

# SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

July 30, 2015

## NCBC holds change of command



CMDCM Mark Thomas, command master chief, Naval Construction Battalion Center (NCBC) Gulfport presents the command flag during a change of command ceremony held at the Training Hall on board NCBC Gulfport, July 30. During the ceremony,

Capt. Paul Odenthal, left, was relieved by Capt. Cheryl Hansen as NCBC's commanding officer. Odenthal will take the helm as Commander, Naval Construction Group (NCG) 2. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

### Center Events

Change of Command  
Navy Operational Support Center (NOSC) Gulfport  
Aug. 1, 1 p.m., NOSC Center  
4901 CBC 3rd Street, Building 114  
Cmdr. Rodrick Tester will be relieved by Cmdr. Jason McCoy

### INSIDE



*Farewell Capt. Odenthal ... pg 2*



*Welcome back NMCB 11 ... pg 7*

*Lisa Molinari - Life's a Beach ... pg 10*



# Farewell Capt. Odenthal, Welcome Capt. Hansen

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**By MCCS(SCW/SW) Jeffrey J. Pierce**  
NCBC Public Affairs

GULFPORT, Miss. - Capt. Cheryl M. Hansen, Civil Engineer Corps, relieved Capt. Paul Odenthal, Civil Engineer Corps, as commanding officer, Naval Construction Battalion Center (NCBC) Gulfport during a ceremony held at the Training Hall, July 30.

During the ceremony, Odenthal reflected upon his experience as commanding officer.

"There isn't one specific moment over the past two years that stands out to me. Rather, it's the people who worked for me," Odenthal said. "It's all their hard work, their commitment and their ability to consistently go above and beyond to take care of Sailors, Seabees and their families."

Odenthal assumed command of NCBC, June 27, 2013. As he departs his current position, his time away from being in command will be brief and his travels short as he takes the helm as Commander, Naval Construction Group (NCG) 2 on board NCBC Gulfport.

"I'm excited to go to there, but very reluctant to leave here because I love my job," Odenthal said. "However, I'll still be able to take care of Seabees, their families and their quality of life."

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, who was the guest speaker for the change of command said, "Capt. Odenthal's passion for what he does – and for the incredible professionals he has had the privilege of leading – permeates his every action," Jackson said. "I worked with him in my previous assignment, and I knew his tenacity and style. I joked with him that my visit to his base was one of my last site visits in a long list of trips around the Region, but it was also based in the fact that I had little to worry about here."

Hansen, who most recently held the position of Deputy Fleet Engineer, Commander Pacific Fleet responsible for the Pacific Fleet's Operational Environmental Readiness and infrastructure requirements will be 30th officer to assume the duties as the commanding officer of NCBC Gulfport.

"I firmly believe that each individual has the power to make a difference and that what you do matters," Hansen said. "I'm ready to give it my best as we work together to ensure that the character, culture, service and teamwork of CBC Gulfport makes a difference in the readiness of the warfighters we support and in the lives of the Seabees, Sailors, civilians and families assigned to our installation."

Jackson feels Hansen will continue the success Odenthal built while in command of NCBC Gulfport.

"As we begin another chapter in NCBC Gulfport's noteworthy history, Capt. Cheryl Hansen steps up to the plate with an impressive portfolio of qualifications and experience to build on Capt. Odenthal's accomplishments," Jackson said. "Her experience as a battalion XO, and as a CO with Marine Corps Installations Command, along with her recent position as Deputy Fleet Engineer for the Commander Pacific Fleet, have more than prepared her to take the reins and lead this installation to further excellence."

**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\_HO-TLINE@navy.mil

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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](http://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.

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# Smart energy use nets big reward



Representatives from Mississippi Power presented a \$50,000 rebate check to base officials at the Naval Construction Battalion Center (NCBC), Gulfport, July 24. The rebate check was offered as an incentive on behalf of Mississippi Power through their Energy Efficiency Program. The program is offered to large commercial/industrial businesses and government agencies for the purpose of improving the energy efficiency of businesses and government agencies within Mississippi Power's service territory. The incentive program offers \$.07 for every kilowatt hour saved for lighting projects, \$.12/kWh saved for HVAC projects, and \$.06/kWh saved for custom energy projects. The program has an annual project cap of \$50,000. The Center

received \$20,097 for an exterior LED lighting project which has an estimated savings of 287,108 kWh, and \$30,003 for a chiller replacement project which has an estimated savings of 250,025 kWh. CLEAResult is the consulting firm contracted by Mississippi Power to execute the program. Pictured from left to right: NCBC Command Master Chief Mark Thomas, Matt Schultz, Naval Facilities Command (NAVFAC) Public Works Department (PWD) Gulfport, Joe Bosco, Mississippi Power, Cmdr. Anthony Conley, NCBC executive officer, Nicole Faulk, Mississippi Power, Jason Poe, NAVFAC PWD Gulfport, and Ben Doughman, Meg Payment and Lynda Johnson, with Mississippi Power. (U.S. Navy photo by Rob Mims/Released)

# Navy announces Command Senior Chief Rating

From Chief of Naval Personnel

NAVADMIN 177/15, released July 29, establishes the Command Senior Chief (CMDCS) rating to provide earlier leadership opportunity for senior enlisted.

Initial eligibility for conversion to the CMDCS Rating will be those active duty Sailors assigned the 9578 Navy Enlisted Classification (NEC). All future conversions to the CMDCS rating will be through the annual CMDCS administrative selection board.

"The CMDCS rating strengthens the command leadership triad and provides our very best senior chiefs increased responsibilities in this rating while enabling greater levels of experience as they advance through the ranks," said Fleet Master Chief April Beldo, fleet master chief for Manpower, Personnel, Training and Education (MPT&E).

Sailors with a 9578 NEC must request conversion or decline conversion to the rating by submitting NAVPERS Form 1306/7 to the command master chief detailer, no later than Aug. 31.

This is a one-time opportunity for those eligible to convert. Future conversion to the CMDCS rate will be automatic from the annual administrative selection board.

Although highly encouraged, Sailors holding the 9578 NEC do not have to convert to the CMDCS rating. Those requesting not to convert will remain in the program until their projected rotation date (PRD), and will then be made available to their respective source rating detailer when in the detailing window.

For more information, read the NAVADMIN 177/15 at the Navy Personnel Command website [www.npc.navy.mil](http://www.npc.navy.mil).

July 30, 2015

Seabee Courier

## 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)

### 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.



Lt. Cmdr. Davin Rieke, an attorney with the Victims Legal Counsel gives a brief to Expeditionary Combat Skills (ECS) students on board NCBC Gulfport, July 27. The brief was to inform students about victims' rights under the Uniform Code of Military Justice. (U.S. Navy photo by Builder Constructionman Alexandria Marek/Released)

## Local VLC is here to help those in need of assistance

By BUCN Alexandria Marek  
NCBC Public Affairs

Lt. Cmdr. Davin Rieke, an attorney with the Navy's Victims Legal Counsel (VLC) Program, spoke with Expeditionary Combat Skills students about program details during a briefing on board NCBC Gulfport, July 27.

Established in January 2014, VLC offers legal services to eligible victims of sexual assault. VLC services are available to active duty, Reservists, minor and adult dependents and retirees at no charge.

VLC is its own independent entity, separate from prosecutors, defense counsel, the victim's command or the offender's command. Communications between attorney and client are completely confidential.

Victim services offered include advice regarding the military justice system, assistance in filing a restricted or unrestricted report of sexual assault and providing information on the availability of mental and emotional health counseling services.

VLCs services also include advising victims on what their responsibilities are in court,

how court is conducted, how the victim advocate assists them and the rights afforded to the victim under Victim Witness Assistance Program.

VLC works hard to ensure the victim knows their eligibility for military/veteran benefits and availability of legal assistance counsel to help with personal legal matters. The program collaborates with the victim's command, investigators and trial counsel. The attorney will attend interviews and court proceedings for the victim.

The VLC program representatives work closely with the Sexual Assault Response Coordinator (SARC), the Veterans Administration (VA) and Family Advocacy Program (FAP) representatives to aid sexual assault victims.

For more information on the Victims Legal Counsel Program please visit [http://www.jag.navy.mil/legal\\_services/vlc.htm](http://www.jag.navy.mil/legal_services/vlc.htm) or contact your local VLC Counsel at 228-871-2909, email [david.riek@navy.mil](mailto:david.riek@navy.mil) or stop by his office at Fleet and Family Support Center (FFSC), 5301 Snead Street, Room 162, NCBC.

**National Night Out** - CBC 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. In addition to crime prevention tips and demonstrations, there will be FREE give away items for all, unlimited FREE snowballs, a DJ, a bounce house for kids and MORE! Sponsored by Balfour Beatty Communities and open to all with authorized access to NCBC Gulfport. Come out for a great time!

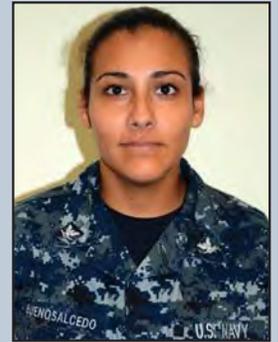


## Buzz on the Street

By BUCN Samantha Opeyoke  
NCBC Public Affairs

*"What's your favorite thing about NCBC Gulfport?"*

"My favorite thing about NCBC Gulfport is the Liberty Center. It offers a lot of activities for single Sailors."



EO3 Gloria Bueno-Salcedo  
NCBC  
Hometown: Peoria, Ill.



CE3 Danny Duval  
NCBC  
Hometown: Kailua, Hawaii

"I like the different opportunities the base MWR offers."

"I like that the barracks are close to everything a single Sailor needs or would like to go to."



UTCR Raymond Domanski  
NMCB 11  
Hometown: Riverside, Calif.



# AROUND THE CENTER



Preston Weaver, left, Fallon Groves, center, and Sandra Vazquez, employees at the front desk on board NCBC Gulfport, July 28. The new extended Fitness Center hours are: Monday through Friday, 4 a.m. to 10 p.m., Saturday, 6 a.m. to 9 p.m., and Sunday, 7 a.m. to 8 p.m. For more information call 228-871-2668. (U.S. Navy photo by Builder Constructionman Alexandria Marek/Released)



Kathryne and Paige get creative while making bracelets at the Youth Activities Center (YAC) summer camp on board NCBC Gulfport, July 21. For more information on the different programs available at the YAC, call 228-822-5074. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Builder 3rd Class Christina Cotton, attached to Naval Construction Battalion Center (NCBC), Gulfport assists Lasendra with a purchase at the Thrift Shop on board NCBC Gulfport, July 24. The Thrift Shop will have a back to school sale (limited supplies), Christmas in July and a bag sale (fill paper bag with clothes for \$3), until July 31. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

July 30, 2015

Seabee Courier

## Reduce, Reuse, Recycle

Think green - as in green school supplies ... Before starting the new school year, look through last year's materials. Many items can be re-used or recycled. Purchase and use school supplies made from recycled products, such as pencils made from old blue jeans and binders made from old shipping boxes. Pass older supplies down to younger siblings so they can play "school" too. Keep waste out of landfills by using school supplies wrapped in minimal packaging, and buying in bulk when possible. Maintain new school supplies. Keep track of pens and pencils.

Make an effort to put your things in a safe place every day. This will not only reduce waste, but save you money in the long run.

# REDUCE REUSE RECYCLE

# Comedy is the Cure comes to NCBC

By BUCN Elizabeth Mills  
NCBC Public Affairs

Sometimes comedy is used to introduce a serious message to people; sometimes a heartfelt testimonial captures an audience's attention. With that in mind, comedian Bernie McGrenahan was welcomed back to present "Comedy is the Cure," to Naval Construction Battalion Center (NCBC) Gulfport, July 22.

McGrenahan a Las Vegas, Nev., native, has been on many late night comedy shows and tours around the world delivering his message that addresses serious issues such as high-risk driving, driving under the influence (DUI) and suicide prevention through a mixture of comedy relief and personal testimony.

His mission to reach members of the military began when his dreams of becoming a professional baseball player came to an abrupt halt after an evening of excessive drinking and partying with his buddies resulted in a DUI conviction. The suicide of a family member only compounded

his pain.

It was in the aftermath of personal tragedy, that McGrenahan began his quest to reach members of the military and help them make smart life choices.

"I want to entertain our men and women in uniform, and provide a message about safe decision making and resiliency," said McGrenahan.

McGrenahan has traveled to 400 colleges and universities from 1997 to 2007 and has been to all military branches domestic and overseas from 2007 to now delivering Comedy is the Cure. McGrenahan said he doesn't ask people not to drink, but to drink responsibly and recognize the signs of excessive drinking before it becomes a problem. He encouraged service members to seek help when they feel it is needed.

"When you go out to have a good time, go out with a plan and respect that plan and each other," said McGrenahan.

Although the topics covered were very serious, the audience laughed and seemed to appreci-



**Bernie McGrenahan presented "Comedy is the Cure," a bystander intervention show on board NCBC Gulfport, July 22. Comedy is the Cure is a message that addresses serious issues such as high-risk driving, driving under the influence (DUI) reduction and suicide prevention through a mixture of comedy relief and personal testimony.** (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

ate the content of the show.

For drug and alcohol help or training, contact the command DAPA, Lt. Skidmore at 228-871-3379. For suicide or sexual

assault bystander intervention training or help, contact the command Sexual Assault Response Coordinator (SARC), Shannon Harden at 228-871-3715.

July 30, 2015

## Back in time . . . Seabee history - Vietnam Era



**Seabees unloading bags for soil concrete in Quang Tri, Vietnam September 1967.** (Photo courtesy of U.S. Navy Seabee Museum/Released)

## This week in Seabee History

### July 26

1971: Seabee Team 0109 arrived at Davisville, R.I. from Kusaie, U.S. Trust Territories of the Pacific Islands (TTPI) for reassignment.

### July 27

1967: At the Dong Ha Forward Combat Base in the Republic of Vietnam (RVN), NMCB 11 held a change of command ceremony. During this ceremony, attended by many senior naval officers and distinguished guests, the Seabee camp on the combat base was dedicated to the memory of EOCs Donald J. Barnes, who was killed in action at Khe Sanh.

2002: Members of UCT 1 rush to Somerset, Pa., to assist in the rescue of nine coal miners trapped 240 feet underground. The Seabee divers provided transportable recompression chambers and an emergency evacuation hyperbaric stretcher to safeguard the miners once recovered.

### July 28

1989: NMCB 62 decommissioned at CBC, Gulfport, Miss.

### July 29

1968: Second increment of the Advance Party of NMCB 22, consisting of 3 officers and 25 enlisted personnel, departed Camp Haskins North, RVN for CBC, Davisville, R.I.

### July 30

1971 CBU 416 established at NAVSTA Long Beach, Calif.

### July 31

1972: Equipment Operator Constructionman Camella J. Jones formally has her designation changed from Seaman to Constructionman, thereby becoming the first female Seabee at Naval Air Station, Kingsville, Texas.

Seabee Courier



Left: A Seabee receives a warm welcome home from deployment. Middle: Family members of Naval Mobile Construction Battalion (NMCB) 11 proudly show off the personalized sign created for their returning loved one. Right: Executive Officer, Lt. Cmdr. Jon Higdon, NMCB 11, reunited with his daughter at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, July 27. (U. S. Navy photos by Ensign Via Ronic Snow-Hill/Released)



Left: NMCB 11 family members wait for the arrival of their loved ones after a six-month deployment. Right: Material Liaison Officer, Lt. Benjamin Bernhardt, is interviewed by a WLOX news reporter during the welcome home reception held on board NCBC Gulfport, July 27. NMCB 11 executed operations in the U.S. 6th Fleet and U.S. Pacific Command areas of responsibility. (U.S. Navy photos by Ensign Via Ronic Snow-Hill/Released)



July 30, 2015

# ‘Lucky Eleven’ receives warm welcome home upon return from deployment

By Ensign Via Ronic Snow-Hill  
NMCB 11 Public Affairs

Members of Naval Mobile Construction Battalion (NMCB) 11's advanced party successfully returned home from deployment July 27.

Friends and family met their returning "Lucky Eleven" Sailors at the Training Hall on board Naval Construction Battalion Center Gulfport, where the command's Family Readiness Group (FRG) and the base's Fleet and Fam-

ily Support Center (FFSC) workers held a reception to welcome them home.

Barracks residing single Sailors were also pleasantly surprised by rooms pre-staged with made beds and mints left on pillows, compliments of NMCB 11's FRG.

Decorated posters with heartfelt messages readily expressed the long, overdue return of "Lucky Eleven's" personnel as they filed off the buses transporting them from the Air National Guard flight line.

"Why are we here?," a

waiting mother asked her toddler,

"We're here to see daddy," exclaimed the excited toddler.

The excitement and energy was a shared sentiment that perfumed the reception area as families waited to be reunited with their precious "cargo."

"This deployment was one of the most challenging command and control deployments tasked to a battalion," remarked Lt. Cmdr Sowell, operations officer of NMCB 11.

Throughout the deploy-

ment, the battalion executed over 30,000 man-days of construction, mission support and direct labor training. This also includes 59 projects, 11 recurring missions, general engineering and camp maintenance in 35 countries, and territories on four continents.

"The battalion continues to execute construction projects with the highest levels of quality, in any environment," said Lt. Cmdr Sowell. This not only speaks to the diligence, but also the mobility of NMCB 11 and their

hard work.

While the return only marks the beginning of a new and longer than normal homeport, the focus for many is getting readjusted to being home. The battalion will now begin its post-deployment stand-down and resume their training schedule in early fall.

The returning advanced party was made up of roughly 150 Sailors, with the remainder of the battalion expected to arrive home from deployment in August.

**New to military family housing?** Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held at the NCBC Fire Department on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

WE BUILD ★ WE FIGHT

# SEABEE

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# NMCB 133 Seabees receive visit from VIP while on FTX



Rear Adm. Katherine Gregory, Commander, Naval Facilities Engineering Command and Chief of Civil Engineers, visited Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 while participating in their Field Training Exercise at Camp Shelby. Gregory, a prior NMCB 133 Commanding Officer, had the opportunity to not only tour the camp and talk to Seabees, but was able to present four Seabees their Seabee Combat Warfare pins: Lt. Russell Neal, Lt.j.g. Daniel Dunn, Construction Electrician Constructionman Jess Culbertson and Builder Constructionman Kevin Brown. (U.S. Navy photos/Released)



## Seabees conduct emergency training at FTX



FTX is an opportunity for the battalion to hone its skills with assistance and guidance from Naval Construction Group (NCG) 2. Throughout the exercise, NMCB 133 will construct several forward operating bases and conduct defensive operations and tactical movements simulating deployment to a down range environment. (U.S. Navy photos/Released)



# Focus on Education

## YAC little theater



The Missoula Children's Theater teams up with the Youth Activities Center (YAC) to perform Rudyard Kiplings, "The Jungle Book," on board NCBC Gulfport, July 24. Based out of Montana, the theater troupe travels the world, making week-long visits to help children at military installations and schools learn singing and acting roles in order to present plays to parents and friends. For more information on YAC activities, call 228-871-2251. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

### NCBC Gulfport Job Fair hosted by FFSC

**When:** Aug. 19  
**Time:** 10 a.m. - 2 p.m.  
**Where:** Naval Operational Support Center (NOSC) Building 114



Expecting 35 actively recruiting employers!

Bring your resume and come prepared to interview. Everyone with authorized access to NCBC Gulfport is invited. Call 228-871-3000 for additional information.

### Education Notes

#### Smooth Moves

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

#### 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.

### Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room 239 at 10:30 a.m. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.



## Getting back into a school routine after summer break

By BUCN Samantha Opyoke  
NCBC Public Affairs

As summer vacations come to an end, students across the country are preparing for a new school year. As a parent you are aware that it is very important for your student to get back into the school day routine for a better transition and start to the school year.

Here are some helpful tips from [www.greatschools.org](http://www.greatschools.org) that will ease your child from summer vacation to the classroom.

- ~ A few weeks before school starts, move bedtime back to an earlier time.

- ~ It's easy during the lazy days of summer to slip into having meals at irregular hours. As the first day of school approaches, make meal times more regular and aligned with the school year schedule.

- ~ Put a positive spin on going back to school. Talk about the fun things your child will be learning, the old friends he'll see and the new friends he'll make.

- ~ If your child is anxious about starting the next grade, reassure her that other children have these feelings too.

- ~ Don't make plans for big trips right before the start of school.

- ~ Establish school-day schedules for homework, TV, baths and bedtime.

- ~ Arrange play-dates with friends from school to re-establish connections that may have been dropped for the summer.

- ~ Double-check on your care plans and communicate with the provider a few days before school starts.

- ~ If your child will be home alone after school, establish safety rules for locking doors and windows, and for answering the door and the telephone.

- ~ Make sure she knows to check in with you or another adult when she arrives at home.

- ~ It's easy to get lax during the summer about letting your child spend more hours playing video games or sitting in front of a computer. Now's the time to get back into the good habits of managing screen time, just in time for the homework to begin!



**Mississippi Sales Tax Holiday begins Friday . . .** The back to school Mississippi Sales Tax Holiday begins July 31, 12:01 a.m., and ends Aug. 1 at midnight. According to the Mississippi Sales Tax Holiday passed in the 2009 Legislative Session, sales tax is not due on the sale of articles of clothing or footwear if the sales price of a single the item is less than \$100. For more information on the Mississippi Sales Tax Holiday, visit: <https://www.dor.ms.gov/secondsalestaxholiday.html>

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

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Life's a beach when you dig deep

Reclining my beach chair to the third notch, I sink deeply into the brightly striped canvas. Blinded by the sun, I grope for my cold beverage, safely ensconced in its Huggie, and dislodge it from the cup holder at the end of the armrest. I draw a long icy sip, letting the cold carbonation fizzle a moment on my tongue before swallowing. My heels wiggle to create two cool ditches for my feet, the sand sifting softly through my toes.

Eyes closed, I soak up the sun, hear the rhythmic splashing of the surf, and feel the gentle ocean breeze.

Ahhh ...

"Hey Lisa! Are you ready to get beat?" I hear 20 minutes into a deliciously sweaty pseudo nap.

It's Ralph. He and his wife Pam are under their beach umbrella, and he's goading me to play ladderball. The day before, I paired up with a fellow vacationer named Grace, and somehow, we managed to win the ladderball championship for the day. Not bad for two middle-aged mothers.

While I try to think of an excuse to stay in my beach chair, Ralph makes his way down

to the ocean for a dip. Although Ralph spends most of the day under his umbrella, he gets up occasionally to "go for a swim" (we all know to stay up current) or play a quick game of ladderball or cornhole before going back to his Bud Lite.

I can't remember which summer it was that our family met Ralph and his wife Pam, but we see them every year, along with other folks who vacation at the same beach. There's Grace and Steve, Pete and Luanne, Eddie and Nancy, Bobbie and Dan, Al and Gwon, Keith and Laura, and others.

We've all been renting beach houses on Hickory Trail for many years, and met eventually, chatting from umbrella to umbrella. Playing beach games. Sharing cold beverages. Watching each others' kids grow up.

We didn't need to know much about our "Beach Buddies" lives away from Hickory Trail. We already knew that Ralph is hilarious. Grace is happy-go-lucky. Eddie brings fireworks. Pete reads books. Bobbie wears cute hats. Al's a great volleyball player. Pam makes awesome sandwiches.

Nothing else seemed to matter.

But this summer, while lounging under our respective umbrellas, conversations stretched with the shadows into the late afternoon. While telling stories to avoid the hassle of cooking dinner, we learned new things about each other.

Ralph has seven siblings, three of which were in the Army. Pam and Ralph's son is stationed at Ft. Bragg. Pete served in Army Intelligence for several years before taking over his family's bakery business. Eddie's son works as a civilian for the military. Keith is a retired Marine.

Like toes wiggling in the sand, we dug a little deeper, and were pleasantly surprised to find a common reverence for military life.

"C'mon Lisa," Ralph chides on his way back from the water, "Are you and Grace ready to defend your title?"

I peel myself out of the comfy canvas nest and wave at Grace to join me on the ladderball court. While Ralph and the gang heckle us mercilessly, Grace and I surprise ourselves with our third straight win.

After some awkward middle-aged high fives, we circle our chairs



around to share more laughs and stories with this random cluster of eclectic personalities. The press and political pundits say there is "gap of understanding" between military and civilians, and that we need to worry about the increasing "military-civilian divide." But on this Carolina beach, there is only camaraderie and mutual respect.

As the sun dips low in the sky, I'm hopeful the tides are changing.

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

## Health Watch

### Did You Know?

#### Immunizations must be up to date for school

By HM3 Melanie Arterberry  
NBHC Gulfport

It's almost time for children to return to school! The return to school means that it is time to make sure your child is up to date on their immunizations.

Preschoolers to college students need vaccines. Immunizations provide long term health for children and keep others around them safe from getting sick as well. While it's true that vaccine preventable diseases are rare due to vaccines, out-breaks still occur.

According to the Center for Disease Control (CDC), from Jan. 1 – July 10, there have been almost 9,000 cases of whooping cough reported to CDC in the U.S., Washington, D.C., and Puerto Rico.

Getting all recommended vaccines keeps children and communities safe with the best possible protection. If your child is not up to date please bring them to the Naval Branch Health Clinic so that we can place them on a "catch up" schedule. When enrolling into the school system the yellow "shot card" is not acceptable. Area schools require a 121 form. Once you request a 121 form be done by NBHC, please allow 48 hours for the form to be completed.

Although this year's Flu vaccines have not yet arrived, Flu season is around the corner, so please remember to stay in touch and stay informed.

July 30, 2015

Seabee Courier

## NCBC Under Construction

**Through the end of November:** 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.  
**Aug. 3 - 17:** Off base road closure - The North and South bound lanes on 33rd Ave., from 28th Street to Pass Road in Gulfport will be closed Aug. 3 -17 to thru traffic in order to install drain pipe and catch basins. For those unfamiliar with local roads, 33rd Ave., is the first left after exiting the Pass Road gate. Drivers can use 30th Ave. to transit to and from 28th Street and Pass Road.

# NCBC Helping Hands

**ROTTEN BAYOU PARK** - Volunteers are needed for a concrete pour at the park the week of Aug. 3. Point of contact for more information is Kelsey Johnson at johnson.kelsey@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@cablene.net

**GULF COAST WILDLIFE REHAB** - Gulf Coast Wildlife Rehab is asking for volunteers to work a concession stand at MGM Park in Biloxi, during Biloxi Shuckers baseball games. Game dates are Aug. 10 - 14, Aug. 24 - 27 and Sept. 3 - 7. Volunteers will receive free admission to the game that they are volunteering at, as well as refreshments. Volunteers must wear khaki shorts, a business-casual shirt and closed-toe shoes. Point of contact for more information is Joel Stiles, 228-623-2034.

**ADOPT A GRANDPARENT DAY** - Volunteers are needed to participate in Adopt a Grandparent Day 2015 event Sept. 12, from 10 - 11 a.m. or 3 - 4 p.m. at nursing homes across Harrison, Hancock and Jackson counties. For more information, contact Kate Lawler at kate@marstonrogers.com or call 228-832-9313. Sign up at www.marstonrogers.com/events.

**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 handymen/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.facebook.com/ncbc-chapel>, email us at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil), or call us at 228-871-2454.

**NCBC Center Chaplain: Lt. Cmdr. Ammie Davis**



# MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin Ofc	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liason Officer	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	822-5103	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

**End of Summer Bash!**  
**FREE FOR ALL HANDS!**  
**FRIDAY, AUGUST 7, 2015**  
**1800 TO 2000**  
**AT LADD CIRCLE**  
**FREE FOOD!**



Regular movie showings  
 Thursday- Sunday of every week!  
 Showing this weekend:  
 Terminator Genisys 2D & 3D,  
 MAX, Magic Mike XXL, Inside  
 Out and Jurassic World (\$1  
 SUNDAY SHOW). For more  
 information, call the 24-hour  
 Movie Hotline at 228-871-3299  
 for show times.



Classes available this week:  
 Virtual Fitness, Water Aerobics,  
 PiYo (Pilates/ Yoga), Yoga, NOFFS.

Sign up for DODGEBALL Challenge from 8/1-  
 8/7, starts 8/14 OR Flag Football from 8/1-9/1,  
 Season starts on 9/15.

8/6 – Paddleboard Class @ the Seabee Lake  
 4:30p

Call the Fitness Center at 228-871-2668 for  
 more information.

**GRILL**  
 871-2494  
 Serving breakfast & lunch  
 Monday-Friday  
 7:00 AM - 1:00 PM  
 We deliver on base for  
 lunch 11:00 AM - 1:00 PM

**AUGUST LUNCH SPECIAL**  
 BBQ pulled pork sandwich, topped with  
 pickles, accompanied by Cole slaw, fresh  
 chips and fountain drink for  
**ONLY \$4.50!**

**SAINTS**  
 ITT MWR  
**\$15 Preseason**  
**Preseason Tickets on SALE**  
**Friday, August 7th**  
 Saturday, August 22 – New England Patriots  
 Sunday, August 30 – Houston Texans  
 All Regular Season Games on Sale for \$70  
 SEPTEMBER & ACTIVE DUTY RESERVE ONLY  
 SEPTEMBER & LATER (ALL ELIGIBLE PATRONS)

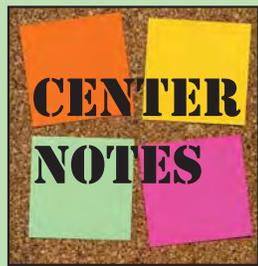


### GEAR UP GRILLMASTERS!

Rent a Pull behind  
 Charcoal or Propane BBQ GRILL  
 At **OUTDOOR RECREATION**  
 for only \$30-\$40!  
**NEED MORE INFO?**  
**228-871-2127**



- 7/31 – Biloxi Shuckers vs. Jackson Generals, \$11
  - 8/1 – Pep's Point Water Park!, \$13
  - 8/2 – Biloxi Beach Day & Edgewater Mall, FREE Shuttle!
  - 8/3 - Watermelon Eating Contest and Carving Competition,  
 Prize to 1st Place!
  - 8/4 – Tournament Tuesday – TEXAS HOLD EM!,  
 Prize to 1st Place!
  - 8/6 – FREE Movie Thursday @ Seabee Cinema,  
 Pick up Ticket @ Liberty
- For more information, call Liberty @ 228-871-4684.



**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](mailto: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](mailto: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](http://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](mailto: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://nmcb62alumni.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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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](http://www.seabee-museumstore.org) or call the gift store at 228-871-4779.

**RACE ENGINES, DIRT BIKES, ATVs, CIGARETTE BOATS, ZODIACS**

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates

- Motivated to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance



Email us at: [IDEVGRURecruiting@vb.socom.mil](mailto:IDEVGRURecruiting@vb.socom.mil) or contact your detailer to request additional information.



GULF COAST USO  
 901 CBC 3rd Street, Building 114  
 228-575-5224

Free services:  
 FAX, Send and Receive: 228-575-5225, Copies, United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours: Monday - Friday, 8 a.m. - 4 p.m.

2016 Annual Seabee Volkslauf



MUD RUN  
2015

Paid Entrance. No Navy or Federal endorsement implied.

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

MEDALS  
TSHIRTS

REGISTER &  
INFO ON  
<https://register.chronotrack.com/r/13782>  
228-871-2669

NAVY & FEDERAL Credit Union    USAA    REX



**Base Housing Yard Sale**

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](mailto:lladner@bbcgrp.com)