

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

April 30, 2015



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 erect a king post truss as part of the Southwest Asia Hut project. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests, security and stability in Europe and Africa. (U.S. Navy photo by Construction Electrician Constructionman Keith Spoon/Released)

Seabees build and train with the Israeli Defense Force

By CECN Keith Spoon
NMCB 11 Public Affairs

CAMP ADAM, Israel
-- The Israeli Defense Force (IDF) welcomed fourteen Seabees from Naval Mobile Construction Battalion (NMCB) 11 to Camp Adam to construct a Southeast Asia (SEA) hut and perform electrical upgrades from February to March 2015.

The Seabees' primary project was constructing a SEA Hut for Camp Adam, an IDF training site. A SEA-Hut is a 16 by 32 foot wood-framed tent modified with a metal roof, extended rafters and screened-in areas. The

SEA-Hut will be used as a command center for IDF training, as well as joint training between U.S. and Israeli forces.

The Seabees also installed electrical upgrades in eight tents used to house Israeli soldiers during their three-week training course at Camp Adam. The tents previously had no lights or electrical outlets, so the upgrades significantly improved quality of life during training. The Seabees additionally upgraded the tent camp bathrooms with new showerheads and shower hooks.

The IDF and the construction team were all

pleased with the final product. "It was an amazing experience, being able to better the living and training conditions of an allied military force," said Equipment Operator 2nd Class Steven Delarosa, from Hollywood, Fla. "Working on this project was good for power distribution training and good in-rate training for the junior troops," added Construction Electrician 3rd Class Achilles Ison, from Sabina, Ohio.

For the Seabees, the deployment was a chance to experience the similarities and differences

See SEABEES page 5

Navy seeks suggestions from E-7 and above on future of Navy and Marine Corps officers

By Naval Service Training Command
Public Affairs

Naval Service Training Command (NSTC) and the United States Naval Academy (USNA) will use crowd-sourcing to receive ideas and suggestions from the entire Navy Officer Corps and Chief's Mess regarding the core competencies of our future Navy and Marine Corps officers, April 27- May 7.

NSTC and USNA will launch the crowd-sourcing interactive website, MMOWGLI, which stands for "Massive Multi-player Online Wargame Leveraging the Internet," as a tool and initiative to seek input that will impact the future

of the naval officer corps.

The portal will be open from April 27th through May 7th for all officers and senior enlisted from every community to contribute at <https://portal.mmowgli.nps.edu/pcc>.

The crowdsourcing site is an Office of Naval Research (ONR) and Naval Postgraduate School (NPS) product and has been used on over a dozen different projects to utilize input from a large community of people to generate ideas and proposed solutions to large, complex problems. Past games include Piracy, Energy, and Electromagnetic Maneuver.

NSTC and USNA will ob-

See FUTURE page 10



11th Annual Run for Relief 5k and Military Challenge 5k May 1, 6 p.m.

Same day registration will open at 5 p.m.
Pre-Registration: \$15 (T-shirt guaranteed), Race Day Registration: \$20, Register online at: (processing fee of \$2.50) <https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants>.

Face the Military Challenge: Be the fastest three-person military team that takes home the trophy in 2015 to display at your Command.

Learn more about NMCRS at: www.nmcrs.org

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Hurricane Preparedness: Review, Revise Implement

By Twilla Smith

Navy Region Southeast Public Affairs

With the 2015 hurricane season starting June 1, now is the time to ask: Are you ready?

The southeastern United States has historically been the target area for severe tropical weather. While Navy installations have been spared direct hits in recent years, the need to prepare for these natural disasters has not lessened. It's not a question of "if" a storm will strike, but "when." Don't wait until the storm is bearing down, but instead use the calm before the storm to prepare.

Step One: NFAAS

Start with personal information. Has anything changed? If so, update your records in Total Workforce Management System (TWMS) Navy Family Accountability and Assessment System (NFAAS), and in personal plans at home. Having the correct telephone numbers and contact information is essential for both work and home.

Step Two: Evacuation Planning

The dangers posed by a severe storms may make it necessary to evacuate to a safe location outside the projected path of the storm. These evacuation routes should be considered now, not when the storm is days away. The volume of traffic will be high and highway and road improvement projects can cause delays. Visit your state's highway or transportation department's websites will include evacuation routes and construction projects that could create further delays. After confirming a viable evacuation route, make sure the software on your cell phone, tablets, or global positioning system trackers is up-to-date with the most recent version and that it covers road construction. Knowing the correct route will save time and expedite evacuating from the area.

Step 3: Emergency Kits and Plans

Severe weather such as hurricanes can create significant disruptions to day-to-day life. Having a personal or family plan for how to cope with these disturbances goes a long way to riding out the storm. Sylvia Williams, an accounting technician with Navy Region Southeast's Fleet Family and Readiness Programs, said communication at work and at home is key when preparing for a hurricane.

"It's important that each family member understands the plan and what they need to do. We want to prepare



our home for wind and flooding. We also want to make sure our emergency kit and supplies are up to date with the items we need. Since we have dogs, we'll also make sure they'll have the food and medicines they need. And if we have to evacuate, we'll gather all our important documents to protect them and have them available at our evacuation destination."

Step 4: Stay Connected

Your local television and radio stations, as well their associated web sites provide real time information about the approach of the storm, including wind speeds, potential flooding and any orders – such as those that come from the Region or installation – to evacuate or when the "all clear" is given for personnel to return to work. Most of your local media is also accessible via mobile apps that work on your cell phone and tablets. Make sure you've charged your mobile devices before the storm arrives. Other good sources of information on the Internet include the National Hurricane Center (<http://www.nhc.noaa.gov/>), Fleet Weather Center, Norfolk, Va. (<http://www.usno.navy.mil/NOOC/fwc-n>), and www.weather.com. A simple battery-powered transistor radio may also prove useful to listen to local broadcasts if power is lost. Make sure it has new batteries.

Be Ready

Don't wait for the storm to be on your doorstep. Start today! Be prepared. Connect through NFAAS. Know your evacuation route. Ready your hurricane kit and have a plan. Stay connected. Hurricane Season is coming. Are you ready?



Above and below: **Volunteers with Naval Mobile Construction Battalions 133 and 1, Expeditionary Combat Skills Course, Naval Construction Training Center and family members pick up debris from various locations inside and outside of the NCBC Gulfport fence line.**



U.S. Navy photos courtesy of Naval Construction Training Center, Naval Mobile Construction Battalion 133, Expeditionary Combat Skills Course and Naval Construction Battalion Center Public Affairs/Released

Helping Hands partner for Earth Day Clean Up

By **BUCN Elizabeth Mills**
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport celebrated Earth Day 2015 with the theme "A Sustainable Future Begins with You." The NCBC Public Works Department teamed up with different commands to help clean up the outside of the base to make it look presentable.

Earth Day events first took place April 22, 1970, when concerned citizens joined together to raise awareness of the effects of the chemical sand industrial process on our air and water supplies. The first Earth Day helped inspire a shift in conscious about the importance of protecting our planet's resources.

"Just as the citizens in 1970 were concerned

for the future of the environment, today we plan a sustainable future for the Department of the Navy to accomplish its mission in a resource constrained world," said Secretary of the Navy Ray Mabus. "So we make an extra effort on and around April 22, to contribute to a better, sustainable environment, for our Sailors, Marines, and civilians."

Sailors and family members participated in an Earth Day Fence line Cleanup hosted by NCBC Gulfport's Public Works Department. The Environmental Department provided participants with gloves, trash bags and water before volunteers spruced up the area outside the perimeter fence along 28th Street and Commission Road. More than 600 pounds of trash was collected, and 20 percent was accepted for recycling.



Above: **Students assigned to Naval Construction Training Center Gulfport pitch in on Earth Day during the base-wide clean up. Below: Artwork from children who attend the Child Development Center, will remain on display at the Navy Exchange through the end of the month. The artwork reminds us that we must protect our Earth today for our children's tomorrow.**



In addition to the clean up, the Child Development Center created "Earth Day" artwork that is on display at the Navy Exchange.

Students from 28th Street Elementary School in Gulfport were invited to the Center for an Earth Day celebration that featured guest lecturers from Mississippi State University. The third, fourth and fifth graders learned about trees, gardening, fitness and birds that are native to the Gulf Coast.

Although Earth Day has officially passed, NCBC Gulfport will host a tree planting of 10 Crepe Myrtles along 7th Street in May.

According to Mabus, the actions we take every day, contribute to our ability to maintain a presence throughout the world by embracing a sustainable future for the Navy's top priorities: people, platform, power and partnership.



Buzz on the Street

By BUCN Samantha Opyoke, NCBC Public Affairs

“How do you feel about texting and driving?”



CMCN(SCW) Caitlin Compton
NCBC Gulfport
Hometown: Annville, Pa.

“It is dangerous because you aren’t paying attention to the road.”



LSSN David Wilson
NCBC Gulfport
Hometown: Scotia, Neb.

“I don’t drive right now, but I look back in my hometown and a lot of people who text and drive get into accidents.”



BM2(SCW) Kameron Carey
NCBC Gulfport
Hometown: Houston, Texas

“I feel that texting and driving is horrible because there are so many things that could happen. Just wait until you are stopped to send a message.”



Construction Electrician Constructionman Devon Cotz, attached to Naval Mobile Construction Battalion (NMCB) 133 does a final check on one of many generators to be used during their command post exercise (CPX) on board NCBC Gulfport, April 27. NMCB 133 must complete a certain number of CPX’s before they start their field training exercise in July. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Naval Mobile Construction Battalion (NMCB) 133 and NMCB 1 Dental Officers spoke to four classrooms of children, 3 - 5 years of age, during Dental Health Week at the Child Development Center on board NCBC Gulfport, April 27. The visitors engaged their audience through the use of games and visual aides designed to help them understand dental care and oral hygiene. (U.S. Navy photo courtesy of Naval Mobile Construction Battalion 133 Public Affairs/Released)

Back in time . . .

Seabee history - Vietnam Era



Engineering Aide 3rd Class Jim Millar, kneeling, and a Naval Mobile Construction Battalion (NMCB) 62 detail survey nine miles in three days, in 1968. A team of NMCB 62 surveyors spent four days in the field surveying a future road into Viet Cong held territory. The team departed in helicopters from Phu Bai Airport and landed across the Dai Giang River in a rice paddy. (Photo courtesy of U.S. Navy Seabee Museum)

between U.S. and Israeli military forces. U.S. military personnel regularly deploy worldwide to provide forward presence, the Seabees were surprised to learn that IDF personnel typically remain in Israel year-round. The crew also got a firsthand experience of IDF training methods, training on an IDF firing range with the IWI Micro-Tavor assault rifle.

"The weapon felt easier to maneuver and handle in close quarters to mid-range combat. It was a very fun and exciting experience. We're grateful that they gave us the opportunity to operate the weapon system and train with IDF instructors," said Equipment Operator 3rd Class Kenneth Ellett from Richmond, Virginia.

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See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure on-line or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ON-LINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Seabee Courier

Energy Savings Tip:

Only 10 percent of energy in a light bulb is used to create light. Ninety percent of a light bulb's energy creates heat. Compact fluorescent light bulbs (CFLs), on the other hand, use about 80 percent less electricity than conventional bulbs and last up to 12 times as long.



A reminder from NCBC Security:

Supervisors and building managers should periodically inspect trash and other disposables for pilferage of Government Property and classified materials. Dumpsters used by your facility should be randomly inspected for suspicious packages, contraband, or other illegal activities. Call 228-871-2361 or 911, if you find suspicious or questionable items.

RACE ENGINES, DIRT BIKES, ATV's, 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



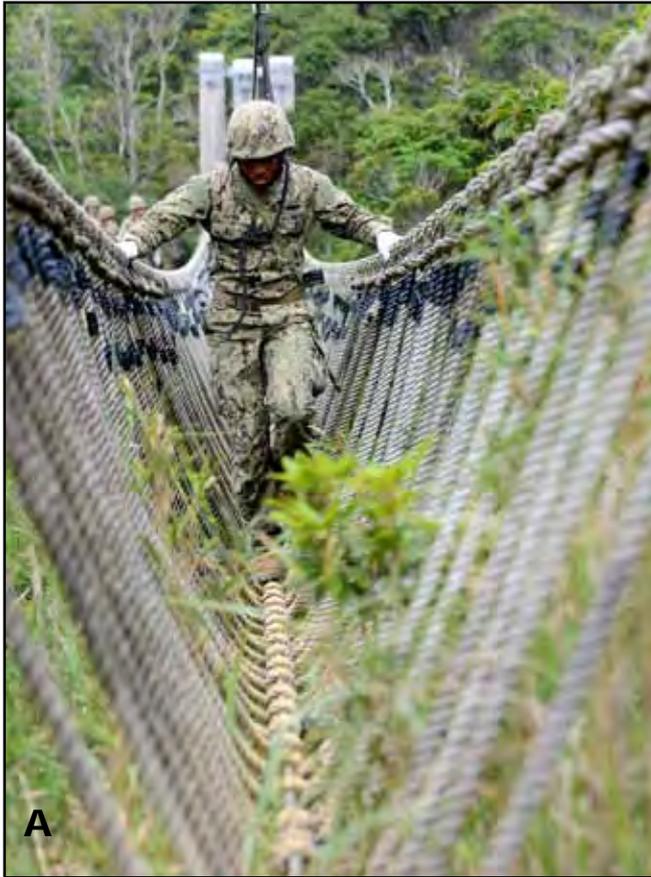
- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at IDEVGRURecruiting@yb.socom.mil or contact your detailer to request additional information.



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

Seabees around the World



A: OKINAWA, Japan - Builder 3rd Class Richard Hanna, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 5, crosses a three strand bridge at the Jungle Warfare Training Center. More than 60 Seabees from NMCB 5 attended the week long course taught by Marine instructors. The course is designed to prepare Marines and joint forces for the rigors of combat in a dense jungle environment. NMCB 5 is currently deployed to Japan and several other countries in the Pacific area of operations conducting construction operations and humanitarian assistance projects. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)

B: NAVAL STATION ROTA, Spain - Builder Construction Apprentice Gedale Gendraw and Equipment Operator James Majors assigned to Naval Mobile Construction Battalion 11 drag old netting found on Admirals Beach during a beach clean as part of

Earth day, April 22. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

C: INDEPENDENCE, Belize - U.S. Navy Builder 1st Class James Vossler, a native of Ocean Springs, Miss., assigned to Construction Battalion Maintenance Unit (CBMU) 202, perform renovations on the Independence Polyclinic in Independence, Belize during Continuing Promise 2015. Continuing Promise is a U.S. Southern Command-sponsored and U.S. Naval Forces Southern Command/U.S. 4th Fleet deployment to conduct civil-military operations including humanitarian assistance, subject matter expert exchanges, medical, dental, veteri-

nary and engineering support and disaster response to partner nations and to show U.S. support and commitment to Central and South America and the Caribbean. (U.S. Navy photo by Mass Communication Specialist 3rd Class Andrew Schneider/Released)

D: TAKEO, Cambodia - Utilitiesman 3rd Class Bill Cammack digs a trench to place plumbing on a restroom facility construction project at the Hun Sun Koh Andet Primary School. The Seabees assigned to NMCB 5's Civic Construction Action Detail (CCAD) Cambodia have been building restroom facilities for the school that 1,100 students attend. 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 Construction Electrician 2nd Class (SCW) Gregory Campbell/Released)

Raising Awareness in the Fi

By CE3 Dustie Bond, NCBC Public Affairs

Throughout April, NCBC Gulfport personnel have been doing their part to shine light on Sexual Assault Awareness and Prevention Month (SAAPM), using the Department of Defense's (DOD) official theme for 2015, "Eliminate Sexual Assault: Know your Part. Do your Part."

With the help of military personnel, civilians, Sexual Assault Prevention and Response (SAPR) victim advocates and the base Sexual Assault Response Coordinator (SARC) Shannon Harden, the month was filled with several events to support and raise awareness against sexual assault.

Some of the events from this month were the Walk a Mile in Her Shoes walk to raise awareness, the SAAPM Quarterdeck Contest and the SAAPM 5K Fun Run.

"This year's Walk a Mile in Her Shoes event went very well. Participation and attendance were up exponentially from last year," Harden said. "I'm proud to say that we had about 20 Navy members participate. We had a great time for an important cause."

The event took place by the Biloxi Lighthouse Pier, where many men and women came out to support the cause. The men wore high heels and the women wore oversized men's shoes, as everyone marched with signs to help raise

awareness.

The SAAPM Quarterdeck Contest is an event in which commands decorate their quarters to raise awareness. Commands that participated include the Naval Construction Training Center, the Naval Mobile Construction Battalion 1, and the 7th Naval Construction Battalion. The contest judges were NCBC Gulfport's Shannon Harden and Anthony Conley.

"The candidates all put forth a lot of imagination and I truly appreciate their efforts," Harden said.

U.S. Navy photos courtesy of Naval Mobile Construction Battalion 1, Naval Mobile Construction Battalion 2, and Naval Mobile Construction Battalion 3.



ight Against Sexual Assault

ntest was a base-wide event
d their quarterdecks to raise
participated in the event were
Command (NCTC) Gulfport,
tation (NMCB) 1, NMCB 133
on Regiment (NCR). The
Executive Officer, Cmdr. An-

h a great deal of effort and
ciate their participation,"

NMCB 133 was declared the overall winner and was awarded a plaque that they'll retain for a year.

The SAAPM 5K Fun Run was held April 24, and featured more than 300 participants. The event was coordinated by Harden and the Center's SAPR victim advocates.

"The SAAPM 5K Fun Run was amazing! We had mass participation and I believe everyone had an awesome time playing games before the race!" Harden said. "We will begin planning for next year's event even earlier this year so we can make it even bigger and better."

Harden feels that the many SAAPM events held this month weren't possible without the dedication and partici-

pation from so many people.

"Overall, I think that the SAAPM Planning Committee did an exceptional job raising awareness, conducting fundraising and executing the big events held this month," Harden said. "I want to thank the commands for providing fruit, drinks and snacks for the runners at the 5K Fun Run event. Thank you to the Fleet and Family Support Center, the USO, Navy Criminal Investigative Service, the Public Affairs Office, Morale, Welfare and Recreation, NCTC students and the Gulf Coast Women's Center for Non-Violence for their support during the 5K. I am thrilled about how everything turned out this year."

Construction Battalion 133 and Naval Construction Battalion Center Public Affairs/Released



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Focus on Education

Kids celebrate Earth Day



More than 200, third, fourth and fifth grade students enrolled at 28th Street Elementary School in Gulfport, participated in Earth Day activities at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, April 24. The event began with a welcome from Cmdr. Anthony Conley, NCBC's executive officer. Guests lecturers conducted four mini-briefs with the students including a seed germination by Sheran Watkins, Coordinator for Harrison County 4-H; "Look at me, I'm a Tree" taught by Glen Hughes, Extension Forestry professor from Mississippi State University (MSU), the "12 Days of Fitness" directed by Christine Coker, Associate Research and Extension professor with MSU, and a brief slideshow on the species of birds native to the Mississippi Gulf Coast presented by Mark Woodrey, Coastal Ecologist with MSU. The event was coordinated by Kevin Byrd, NCBC School Liaison Officer. (U.S. Navy photos by Builder Constructionman Samantha Opyoke/Released)

Education Notes

New Navy Spouse Class

A New Navy Spouse class will take place May 12, 10 a.m. - 1:30 p.m. Please sign up in advance by calling the Fleet and Family Support Center at 228-871-3000.

EFMP Command POC Training

Exceptional Family Member Program command point of contact training will take place at Stennis Space Center, May 18, 1 - 3 p.m. To register, call the EFMP Liaison at 228-871-3000.

NCIS Crime Prevention Program

As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Training Hall, building 446 from 2 - 3 p.m., on the following dates: April 30; May 14, 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or DDRYE@COASTLINE.EDU or visiting the Navy College office in Building 60, room 239.

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.

JOB FAIR

NCBC Gulfport
Fleet and Family Support Center
Job Fair

May 20, 10 a.m. - 2 p.m.

Fleet and Family Support Center, Building 30
Phone: 228-871-3000 for more information

Shell Oil will have a representative at the Fair and at 2 p.m., the Shell employment test will be given at FFSC for anyone interested in working in the oil industry

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

My Sailor won't batten down the hatches

Ahoy, fellow military wives! Are you tethered to a Soldier who doesn't know how to hang a ceiling fan? Does your Airman plead ignorance when it's time to program the remote? Are you anchored to a Sailor who can't assemble the baby's crib? Does your Marine call the plumber when the faucet leaks?

If you answered, "Aye," to any of these questions, then I've got the scuttlebutt for you! Just sit right back and you'll hear a tale, a tale of a fateful Sailor's wife who got stuck doing all the home repairs ...

Over two decades ago, I left home to marry a Navy man. A true greenhorn, I assumed that all military men were "manly" types who tinkered with cars, hooked up stereos, and fixed stuff around the house. Shiver me timbers, was I off course!

For the first few tours of duty, we rented or lived on base, where management was primarily responsible for repairs. So my misconceptions about my husband's fix-it skills persisted. It wasn't until we bought our first home in 1998 that I realized -- not

only did my husband have no fix-it skills, he also didn't feel an ounce of embarrassment if I handled the bulk of the yard work and home repairs.

In denial at first, I believed he'd change as the demands of our growing family increased. I decided to set a good example, and bought a manual on DIY. With a baby on my hip and a toddler at my feet, I replaced the kitchen faucet. I hung new ceiling fans. I assembled the crib. I aerated the lawn. I replaced the sprinkler heads. I jig sawed my son's soapbox derby car.

The feeling of accomplishment was so exhilarating, I forgot to notice that my husband hadn't joined in my DIY efforts. He even stood idly by as I embarked on a two month project to build shelving along one 15' wall of our playroom. I couldn't see past the sawdust to notice that he was conveniently absent.

One night while simultaneously nursing our third baby and chopping onions for dinner, I asked my husband to assemble a new tabletop grill. Half an hour later, he sat looking cross-eyed at the instruc-

tions. "I swear Honey, you could strand me on a deserted island with this thing, and I'd never figure it out."

A few days later, I was relaying my frustrations to another Navy wife while we watched our kids on the playground. Expecting compassion, I was surprised when she told me ... it was all my fault.

At first I thought that she didn't understand my predicament, because her aviator husband was mechanically inclined; whereas, my husband was still uncertain about the term "Phillip's head" and referred to the hardware store as "The Haunted House."

However, she explained: "Believe it or not, I'm no stranger to a tool box, but that's my little secret. Try being helpless," she whispered, "trust me, it works."

But, by that time, my husband had already seen me chop onions, nurse a baby, and assemble a grill all at the same time. There was no going back. And now, as a salty ol' Navy wife in my "roaring forties," I'm still the one who programs the remote and assembles the Ikea dressers.

It might be too late



for me, but if this is your maiden voyage as a milspouse, there's still time! You may be perfectly capable of skipping your own boat, but don't go overboard. Stow those fix-it skills in your ditty bag and play the roll of landlubber Ginger or first mate Gilligan while hubby takes the helm. He'll figure out how to replace the toilet tank float or fix the cabinet hinge in no time.

Be ye in a Navy port or on an Army fort, heed this whale of a tale and your DIY projects will be smooth sailing.

*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](https://twitter.com/MolinariWrites).*

tain fleet inputs from the officer and senior enlisted community throughout the Navy in a manner that will generate a comprehensive set of recommendations that will assist in validating and/or revising the Professional Core Competencies (PCC) Manual.

Professional Core Competencies set the professional development curriculum at every officer accession command.

The game allows players to choose core competencies, identify ideas of concern or revision and elaborate on them for refinement.

There is no time commitment required for game-play and your submissions will be anonymous. The game will be open 24-hours a day during the open period.

This is an opportunity for everyone from senior enlisted and junior officers to command master chiefs and commanding officers to have an impact on the common core curriculum for the officers who are leading Sailors and contributing to the mission of the Navy.

For more information about the game please visit the portal and log in <https://portal.mmowgli.nps.edu/pcc>.

Keep What You've Earned

If you think that a friend or shipmate needs help controlling their drinking, don't wait until they hit rock bottom—talk to them about your concerns. When approaching a friend, don't attempt to talk to them while they're drunk. Wait until they're sober, then express your concern rather than blame or criticize. Bring up specific incidents that worried you, and be sure to offer to go with them to get help. And remember that you can always ask your Command DAPA or SARP counselor for advice—they're the experts.

NCBC Helping Hands

WEST HARRISON HIGH SCHOOL - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors: May 4 – 8, May 11 – 15. Volunteers do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or JCullinan@harrison.k12.ms.us

ZOMBIE APOCALYPSE MAZE – Volunteers are needed to help construct a maze, assemble temporary walls and doors, and perform minor electrical and air conditioning work for a Zombie Apocalypse event June 5 in Gulfport. Volunteers are also needed for the event to serve as makeup artists, “zombies” and other support roles. Point of contact is: Dave, 708-203-6971.

BILOXI VA - Volunteers are needed for a car show, May 9. Volunteers are needed to set up for the show at 7:30 a.m. and also to escort patients from 9 a.m. - noon. Point of contact is Susan, 228-871-3640.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulf-

portschools.org or call 228-865-1933 to volunteer.

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.

THE CITY OF MOBILE/MOBILE BAY NATIONAL ESTUARY PROGRAM – Volunteers who can work in water, in an area with an abundance of reptiles are needed to help clean up the shore lines at a tributary in Mobile Bay, May 2. The area is severely impacted by trash, and it's beginning to affect the wildlife in the water. EPA Trash Free Waters will also show a trash boat demonstration after the cleanup. Lunch, refreshments, event t-shirts will be provided. Transportation will also be provided if there are enough volunteers. Point of contact is BU1 Monkress from NCG 2 at 228-860-8709.

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.

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

10 a.m. - CCD (Pre-K through 12th Grade)

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

The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfport-chapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

MAY 1-7

The Grill

Cool off with a refreshing Breaker Salad this month! Roasted chicken on a bed of lettuce with cucumber, feta cheese, strawberries, blueberries, red onion & tomato for just \$7.25. Order yours today!

Call 228-871-2494 for more details

Navy Outdoor Recreation

May Special- Rent a lawn mower, weed-eater/edger and 100 ft extension cord for ONLY \$10!

Limited supplies.

Call 228-871-2127 for info

MWR LIBERTY

May 2- 4 p.m., New Orleans Zephyrs vs. Memphis Redbirds, \$7

May 3- All Day, Mother's Day Cards- Fill out a card for Mom & we will mail it!

May 5- 6 p.m., Tournament Tuesday's 9-Ball Pool Tournament, 1st Place Prize

May 6- 6 p.m., Guitar Lessons in the New Music Studio, FREE

May 7- 6:30 p.m. Free Movie Thursday at the Digital Cinema,

Pick up coupon at Liberty

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 12-8p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-F 5:30a-7p Sat-Sun 9a-4p NEW HOURS
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	

Honor Mom with a Card

The youth at the Child Discovery Center & Youth Activities Center will decorate cards to be displayed May 5-11.

Not signed up at CDC or YAC?

Create a card and post it on our

Facebook page at

www.facebook.com/nbcgulfport

Paid sponsor. No Navy or federal endorsement implied.



SPECIAL EVENTS AT THE DIGITAL CINEMA!

5/2 at 7 p.m.- Mayweather vs. Pacquiao Fight

On Pay-Per-View See It Here for FREE

The only place in Gulfport to see it!

Doors open at 6:30 p.m.

Open to authorized MWR patrons only!

5/9 at 7 p.m.- FREE SNEAK PEEK

FEATURE LENGTH

PITCH PERFECT 2 (PG13)

Pick up tickets during regular cinema hours

May 7-9, 1 per person present

Digital Cinema at the Training Hall



May 1
6 p.m.

Woman in Gold (PG13)

8:30 p.m.

Furious 7 (PG13)

May 2
2 p.m.

Home 3D (PG)

4 p.m.

Furious 7 (PG13)

7 p.m.

Mayweather vs. Pacquiao
See It Here- FREE!

May 3
2 p.m.

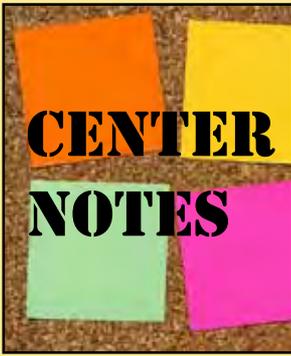
Home (PG)

4:30 p.m.
The Gunman (PG13)

\$1 SHOWING

24 Hour Movie Hotline
228-871-3299

Bldg 446, Marvin Shields Blvd.



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 nationwide 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 Arterberry, 228-871-4033 for more information.

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 at-

tend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned 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, 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. For info, contact the museum at www.seabee-museumstore.org or call 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 Sept. 30, 2014.

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.

Pascagoula: Bunksmall

Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments of 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 June 25, 2014.



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.

NCBC Construction



April 29 - May 15:

Building 118 South Parking Lot. The parking lot will remain closed as construction continues at the Broad Avenue gate.

May 4 - 8: Westbound Lane of Marvin Shields Blvd. at the west parking lot exit of Dental to Rodgers Ave. Concrete sidewalk is being placed at location of new Medi-

cal Clinic. Traffic will be closed periodically throughout the work. Please avoid the construction areas if possible and watch for construction workers.

May 9: Power Outage: Building 400 will experience a power outage May 9, 8 a.m. - 3 p.m., as power is removed from Building 399 to allow for demolition.