have accomplished during your time in the Navy, and to protect your career, life, and

the lives of those around you by choosing to drink responsibly. But what does responsible drinking mean to YOU?

If you've ever been at a bar with your friends and wanted to scream "Stop embarrassing yourself!", or woken up after a night out and wished you had passed up on that extra beer, here's your opportunity to remind others not to make the same mistake. If you've ever been worried about a friend's drinking habits but didn't know how to speak up, this is your chance to have a voice. If you've watched a Sailor get in a car with someone who has been drinking, now is the time to get your message out there and encourage responsible decision-making.

The "Keep What You've Earned" campaign needs your help spreading these messages of responsible drinking to the Navy community. The campaign encourages all Sail-



ors with creative and meaningful messages about responsible drinking to participate in the poster contest.

Please email your submissions and any questions to sara.sisung.ctr@navy.mil by Aug. 31. There is no limit on the number of submissions per Sailor, so feel free to explore all of your slogan and design ideas. If you win, your poster will be featured on the NADAP website and will be available for download by our campaign partners. You will serve a pivotal role in helping the campaign find new, creative ways

to promote responsible decision-making in the Navy.

To learn more about the KWYE poster contest and read guidelines on how to submit your ideas please visit www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/Pages/default2.aspx and go directly to the KWYE Poster Contest Description and Instructions for Use.

As a Sailor you make important decisions every day. It's in your hands to prevent instances of irresponsible alcohol use in the Navy and protect your fellow shipmates.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

Yard Sale - Base Housing - Aug. 15, 8 a.m. - 1 p.m. Balfour Beatty Communities will post advertising info on FaceBook. For more information, call the Housing Office at 228-863-0424 or email lladner@bbcgrp.com

NMCB 4 - Fiesta Days



Left: CAMARILLO, Calif. - Construction Electrician 3rd Class Lucia Banelos, assigned to Naval Mobile Construction Battalion (NMCB) 4, shows a guest how to properly don a helmet and Kevlar body armor during the City of Camarillo Fiesta Days, July 15.

Above: Utilitiesman 2nd Class Alfred Acosta, assigned to Naval Mobile Construction Battalion (NMCB) 4, talks with visitor about the different types of vehicles and equipment Seabees use during daily operations, at the City of Camarillo Fiesta Days. (U.S. Navy photos by Utilitiesman 2nd Class John Tharp/ Released)

July 23, 2015

Seabee Courier

NMCB 133 'Roos



train in the field



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 conduct a field training exercise (FTX) at Camp Shelby, Miss. During FTX, the battalion will assess its operational and administrative strong points, as well as areas of improvement. Since battalion personnel are comprised of various levels of experience,

newer Seabees will rely on the more seasoned Bees for help. The evolution will test the battalion's capability to operate independently in a tactical field environment. Upon successful completion of the FTX and Final Evaluation Problem (FEP), NMCB 133 will be deployment ready. (U.S. Navy photos/Released)

July 23, 2015

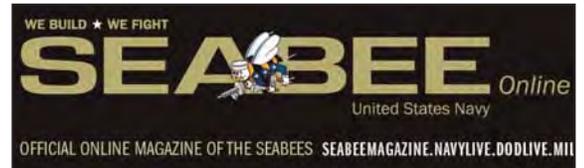


Sponsored by Balfour Beatty Communities

NCBC Security is Promoting Crime Prevention, Police-Community Partnership and Neighborhood Unity by participating in National Night Out

- ~ Aug. 4, 5 - 8 p.m., south of the Housing Pool on Holloway Drive
- ~ FREE give away items for all
- ~ Unlimited FREE snowballs
- ~ DJ for entertainment
- ~ Bounce House for kids and MORE!

Come out for a great time!



20th Annual Seabee Volkslauf

MUD RUN 2015

SATURDAY
SEPT 19TH
@ 7 am
Family Fun Run @ 9 am
AT NAVAL
CONSTRUCTION
BATTALION CENTER
GULFPORT, MS
OPEN TO THE
PUBLIC
Gates open at
5:30am

REGISTER &
INFO ON

<https://register.chronotrack.com/r/13782>
 228-871-2669

Medals & T-Shirts

NAVY FEDERAL Credit Union | USAA | BEX

Seabee Courier

Focus on Education

Fostering good will throughout the world



BATTAMBANG PROVINCE, Cambodia
Hospital Corpsman 3rd Class Andres Castaneda, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 5, demonstrates how to properly use a tooth brush with a child at Homeland Orphanage in Battambang City, Cambodia, July 11. NMCB 5's Civic Construction Action Detail (CCAD) Cambodia Seabees volunteered at the orphanage handing out hygiene products, giving haircuts and playing games with the children. The CCAD's mission is to execute engineering civic assistance projects, conduct skills exchanges with the host nation, and perform community relations events to help enhance shared capabilities and maintain relationships. (U.S. Navy photo by Builder 3rd Class Eric Fredericks /Released)

Parental Alert Internet imposters may be watching your children

By **UCN Alexandria Marek**
NCBC Public Affairs

According to Global Data Snapshot, in 2014, there were a recorded 2,484,915,152 Internet users in the world. The Internet has become an everyday tool in today's society. Many schools even require students use the Internet for projects and reports.

Although the Internet can be a very educational and useful tool it can also be dangerous. There are many Internet predators, who try to access personal information, pose as people they are not on social media sites or hack into users' computers. Here are some tips to keep your family safe when using the Internet:

~ Remember, not everyone is who they seem to be on the Internet, especially on social media sites. If a child or teen has a social media account they should be open with parents about who they are talking to. Parents should have access to their children's accounts at all times.

~ Remind your children or teen never to

give too much information to someone they met online because they might not be who they say they are.

~ Make sure that you children or teen knows what kind of personal information is and isn't ok to give out and to whom. Addresses or phone numbers, credit card numbers and bank account numbers are not the kind of information to give out without parental consent.

~ Cyber bullying is unfortunately a reoccurring problem in teens and young adults. Explain to your children that it's not ok to participate in this nor is it ok to start it. It's a crime!

~ Inform children that anything put online - a post on social media, a photo, a tweet, or any other type of posted information is virtually there forever. Somehow, some way, someone can access it. Be sure to discuss what pictures and posts are appropriate for the Internet.

~ There are many ways to surpass firewalls to get to information from within your computer. There are also numerous viruses that can ruin data on a computer. Virus protection is an important tool to add to your computer to reduce the risk.

For issues dealing with online stealing, computer hacking, or similar suspicious activity, visit the Internet Crime Complaint Center (IC3) at www.ic3.gov. To report suspicious activity involving the sexual exploitation of children, visit the Cyber Tip Line at www.cybertipline.com. This site also deals with amber alerts, child sex trafficking, child victim identification and sex offender tracking.



Education Notes

Smooth Moves

Moving in the next few months? Take the Smooth Moves Class at FFSC, Aug. 5, 9 a.m. - Noon. Pre-registration is requested for all classes. Call 228-871-3000 to reserve your space!

CCC Fall "A" Registration

Registration for the Coastline Community College Fall "A" Term which runs from Aug. 24 to Oct. 18, will take place June 22 - Aug. 17. Additional information may be obtained in the Navy College Office, Building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or email at ddrye@coastline.edu.

Navy-wide Advancement Exams

Advancement exams will take place as follows at Building 433 (Tactical Training Facility): Sept. 3 (E6), Sept. 10 (E5), Sept. 17 (E4) Doors open at 6:30 a.m. Be in the Uniform of the Day and bring valid CAC.

BACK TO SCHOOL HEALTH/ WELLNESS FAIR

City of Gulfport
Aug. 1, 9 a.m. - Noon
Barksdale Pavillion - Jones Park

Events:

- ~ Children's Activities
- ~ Tennis Sport Court
- ~ Free Health Screenings
- ~ Bicycle Safety Course
- ~ Free Handouts/Drawings

- Over 40 Organizations!
- Imagination Playground
- Humane Society Pet Adoptions
- WINGS Performing Arts
- Summer Camp will be presenting songs from The Lion King



Additional Parking north of Highway 90 (cross by foot at the 20th Avenue entrance)

NCBC Gulfport
School Liaison Officer Kevin Byrd
MWR, Building 352, 1706 Bainbridge Ave.
Phone: 228-871-2117
email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Culture or Torture? *Lessons learned while traveling with kids*

Ah, Summertime ... that happy time of year when, after months of running the veritable hamster wheel of work, school, bills, and chores, we finally loosen up and have a little fun.

Hike the Appalachian Trail? Take a Caribbean Cruise? Stay at a B&B in the French countryside? Camp in the Grand Canyon? Sight-see at Yosemite? Rent a beach house in the Outer Banks?

Simple, adventurous or extravagant, the point is to relax and have a good time.

But wait. Hold up. Just a sec. [Cue tire-screaming sound effects.] What do we do with the kids?

Unless you have a team of well paid nannies who will keep your offspring entertained at home all week (not likely on our military budget) then I've got some bad news: the kids are coming along.

Instead of leisurely lunching on brie and wine at a Parisian street café, you'll find yourself at nibbling nuggets at the McDonalds on the Champs d'Elysie. Rather than braving class 4 rapids on Pennsylvania's Ohio Pyle Gorge, you'll be splashing the sticky cotton candy off your face on the log-jam at Six Flags. Forget about scheduling your couples massage at the spa, because you'll be wading in a suspiciously cloudy kiddie pool at a

motel off the interstate.

Take it from me. I know.

While stationed in California, England, Virginia, Germany, and Florida, I planned countless family trips. I wanted to jam-pack our time overseas and in different states with cultural and educational experiences that our kids would appreciate for the rest of their lives.

Problem was, I forgot. Oh, yea, they're kids. Bummer.

I soon learned that kids don't want to wait two hours for traditional indigenous foods at an authentic local restaurant. They could care less about mountain scenery or sylvan country settings. And they absolutely hate lingering in art and history museums.

We discovered the hard way that, unless we were planning a trip to the Threshold of Hell, we'd better figure out how to keep the kids happy.

First, we adopted The Cardinal Rule of Traveling with Children:

"Lower your expectations."

Don't envision authentic ambiance, cultural experience, thrilling adventure and romantic interludes. Just tell yourself that your family vacation will be about as relaxing and cultural as chaperoning a fifth grade field trip to Bowl-O-Rama. With that mindset, you're

bound to be pleasantly surprised.

Next, follow the strategies I finally learned while on the brink of family vacation insanity:

~ My kids are so cultured, they have thrown up in six states and seven foreign countries. Nothing kills ambiance like the lingering scent of upchuck on your shoes, so keep gallon zip-lock bags and wet wipes in your purse at all times.

~ Take appropriate steps, literally. Bell towers, monuments, castles, sand dunes, forts and tall buildings are great places to run the "squirrelly" out of kids. Beware that you may need a portable defibrillator for yourself, but a coronary event may be worth it if it means your kids will sit through dinner.

~ Pommies fritz, furai, chips, papas fritas – whatever you call 'em, don't even think about sitting down at a restaurant that doesn't have French fries on the menu.

~ Space out. No, I'm not suggesting that you take sedatives while traveling with the kids, but find wide open spaces where you and hubby can soak up local ambiance while the rugrats spread their grubby little wings and fly. You can nibble local cheese and bread while they scare pigeons in the piazza, chase bumbees in an alpine



meadow, or roll in the grass at a city park.

~ Wet them down while you wet your whistle. When deciding where to stop for a glass of wine, look for a nearby fountain, stream, lake, pond, beach or tropical fish tank. If they can splash, throw rocks, feed ducks or tap on the glass, you have a decent chance of sipping your wine in peace.

Oh – and be sure to take lots of photos, because no matter how torturous family vacations may seem, take it from me, someday you'll look back and wish you could do it all over again.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Energy Savings Tip:

Practice conservation when watering plants and shrubs ... If you can determine how much water your plants actually need, then you won't over water them and waste water. It is important to not only understand a plant's particular watering requirements, but also evapotranspiration. Evapotranspiration (Et) is the amount of water that is evaporated from the soil and transpired through the plant's leaves. This amount of water needs to be replaced through watering. If you know your area's Et rate, you can plan the amount of water to be replaced through irrigation. Call your local water district or cooperative extension service and ask about your Et rate. Your particular microclimate will also affect evapotranspiration in different areas of your yard.



See Something, Say Something

Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

NCBC Helping Hands

ROTTEN BAYOU PARK - Volunteers are needed to plant vegetation to provide a habitat for butterflies and songbirds at Rotten Bayou Park in Diamondhead, July 27 – 31. The project is being done as part of a partnership between the Miss. Coastal Plain and Miss. State University's Gulf Coast Community Design Studio. The park is open to the public. Volunteers are also needed for a concrete put at the park the week of Aug. 3. Point of contact for more information is Kelsey Johnson at johnson.kelsey1@gmail.com or 228-436-4661.

CASA – Volunteers are needed to help Court Appointed Special Advocates for Children (CASA) unload an 18-wheeler on a Friday afternoon after 4 p.m. for a fundraising garage sale. Volunteers are also needed to build a ramp, small deck and stairway. Point of contact is Rhonda Collins, 228-865-7078 or Signey@casaharrisoncounty.org.

CHRISTIAN COLLEGIATE ACADEMY Christian Collegiate Academy, 12200 Dedeaux Road in Gulfport is looking for volunteers to assemble concrete tables and benches using concrete adhesive. The project deadline is Aug. 1. To volunteer, please contact Kathy Wall, 228-861-8337 or email

kathywall@cableone.net

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and

provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

BUILD HANDICAP RAMPS - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org.



Feds Feed Families Food Drive July 7 - Oct. 31

Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Seabee Chapel, Housing, all quarterdecks.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.face-book.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis



July 2015



MWR Program Telephone Numbers & Hours

Facility Name	Phone	Hours
Anchors and Eagles	871-4607	Tu-Th 2p-6p
Auto Skills Center	871-2804	W-Fr 12a-8p, Sat 9a-5p
Beehive	871-4009	M-Th 4:30a-10:30p, Fr 4:30a-11:30p, Sat 5a-11:30p
Fitness Center	871-2668	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	M-F 5:30a-7p, Sat-Sun 9a-4p
Child Development Center	871-2323	M-F 6a-5:30p
Seabee Cinema	871-3299	Open 30 min before showtime
ITT	871-2231	M-F 10a-4:30p, Sat-Sun 10a-2p
Liberty Center	871-4684	M-Th 10:30a-1p & 4 p-8:30p, Fr 10:30a-t30p & 4 p-11p, Sat 10 a-11p, Sun 10 a-8:30p
MWR Admin Ofc	871-2538	M-F 7:30a-4p
Outdoor Recreation	871-2127	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liason Officer	871-2117	M-F 7:30a-3:30p
Shields RV Park	871-5435	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	M-Fr 7a-1:30p
Youth Activities Center	871-2251	
SAC		M-F 6a-5:30p
Teen Center		M-F 6a-5:30p
Rec Center		Tu-Th 5:30p-8:30p, Fr 6p-9p, Sat - See Calendar

ITT
Biloxi SHUCKERS
 Tickets Available now!
 \$10-\$13 for military fans!
 Available August 7th - New Orleans Saints Tickets!

Outdoor Recreation
STAND UP PADDLE BOARD RENTAL SPECIAL!
 \$10.00 + applicable deposits
 Includes: Board, Paddle, and Safety Gear
 Reserve Yours Today! Supplies Limited

CDC
 July 6th - 31st
SUMMER READING PROGRAM!
WATER PLAY on the NEW SPLASH PADS!!!!

SEABEE CINEMA

Thursday-Sunday 24-Hour Movie Hotline
 228-871-3299

Beehive UFC
 July 11 7pm!

Fitness
PADDLEBOARD CLASSES
 JUL 11 & JUL 25, 8:30a-10:30a @ Seabee Lake Sign up at NOR or Fitness

FRIENDSHIP 5K
 JUL 23 6:00p WIN WATER PARK TICKETS!

WATER AEROBICS CLASSES
 starting July 7th Mornings, Afternoons and Evenings!

3 ON 3 WOMEN'S Basketball League
 SIGN UP JUL 1-15, START JUL 20 CAPTAINS CUP POINTS!

GROUP EXERCISE CLASSES
 Available JULY 7th PIYO, YOGA, CORE CONDITIONING and CIRCUIT TRAINING

What is PIYO? PIYO is an exercise that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements



LIBERTY*

July 2 6:30p	FREE MOVIE THURSDAY AT SEABEE CINEMA	Pick Up Coupon @ Liberty
July 4 7p	Annual Gulfport 4th of July Fireworks Display!	FREE Shuttle
July 5 11:30	67th Annual Deep Sea Fishing Rodeo	FREE Shuttle, \$5 Admission
July 7 6p	Tournament Tuesday! Hot Dog Eating Contest!	Prize to 1st Place!
July 8 6p	SHARK TRIVIA Contest! Discovery's Shark Week televised	Prize to 1st Place!
July 9 6:30p	FREE MOVIE THURSDAY AT SEABEE CINEMA	Pick Up Coupon @ Liberty
July 10 6p	BBQ and Paddle Boarding/Canoeing at Seabee Lake	FREE
July 11 11a	SHIP ISLAND Excursion	\$20
July 12 1p	BIG PLAY Fun Center-GO CART and PUTT PUTT!	\$12
July 14 6p	Tournament Tuesday-Ping Pong Tournament!	Prize to 1st Place!
July 15 6p	Food for Thought - HAVE IDEAS for Liberty fun?	FREE Pizza
July 16 6:30p	FREE MOVIE THURSDAY AT SEABEE CINEMA	Pick Up Coupon @ Liberty
July 18 4p	New Orleans Voodoo vs Tampa Bay Storm	7 FREE Passes!
July 19 9a	HUMANE SOCIETY Volunteer Trip! Please Help!	MWR LOA for all participants!
July 20 All Day	National Lollipop Day	Free Suckers!
July 21 6p	Tournament Tuesday-Pogo Stick Tournament!	Prize to 1st Place!
July 23 6:30p	FREE MOVIE THURSDAY AT SEABEE CINEMA	Pick Up Coupon @ Liberty
July 24 6p	FEAR FACTOR Night! Thrills & Chills!	Prize to 1st Place!
July 25 6p	Dinner & Shopping @ the PROMENADE!	FREE Shuttle
July 26 11a	Gulf Islands WATERPARK Trip	\$19
July 28 6p	Tournament Tuesday-Pool Tournament!	Prize to 1st Place!
July 29 12p	RED CROSS BLOOD Drive	SAVE a LIFE! (12-4)
July 30 6:30p	FREE MOVIE THURSDAY AT SEABEE CINEMA	Pick Up Coupon @ Liberty
July 31 6p	Biloxi Shuckers vs. Jackson Generals	\$11

YOUTH ACTIVITIES CENTER*

July 01 5:30-8:30 p	Clam Free	Free
July 02 5:30-8:30 p	4th of July Crafts	Free
July 07 5:30-8:30 p	Mirror Exercise	Free
July 08 5:30-8:30 p	Coke & Mentos Eruption	Free
July 09 5:30-8:30 p	Kind Hearts	Free
July 10 6-9 p	Movie Night	\$2
July 11 9:30-3:30 p	Flint Creek Water Park	\$10
July 14 5:30-8:30 p	Tie-Dye Shirts	Free
July 15 5:30-8:30 p	Picture Frames	Free
July 16 5:30-8:30 p	Wind Chimes	Free
July 17 6-9 p	Pool Party	\$4
July 18 9:30-3:30 p	Aquarium of the Americas & IMAX	\$6
July 21 5:30-8:30 p	Online Safety & Typing Race	Free
July 22 5:30-8:30 p	Youth Olympics	Free
July 23 5:30-8:30 p	My Pyramid Relay Race	Free
July 24 6-9 p	Movie Night	\$2
July 25 10 a- 3p	Cinemark Movie	\$5
July 28 5:30-8:30 p	What's Really Happening	Free
July 29 5:30-8:30 p	Basketball Challenge	Free
July 30 5:30-8:30 p	Webonauts Academy	Free
July 31 5:30-8:30 p	Pool Party	\$4

*Must be enrolled in the Youth Program to take part in Youth Activities

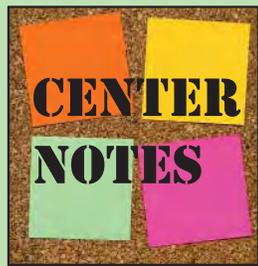
July Field Trips & Special Event SIGNUPS begin on 6/22/15

*Liberty Center and Liberty events are only open to single sailors and geo-bachelors. For updates on events, go to www.facebook.com/incbcliberty



July 23, 2015

Seabee Courier



SUPPORT

Family Readiness Groups
NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email nmcb133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS - Families Overcoming Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the

local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 for info.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday,

7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62-alumni.org>.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museumstore.org or call the gift store at 228-871-4779.

OFF LIMITS



The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of April 21, 2015.

Biloxi: YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

Gulfport: Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue; Ice Daiquiri and Ultra Lounge, 1909 East Pass Road.

Pascagoula: Bunksmall Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments or their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of Sept. 30, 2014.

Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!



Free School Supplies for Military Families (Active Duty E1-E6 and Wounded Warriors)

Operation Homefront will be passing out free school supplies (including backpacks, paper, pens, glue sticks, etc) Monday Aug. 3 from 10:30 a.m. until 1 p.m., at:

VFW Post 2434 | Lyman C Bradford Jr Post
289 Veterans Avenue
Biloxi, MS 39531

Register for the event at:

<http://events.operationhomefront.net>