

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

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## UCT 1 divers train for future readiness



**KEY WEST, Fla. - Equipment Operator 2nd Class Justin Pittman, assigned to Underwater Construction Team (UCT) 1, performs a front step-in water entry during dive training operations.** (U.S. Navy photo by Mass Communication Specialist 3rd Class Nicholas S. Tenorio/Released)

See **FUTURE** page 7



**Maj. Gen. Charles M. Gurganus, commanding general 1st Marine Expeditionary Force Forward, speaks to the Seabees of Naval Mobile Construction Battalion (NMCB) 133 following the presentation of the Purple Heart to Equipment Operator 2nd Class Keith Hauter, left, and Builder Constructionman Dan Morgan of NMCB 133, assigned to Task Force Anchor. The Sailors were awarded the Purple Heart from Gurganus for wounds sustained when their vehicle struck an improvised explosive device.** (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

## Marine Major General motivates Seabees at Purple Heart ceremony

**By UT3 Drew Verbis**  
NMCB 133 Public Affairs

Two Seabees from Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, were awarded the Purple Heart by Maj. Gen. Charles M. Gurganus, commanding general 1st Marine Expeditionary Force Forward, during a ceremony, Jan. 6.

The recipients, Equipment Operator 2nd Class (SCW) Keith Hauter from Litchfield, Ill., and Baton

Rouge, La., native Builder Constructionman (SCW) Dan Morgan, received the award for wounds sustained when their vehicle was struck by an improvised explosive device (IED). They're expected to make a full recovery and finish the deployment.

"Allow me to use these Seabees to talk to you," Gurganus said.

"These guys have something that I don't have. These guys (Sea-  
See **MOTIVATE** page 6



# Navy Legal



## Jurisdiction for family law

By Lt.j.g. Emil Marcinkas  
RLSO SE

Where to file for divorce or other matters related to family law is often very confusing. Before judging the merits of a case, a court must be satisfied that it has personal jurisdiction (power over the parties in the suit) and subject matter jurisdiction (power to handle the matter at issue).

Personal jurisdiction is determined by the parties' domicile, the state where a party resides and intends to remain indefinitely. Generally the law of the state in which the petitioner is domiciled at the time of filing governs, unless the petitioner consents to filing in or is compelled to file in another state.

Many service members have ties to multiple states. In order to determine domicile, the following are important considerations: the location of real property, the state where one is registered to vote, the state where one's vehicles are licensed and registered, and the state listed on a LES for state income tax withholding purposes.

Every state has its own specific requirements to establish personal jurisdiction. In order to file for divorce in Florida, the petitioner must have lived in Florida for six months immediately prior to filing. Alabama, Mississippi, and Texas require that at

least one party be a resident of the state for six months prior to filing. Louisiana requires that the petitioner be a resident of the state for 12 months prior to filing.

In the event that both spouses live in separate states, either party may file in their respective state, provided that they meet the jurisdictional requirements. Some states offer residency exceptions to service members who are stationed there, allowing them to file a petition for divorce in their jurisdiction, even if they are not a legal resident. If a party is not satisfied with where the petition has been filed they can initiate a proceeding to challenge a state's jurisdiction.

Cases Involving Child Custody  
The Uniform Child Custody Jurisdiction and Enforcement Act (UCC-JEA), which is enforced in every state except Massachusetts, establishes "exclusive and continuing" jurisdiction for child custody litigation to the child's "home state"; all suits where child custody is an issue need to be brought in the child's "home state." A child's "home state" is established when he/she has lived in that particular state for six consecutive months. If the child is less than six months old, then the child must have lived in the state since birth. Alternatively, if the child has not lived in any one state for six consec-

utive months, then the state which has the most "significant connections" with the child and at least one of the parents will be considered the "home state."

A state can lose jurisdiction if it is determined that the child or the parents no longer have a significant connection with the state. In order to modify an existing child support order, the parties would have to go back to the original state that issued the order or file in the child's new "home state." Once jurisdiction has been established and an order is finally entered, the Full Faith and Credit clause of the United States Constitution ensures that the order holds true in all states.

Identifying the proper jurisdiction for filing a legal petition is complicated, and will require examination of multiple factors. For assistance contact the nearest Region Legal Service Office legal assistance department.

Please visit us at [http://www.jag.navy.mil/legal\\_services/rso/rso\\_southeast.htm](http://www.jag.navy.mil/legal_services/rso/rso_southeast.htm) for more information or for office locations.

This article is not intended to substitute for the personal advice of a licensed attorney. Contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment.

### Updated List of Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 10, 2012

**Biloxi:**  
YaYa's  
2751 Pass Road

**Gulfport:**  
Herbal Alternatives  
1909 East Pass Road

Herbal Alternatives  
11530 Highway 49

*BJ's Bar (Club 228)*  
17920 16th Street  
*Sinsations Night Club*  
1809 30th Ave.

*Nick's Place*  
12460 Highway 49

**Pascagoula:**  
Bunksmall Apartments  
708 South Pascagoula St.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This 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.

### See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

**To report information by Cell text:**

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell phone smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

**To report information Online:**  
1. Go to [www.NCIS.navy.mil](http://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.



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### 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, E-mail: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil).

### LADD . . . Leaders Against Drunk Driving



LADD is a program sponsored by the NCBC/20th First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that in-

volves alcohol.

It is always important to have a plan in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!  
\*\*\*100 percent confidential, zero reprisal!\*\*\*

- ~ LADD is strictly confidential. NO REPRISAL!
- ~ LADD will take individual home only, no stops.
- ~ Volunteers who stand the watch are on call 24/7.

**Call 228-239-9007**



## Buzz on the Street

By CECN Lucinda Moise  
NCBC Public Affairs

**"What are your favorite  
spring time activities?"**



"I like swimming when the weather warms up."

EO2(SCW) Kimberly  
Estrada Boyd  
NCBC

Hometown: Waynesville, Mo.



"I like to play soccer."

EOCN Birendra Adhikari  
NCBC

Hometown: Manassas, Va.



"My favorite is planting flowers."

Akyra Dedman  
MWR/ITT

Hometown: Anchorage,  
Alaska

# Around the



# Center

Naval Mobile Construction Battalion (NMCB) 11 first class petty officers serve home made chili during a cook off to raise money for the Seabee Ball. The celebration will be held March 23 at the Mississippi Coast Coliseum where the Seabee's 71st anniversary will be celebrated. (U.S. Navy photo/Released)



Retired Col. Jim Lowe facilitates the Transition Goals Plans Success (GPS) class at Fleet and Family Support Center (FFSC) on board NCBC, Jan. 29. Transition GPS is a program that helps military members acquire the necessary information and tools to be a success in the civilian sector. U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released

Students of a Command Fitness Leader (CFL) course being held at the Fitness Center on board Naval Construction Battalion Center (NCBC) take a pre-test as the course begins, Jan. 28. The CFL course is required within 30 days of being designated as a command's fitness leader or assistant fitness leader. (U.S. Navy photo by Chief Mass Communications Specialist Ryan G. Wilber/Released)



# NCBC FRAMES

**Lt. Cmdr. Paul F. Magoulick,  
CEC**

20th SRG

Training Officer (R7)

**By CM3(SCW) Katchen Tofil**  
NCBC Public Affairs



# FREEZE FRAME



FF: What single experience during your career stands out the most and why?

**Lt. Cmdr:** Since all of my adult life has been spent in the Navy, there are many things that stand out including the births of my kids. But as far Navy events, I think it's been my time in UCT TWO and NMCB ONE.

FF: What has been your biggest motivation throughout your career?

**Lt. Cmdr:** Of course my biggest motivation has always come from wanting to be a

part of the military and serve this great nation that we live in. But other than that my motivations have changed over the years. At first I joined the Navy mostly to get out of my parents house. Then, after my first few years, it changed to wanting to give back to the Navy all the time and training that they invested in me. Now it's a combination of all that along with the pride that comes with working with Seabees. But ultimately I still do not want to live in my parents' house and there aren't too many Navy bases in Michigan,

which works out pretty well.

FF: What advice would you give to future Sailors?

**Lt. Cmdr:** Enjoy the people that you serve with. Don't lose hope if your hair starts to fallout, you'll get over it. Don't forget to pack a tooth brush for FTX.

FF: What is your favorite thing about working with the Seabees?

**Lt. Cmdr:** It has to be the people. This includes seniors, subordinates and peers. There are some very high quality of peo-

ple in the Navy and especially the Seabees.

FF: Who was your most influential mentor during your career, and why?

**Lt. Cmdr:** I've had a very fortunate career with regards to exposure to good mentors. I can't think of one of my immediate bosses who wasn't a mentor. In fact my current boss, CSO Cmdr. Monreal, tells me all the time how much time he has spent mentoring me. I'm not sure if that's a good thing though. CUCM (SCW) Martens recently told me that I'm un-mentorable which probably is [not] very good either.

## Putting yourself first, a key to family resiliency

**By MCC(SCW/SW/AW)  
Ryan G. Wilber**

NCBC Public Affairs  
Families Overcoming Under Stress (FOCUS) partnered with the Seabee Memorial Chapel and Morale, Welfare and Recreation (MWR) to present a "Three Ways to Put Yourself First: Self-Care in the New Year" workshop at the Seabee Memorial Chapel on board NCBC Gulfport, Jan. 23.

The workshop was designed to teach ways people can care for themselves physically and mentally, and strategies they can use to effectively put their plans into action, such as mindfulness and goal setting, as well as simply taking time to breathe.

According to Eva Shinka, FOCUS Gulfport site director, re-

siliency, self-care, goal setting and emotional regulation were the goals for the workshop. She compared the idea of putting yourself first with caring for yourself first in a catastrophe, so that you can afterward help those around you.

"By taking care of yourself and putting yourself first, then you're able to be a better parent, be a better spouse, be a better military person or whatever you may be, because you were taking care of yourself," said Shinka.

Selina Hobelman, a workshop attendee, said the ideas behind putting yourself first could help her personally and in turn those around her.

"It actually brought to light the things I was overlooking in my life to calm me down. I over-

look a lot of myself, so it pointed me in the direction of taking better care of myself as well as I do other people," said Hobelman.

Bet Ramsey, a FOCUS resiliency trainer, introduced specific, measurable, achievable, realistic and time-targeted (SMART) goal setting as a concrete tool for setting and achieving goals.

"I think there are a lot of ways that people set goals and achieve goals, and oftentimes having a process, having a tool can be helpful to break it down. So, by introducing the SMART goal acronym it gives you a different way of looking at setting a goal, and something concrete to work with, because being specific is how you get things done," said Ramsey.



**Eva Shinka, Families Overcoming Under Stress (FOCUS) Gulfport site director, facilitates a "Three Ways to Put Yourself First: Self-Care in the New Year" workshop at the Seabee Memorial Chapel on board NCBC Gulfport, Jan. 23. Shinka was one of three facilitators for the workshop, which was designed to teach ways people can care for themselves, physically and mentally, and strategies they can use to effectively put their plans into action.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

An attendee of the workshop, Erica Coggins, said that many of the strategies introduced could help her with an upcoming

"I really liked what they said

about using the crumbs of time, and I liked the SMART thinking of being specific in using your goals and being mindful in set-transfer.

See **FIRST** page 12

🐾 🐾 *Balfour Beatty Communities* 🐾 🐾  
*'Mardi Paws Parade' a first for NCBC*



Dozens of military families, along with their canine companions, met at the Dog Park on board NCBC Gulfport to participate in the "Mardi Paws Parade," Jan. 26. The event was sponsored by Balfour Beatty Communities, and included adoptable puppies from the Humane Society of

South Mississippi. One lucky puppy even found itself a new home. The event came to an end with two drawings, one for a doggie basket, and another for a hand-made Mardi Gras wreath. (U.S. Navy photos by Felisa A. Wilber and Chief Mass Communication Specialist Ryan G. Wilber/Released)



Lt. j.g. Steven Hunt of Navy Mobile Construction Battalion (NMCB) 15, scans for threats while manning the turret of a high-mobility multipurpose-wheeled vehicle inside of a simulator. Officers and key leaders from the battalion underwent the training to gain first-hand experience about the difficulties their Sailor's may face. NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that act as combat engineers and support various units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)

## NMCB 15 leaders participate in Convoy Simulator training

By MC2 Daniel Garas  
NMCB 15 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 15, based in Belton Mo., participated in convoy simulator training on board Naval Construction Battalion Center (NCBC) Jan. 24.

Over two days, officers and other key leaders underwent training on running a Combat Operation Center (COC) and were given a chance first-hand to experience the difficulties of communicating during vehicle mounted convoy operations through the use of simulators run by the 20th Seabee Readiness Group (SRG).

"I found the training beneficial because I had never done anything like it before. Everything was new to me," said Ensign Michael Cole, NMCB 15's embarkation commander. "It was an eye-opening experience to how fast everything happens."

The simulator has six different bays, complete with replicate high-mobility multipurpose

wheeled vehicles and MTRV's that are surrounded by a 360-degree screen onto which a variety of programmable scenarios can be projected.

During the training the group ran through several different obstacles that included driving through urban environments, rough terrain, ambushes and running into an Improvised Explosive Device (IED).

"For the purpose of communication and quick decision, it's great training," said Lt. j.g. Jamil Ramos, of NMCB 15's Alpha company.

Personnel controlling the simulator highlighted the challenges that they or their junior sailors may encounter during convoys by adding challenges to the simulation or altering the terrain. The students communicated with other vehicles in their convoy and worked to transmit situational reports (SITREP), while engaged in a variety of training scenarios.

"From an enlisted standpoint,

you get visibility on what kind of things they may be exposed to," Ramos said. "That tends to open up your eyes for your frame of mind to focus and make better decisions"

According to Ron Williams, a civilian contractor working for the 20th SRG, the simulators save time and money by eliminating the need to reset live-action scenarios and can be used to design specific lessons. In addition, if a Sailor's duty usually keeps them restricted to the COC, it allows them the unique opportunity to get an understanding of how mounted convoy operations work.

During the simulation debrief, Williams stressed the need for commanders to understand patience when seeking information. "If your back at the COC and asking for a SITREP, you have to give your people time to send it up," said Williams. "As you just experienced, your people may be dealing with several complex problems at once."

From **MOTIVATE** page 1

bees) who drove over an IED, these Purple Heart recipients, are the brave example that we're succeeding."

"I want you to know how important you all are," Gurganus added. "I know that Seabees 'build and fight' because I've seen it. I've seen you hammering in full battle gear, put down the hammer, grab your rifle and join the fire fight for hours, then go right back to hammering. I've seen you do this for days on end. I couldn't do this job without Seabees. I need you and I'm letting you know we're winning, and you're a big part of that result."

Gurganus went on to explain the

current condition of the draw down of American forces in the region. He said to stay on course and maintain focus.

"I felt like the major general gave us positive validation," said Builder 3rd Class Juan Morialevelez. "We all sacrifice so much to be here and it's good to get a motivating message directly from the top of our chain of command."

Gurganus left these departing words, "I will only make one promise to you before you leave. I'll get you on that plane, but I promise I will work your tails everyday while you're in this battle space because that's how important Seabees are to the mission."

### LOOKING FOR LEGAL ASSISTANCE?

Do you need...

- A power of attorney or a will?
- Help with a consumer law or indebtedness issue?
- Help with a family law issue?

If you answered yes to any of these questions or you have a similar issue, visit the **REGIONAL LEGAL SERVICE OFFICE**.

**Address:**  
5301 Sneed St, Bldg 30  
Gulfport, MS 39501

**Phone Numbers:**  
Comm: (228) 871-2620  
(228) 871-2626  
Fax: (228) 871-2975  
DSN: 868



If you're looking for Command Services, visit the **Region Legal Service Office**.



### LOOKING FOR LEGAL?

#### LOOKING FOR A DEFENSE ATTORNEY?

Have you...

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- Decided to make a complaint against someone in your chain of command?

If you answered yes to any of these questions or you have a similar issue, visit the **DEFENSE SERVICE OFFICE**.

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If you're looking for a Formal Physical Evaluation Board Attorney, call the Formal Physical Evaluation Board Office at 202-685-7180.

[www.ig.navy.mil](http://www.ig.navy.mil)

### MCB1/MCB9 Reunion News . . .

All Seabees are welcome to attend the mcb1mcb9 yearly reunion which is held in a different state each year. This year's reunion will be held Aug. 21 - 25 in Rhode Island. For more information, please contact reunion president Peter Dowd [mcbn1reunion@verizon.net](mailto:mcbn1reunion@verizon.net) or 781-837-0393.

### PSD Gulfport DEERS/RAPIDS Services Down . . .

PSD Gulfport is unable to provide DEERS-RAPIDS services due to fiber optic cable damage. Alternate locations for ID services are Keesler AFB, 228-376-8348 or 8738; Camp Shelby, 601-558-2957 and Stennis Space Center (active duty, appointment only), 228-688-4661. It is highly recommended that customers call before driving out to any of these locations. An announcement will be made when service resumes.

# Navy Competitive Shooting Season starts soon



By MCC William Lovelady  
Patrol Squadron 62 Public Affairs

The U.S. Navy Marksmanship Team (USNMT) is looking for new members to participate in Navy and inter-service rifle and pistol matches. All active-duty and reserve Sailors are welcomed and encouraged to participate.

"Sailors receive limited small arms training as they process through Navy Individual Augmentee Training at various U.S. Army training centers," said Cmdr. Mick Glancey, USNMT officer in charge. "All Sailors serving IA/GSA tours are issued a service rifle (M-16) or a service pistol (M9), some receive both prior to deployment. Small arms marksmanship is a basic fundamental skill set all our Sailors are required to possess."

The USNMT is the leading proponent of small arms marksmanship and safety training for U.S. Navy personnel. Each year, the team conducts the U.S. Fleet (Atlantic and Pacific) Rifle and Pistol Matches, where hundreds of Sailors are trained in service rifle and service pistol marksmanship. Sailors participating in fleet matches represent their commands in individual and team events, earn marksmanship medals and badges, and qualify to stand armed watches aboard ships and at other commands.

USNMT also conducts the annual All Navy (East and West) Rifle and Pistol Championships, in which the top 100 Sailors who have fired qualifying scores in fleet matches compete. As members of the rifle and pistol teams, the top 20 Sailors from each coast represent the Navy in the annual Inter Service Rifle and Pistol Matches where the "best of the best" come to compete from the Army, Navy, Air Force, Marines and Coast Guard. I/S Pistol Championships are held at Ft. Benning, Ga., while the I/S Rifle Championships are held at MCB Quantico, Va. The Civilian Marksmanship Program's National Rifle and Pistol Matches and the National Rifle Association's National Rifle and Pistol Champi-

onships are held at Camp Perry, Ohio.

Both fleet matches begin with classroom and range training to familiarize shooters of all skill levels with safety and proper practices on the range as well as the fundamentals of marksmanship. Then the shooting starts. There are warm-up matches before the 1,000-point rifle matches fired at distances of 200, 300 and 500 yards and the 1000 point pistol matches fired one-handed from 25 and 50 yards.

Competitors also shoot in both pistol and rifle excellence-in-competition (EIC) matches. EIC competitions are qualification matches in which competitors earn "leg points" toward the Distinguished Marksman and the Distinguished Pistol Shot badges.

"We want to get the word out to everybody," said Glancey. "We want more new shooters to come out and participate in the matches." Lt. Rich Ray, 2012 East Coast Match Director, reports "This year's theme is 'Train the new shooter!'"

Sailors do not have to be experienced shooters to benefit from competitive shooting—nor do they need to own firearms.

Throughout the match season, Naval Sea Systems Command Crane Division provides an armorer's van with match grade rifles, pistols, ammunition, and a workshop where a group of veteran gunsmiths build and maintain these precision firearms for Navy shooters. They even have all the small gear for matches like spotting scopes, shooting coats, mats, and folding stools used to carry gear up and down the 600-yard rifle range.

"Most shooters buy their own gear once they get involved in the sport, but if you don't already own the guns and gear, it's best to try competing before you buy so you're sure of getting what you need," said Lt. Eric Palmer, west coast match director, who got his start like most Navy shooters—he heard about a match and decided he wanted to shoot. "Once you've shot for a while and

are ready to buy your own equipment and guns, there are a lot of manufacturers that offer discounts to team members on rifles, ammunition, and just about everything else you need."

"We've had shooters shoot their whole careers with a van rifle," said Master Chief Utilities Constructionman Scott Hancock. "They just keep track of the rifle number and shoot the same one at every match."

One common area of confusion for Sailors wanting to shoot is how to join the team. It couldn't be easier.

The Navy Marksmanship Team is not a commissioned unit of the Navy. It has no unit identification code and there are no billets. Team leadership is a collateral duty and team membership is entirely voluntary. The Navy team doesn't hire professional shooters like the Army Marksmanship Unit and it doesn't have permanent change of station assignments like the Marine Corps team. It is made entirely of Sailors who love to shoot and want to compete.

Joining the Navy shooting team and shooting either of the Fleet matches is the same thing. Interested shooters need to read the annual message, announcing match dates and locations that came out recently and contact their commands to request orders to attend.

The annual match announcement message and team details may be found at the team Web site [www.usnst.org](http://www.usnst.org). Depending on funding availability, Active-duty Sailors may have to pay some of their travel and messing expenses out of pocket.

"No-cost TAD orders are the norm," said Glancey. "However, our USMC friends at Quantico routinely provide free barracks out at Camp Upshur, open-Bay style living but it is free!"

Reservists can use any type or combination of orders, with command approval. However, if funding is unavailable, some Reservists do have to come on unpaid annual training orders.

# UCT-1 Divers train for future readiness

By MC3 Nicholas Tenorio  
Expeditionary Combat Camera Underwater Construction Team (UCT) 1 divers, from Joint Expeditionary Base Little Creek-Fort Story, Va., conducted semiannual training, Jan. 16 - 17, in Key West, Fla., to hone their specialized skill set in variety of construction projects in the ocean environment.

"This training is conducted every six months," said Lt. Kent Michael Hull, diving medical officer for UCT-1. "They are running through different drills and scenarios they might encounter on deployment."

The Seabee underwater construction technicians practiced underwater welding and cutting, surface-supplied breathing, SCUBA and emergency medical procedures in preparation for a scheduled deployment to Rota, Spain in the summer of 2013.

"This training is about being proficient in every day diving," said Chief Engineering Aide Christopher Munch, UCT-1 diver. "It's all about getting comfortable in the water, learning your limits and what your own capabilities are."

Projects from recent deployments include the construction of boat ramps and floating piers, as well as the maintenance of shore-front facilities.

"Anything that's on the shore-front, we can maintain, manage and inspect it," said Munch."

Diversity is paramount to the success of UCT-1; divers must be interchangeable to maintain ocean construction capabilities and readiness.

"Every diver gets to work on different parts of the dive team," said Hull. "This familiarizes them with all the different aspects of the team."

Hull said his focus is to get the team ready for any type of dive injury they could encounter.



Lt. James Johncock, executive officer of Underwater Construction Team (UCT) 1, supervises as Builder 1st Class Christopher Etter, also from UCT-1, uses an underwater welding torch during dive training operations. (U.S. Navy photo by Chief Mass Communication Specialist Shane Tuck/Released)

"It's important that everyone on the team knows how to recognize the signs and symptoms of a dive injury, as well as the proper treatment that goes along with each injury," said Hull.

UCT-1 divers take full advantage of the training evolutions and understand the value they provide.

"This training will benefit our team immensely," said Builder 2nd Class Carlos Hernandez. "Not only have we built up our proficiency in underwater welding and cutting, we've worked on emergency procedures in the case of any dive casualty. This ensures we're able to respond and know how to take care any situation."

UCT-1 provides a capability for construction, inspection, repair, and maintenance of ocean facilities in support of Naval and Marine Corps operations. They also maintain the capability to support a Fleet Marine Force amphibious assault, subsequent combat service support ashore and self-defense for the camp and facilities under construction; in time of emergency or disaster, conduct disaster control and recovery operations.

RecruitMilitary Job Fair  
Feb. 21, 11 a.m. - 3 p.m.  
Mercedes-Benz Superdome, New Orleans  
For more information, contact Chris Adams at  
513-677-7055

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## The Moody Foodie



I'll try anything once. Well, maybe not cliff diving, or running with the bulls, or a Mohawk hairdo, or snorting angel dust, or silicone lip injections. But when it comes to food, I'm totally adventurous.

When our military family moves to a new place, I'm always excited to try the local cuisine. Sometimes, our experimentation with native dishes produces an instant fondness, and we adopt local recipes into our regular meal routine.

Early in our marriage, my husband was assigned to the Naval Postgraduate School in Monterey, Calif. At first we were bummed that we couldn't find a "Mom & Pop" pizzeria, which we took for granted back east. Much to our dismay, pizzas in California had foo-foo toppings such as sprouts, gorgonzola, shallots, walnuts, fenel, pears and chicken. And the waitresses wore trendy glasses, thumb rings and Greenpeace t-shirts. What ever happened to good old fashioned pepperoni and mozzarella, served by someone named "Ang" with bad highlights and a moustache, for goodness sakes?

However, once we tasted the local foods -- fresh caught squid, Gilroy garlic, Castroville arti-

chokes, and San Francisco sourdough bread -- we were hooked.

Similarly, our next tour in England (granted, not exactly known for its cuisine) added crumpets and Shepherd's pie to our repertoire. Chesapeake Bay Blue Crabs and plump Virginia peanuts became staples after back-to-back tours in Virginia Beach. Germany brought us countless European delights including schnitzel, beer, goulash, beer, spaetzle, beer, chocolate and beer. Oh, and did I say beer?

Now we find ourselves in the Deep South, where we are becoming connoisseurs of fried chicken, hush puppies, shrimp and grits, barbecue, cornbread and biscuits. Dee-licious!

But, hold up. For every delectable indigenous morsel that has passed favorably over my taste buds, there have been countless other native foods that triggered my gag reflex.

I said I was adventurous, but I'm not stupid. Our experiences living in different areas has taught us that every region has its share of really bad foods, and I'm not such a foodie that I will pretend to like them.

There are certain "red flags" -- a clear sign that the food you are about to eat is not that tasty. For example, if someone tells you that you have to "develop a taste for it," that means you will need to consume copious amounts of the substance to desensitize your taste buds to its wretched flavor. When I first ordered southern boiled peanuts at a football game, I found a slippery, mushy nut that tasted like a mutated potato. But after giving them several tries, I find that I can now eat a few without shuddering.

If someone tells you, "It taste's like [chicken or some other familiar meat]," beware that you are about to eat mysterious animal parts. Whilst in England, I was served black pudding with breakfast, and told it was a variety of sausage. A tiny nibble filled my mouth with the taste of bloody vital organs . . . no thank you. At a B&B in Scotland, I was offered a sliver of haggis and told that it tasted just like pork and oats. One swallow and I felt as if I'd just licked the salty underbellies of a herd of sweaty sheep.

If someone says, "It's great with butter," that generally means that the food is dry as the Sahara. Does anyone really like Irish Soda Bread? No one really knows, because we all slather it with butter so we can swallow it.

If someone tells you, "it just needs a little hot sauce," they are saying that you will need to distract yourself with pain in order to ingest this foul tasting dish. At the risk of igniting another Civil War, let me say that greens are not as good as southern folk proclaim. Collards, kale, mustards, Swiss chard -- isn't it suspicious that they are all slow cooked in bacon fat and disguised with Texas Pete?

On the other hand, there are, in fact, certain truisms that hold eternal in the world of local cuisine: beware of anyone who tells you to "suck the juice out of the head, because that's the best part," and you can always trust someone who says in earnest "it's great deep fried," because let's face it, what isn't good deep fried?

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesof-life.com>.

## Recycling Saves! Recycling Pays!



It's all about the green!

### Did You Know . . .

Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy and 7,000 gallons of water!

Americans use more than 67 million tons of paper per year, or about 580 pounds per person.

Paper products make up the largest part (approximately 40 percent) of our trash.

Making recycled paper instead of new paper uses 64 percent less energy and uses 58 percent less water.

Every day American businesses generate enough paper to circle the earth 20 times!

Every day Americans recover more than 2 million pounds of paper! That's about 40 percent of the paper we use.

Paper products use up at least 35 percent of the world's annual commercial wood harvest.

### Moving? Mailing packages? Need a Box?

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



Pop quiz: What does the recycling symbol with the three green chasing arrows represent?

The recycling symbol with the **three arrows** represents the three steps in the recycling process. These steps are as follows:

- ~ **Collection** and **processing** of recyclable materials,
- ~ **Manufacturing** of those materials into new products, and
- ~ **Purchasing** the new products by consumers who then start the process over again

### The PWD Gulfport Trouble Desk is Moving to the Regional Call Center (RCC)

**Move Date: April 1**

**Regional Call Center Phone Number: 1-855-462-8322**

~ Call Center Operational 24/7

~ All Routine and Emergency Service Calls will be called into the RCC

~ Only Building Managers & Authorized Callers can place Routine Service Calls ( Anyone can call in an Emergency)

Transition brief and training will be Feb. 20, 10 a.m., in the Training Hall (building 446). All details on the transition, with Q&A will be available. *All Building Managers and authorized callers are encouraged to attend!*

Questions? Contact PWD Requirements or your Facility Management Specialists (FMS): PWD Gulfport, 228-871-4270/4288; Alan Walker, 228-822-5129; Rick Ricker, 228-871-3983; Stephen Murray 228-871-2192



# Focus on Education

## Coastline Community College Distance Learning Program

**By Dr. David Drye**

Coastline Community College's Distance Learning Program for military personnel was created especially for YOU!

Coastline's AA Degree, available in many military occupational related areas, is absolutely the most readily achievable Associates Degree available.

As a student you will have access to an excellent college education by enrolling in the kind of high quality distance learning media-based courses that have made Coastline Community College a national and international leader in distance education for over 25 years.

Coastline is accredited by the

Western Association of Schools and Colleges (WASC), a national and regionally recognized accrediting agency.

Coastline's integrated media-base distance learning programs have been the recipient of a host of educational awards and citations for programming design and excellence.

A proud educational partner in several programs involving the Navy, the Army, the Marine Corps, Coast Guard, the Army National Guard and the Reserve Components of all the Services, Coastline Community College delivers distance learning college credit courses and occupational related degree programs to service members and dependants worldwide.

The program recognizes the maximum credit awarded for military training and experience and combines technology with academically proven distance learning methods to deliver college-credit courses beyond the traditional classroom.

Courses are delivered via Internet, CD, independent study labs and incorporate text materials, instructor contact, assignments and proctored exams.

A focus of the program is the short eight-week courses which are available in five terms within the calendar year.

For more information on Coastline's programs contact Dr. David Drye in the Navy College Office, Building 60, Room 239 or at 228-871-2785.

## Navy League scholarship honoring USS Mississippi

**By Penny Randall**  
NAS Meridian Public Affairs

Meridian Area Navy League members, USS Mississippi commissioning committee members and representatives from the University of Mississippi gathered Jan. 18 to announce the establishment of a new scholarship.

Meridian Area Navy League members worked for a year to raise funds for the commissioning of the Virginia-class attack submarine USS Mississippi (SSN 782), and after the commissioning in 2012, they still had money left over.

The remaining funds were used to establish a scholarship at the University of Mississippi to benefit dependants of USS Mississippi Sailors or Mississippi natives who will participate in the NROTC program at the university.

An endowment check for \$40,000 was presented by the USS Mississippi Commissioning Chairman Mark McDonald, Co-Chairman retired Navy Capt. Curt Goldacker and Meridian Area Navy League President Arjen Lagendijk to Denson Hollis, senior director of development for the College of Liberal Arts.

"The life span of the USS Mississippi is expected to be at least 30 years," Goldacker said. "We expect

this foundation to run well past that."

The University of Mississippi was selected to receive the scholarship endowment because it is the only college in the state that has an active Navy ROTC.

Lagendijk said that the fund raising was an effort of many people across the state that joined together with Goldacker, McDonald and Tom McGuire, a long time member of the Navy League.

"Without these three gentlemen and a lot of other folks, this wouldn't have happened," Lagendijk said. "To say that we can raise money and have some left over for something like this is pretty neat."

Hollis said the plan is to award a \$2,000 scholarship beginning in the Fall of 2014.

"A different student will get it each year, and first choice would be to a dependent of a USS Mississippi crew member," Hollis said. "If there is not an eligible applicant, the next choice would be to a student from Mississippi. The university, the College of Liberal Arts and the Navy ROTC are just so grateful that they have chosen us to house this money and ensure this scholarship. We'll do our best to make sure the money is used the way they want it to be used."

NCBC School Liaison Officer Kevin Byrd is located at MWR building 352  
1706 Bainbridge Ave., 228-871-2117 or email kevin.r.byrd@navy.mil



# SEABEE DAY 2013



## March 9 from 9 a.m. to 4 p.m.

## Free and Public Welcome

## Gulfport Seabee Base

## [www.seabee.org](http://www.seabee.org)

### Navy-Marine Corps Relief Society Scholarship News . . .

Applications now being accepted for education assistance for Navy and Marine Corps family members. Interest-free loans or grants available for undergraduate education at an accredited institution in the United States.

Are you a child (under age 23) or spouse of a Sailor or Marine who: Is serving on active duty? Is retired? Is a Reservist on active duty more than 90 days? Died on active duty or after retiring?

Also available for combat wounded Sailors and Marines who served in Iraq or Afghanistan and are pursuing a degree leading to license/certification as a teacher; Sailors or Marines participating in the Marine Enlisted Commissioning Education Program (MECEP) or Medical Enlisted Commissioning Program (MECP); Navy and Marine Corps qualified divers, their children (under the age of 23) and their spouses.

Assistance is also available for spouses of active duty Sailors and Marines stationed and living outside the United States.

Applications available at [www.nmcrs.org/education](http://www.nmcrs.org/education). For more information, contact [education@nmcrs.org](mailto:education@nmcrs.org). Application deadline: May 1, 2013





## Fitness

Doing the same old work out can get boring. Make it fun and add in that healthy competition that pushes you just a little bit further. The CBC Fitness Center offers great intramural sports opportunities. Try racquetball for some one on one action or show off your volleyball skills. Intramural sports vary seasonally and have a limited time for sign up. Call today for details, 228-822-5109.

Do you need people around to motivate you to work out? Then, make time for a group fitness class. The CBC Fitness Center offers courses as early as 8 a.m. and as late as 6 p.m. Get your heart pumping with some strength/cardio, Zumba or cycling. You can also try out the new low impact aerobics course or center yourself with yoga. For the class schedule, visit us on Facebook at NCBC Gulfport MWR or stop by the Fitness Center today!

## Recreation

**FREE Movie Program** at the Training Hall: Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

**Friday**, "Alex Cross," PG13, 6:30 p.m.

**Saturday**, "Wall-E," G, 5 p.m., "Won't Back Down," PG, 7 p.m.

**Sunday**, "Hotel Transylvania," PG, 2 p.m.; "Fun Size," PG13, 4 p.m.

## Information, Tickets and Travel:

ITT has your Harlem Globetrotters tickets at military discount! Take the kids to enjoy a show full of trick shots, jumps and dunks for just \$24.45 for a regular seat ticket.

Stop into ITT to purchase yours today! Call ITT for more information!

Don't blink . . . or this offer will race by you like the Daytona 500. Feel the rumble of the stadium in person. Book your Daytona International Speedway package today! ITT is offering packages at great prices that include a ticket to the Daytona 500, round trip transportation on a Coach bus and two nights' hotel accommodations. Package prices vary depending on room occupancy - starting at \$450 for a single and running as low as \$160 for four person occupancy. Call ITT for details, 228-871-2231.

Take a journey beyond the stars at the Infinity Science Center at Stennis with ITT Feb. 9. FREE Shuttle, Admission at the door. Sign up by Feb. 8 at noon. Depart at 9:30 a.m. Call 228-871-2231 for details!

Active Duty, Reservist, National Guard, USCG and Retirees are now eligible for a complimentary Universal 3 Day Park-to-Park ticket and Blue Man Group Ticket at children's price! All dependents and DOD personnel are eligible for discounted Universal 2 Day, with 3rd Day Free tickets! Call for info.

## Liberty Center:

Take a trip with the Liberty Center to the Gulfport Premium Outlets on Friday. The shopping center has all kinds of popular brands and items from famous

**Liberty's Super Bowl XLVII Party**  
**Sunday, February 3rd**  
**Game starts at 5:30 p.m.!**

**FREE wings, pizza and drinks!**

MWR Mission First... Sailors Always

LIBERTY

footwear to perfumes and designer clothes. The FREE shuttle departs at 10 a.m.

Saturday and Sunday are full of excitement at the Liberty Center. Start by hopping on Liberty's FREE shuttle to the Monster Jam Saturday at 6 p.m. Then, head over Sunday at 1 p.m. for a Super Bowl Party with FREE pizza, wings and what's bound to be an incredible football game!

## Navy Outdoor Recreation:

Toughen up . . . don't let the cold weather keep you indoors! NOR has lots of fun equipment that will make you forget all about that chill in the air.

**FREE Batting Cage:** No more teases needed. Stop by and take a swing! Rent bats/helmets at no charge from NOR during business hours.

## Food & Beverage

The Beehive is now open every day of the week! Watch the game on one of our seven flat screens, play a little pool, and enjoy good times with friends! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Don't want to get out in the cold for lunch? Let The Grill bring it to you. The Grill offers lunch delivery Monday - Friday from 11 a.m. - 1 p.m. Call 228-871-2494 to place your order. Fight that early morning chill by getting a hot breakfast. The Grill is open as early as 6:30 a.m. Take your pick from French toast plates to breakfast burritos or traditional eggs and bacon. The Grill is located at the corner of Colby and 7th Street.

Angors & Eagles: Great service and good times are what you can

expect at Anchors & Eagles. Open Tuesday - Thursday 2 - 9 p.m. for chiefs and officers. Stop by and shake off the day with comrades.

## Youth Activities

The YAC knows how to have a good time. Stop by Friday night from 6 - 9 p.m. for Movie Night on the Big Screen with hotdogs; only \$2 per person, but there's a limit so call today 228-871-2251.

Laser Tag and Arcade excitement will keep the boredom away on Saturday, 10 a.m. - 4 p.m.; only \$7 per person. You must be 12 or older to participate. Lunch is needed and this program is limited so sign up fast.

What better way to enjoy the season than by making your own Mardi Gras float on Tuesday! The program is FREE, 5:30 - 8:30 p.m. Call today for details

**For more**  
**MWR**  
**program**  
**information**  
**contact:**

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251
Main Office	228-871-2538

# NCBC Helping Hands volunteer opportunities



**GREAT DAY OF SOCCER** - Great Day of Soccer needs you! Great Day of Soccer is looking for 25 volunteers Feb. 16, 8 a.m. - 3 p.m. at the County Farm Soccer Fields off of County Farm Road in Harrison County (north of Gulfport/Long Beach.) Volunteers will be involved in judging about 400-500 kids, ages 4 - 18 in four events. Volunteers will receive training before the competition. Lunch and all necessary supplies will also be provided. For more information or to sign up, contact Jeff Bruni, 228-861-6175 or jeffbruni@bellsouth.net or jbruni@gulfport-ms.gov.

**RIDE2RECOVERY GULF COAST CHALLENGE** - R2R will be traveling on the Gulf Coast, from New Orleans to Tallahassee March 4 - 8 with over 200 Wounded Warriors participating. March 4

in Mobile, Ala., the USO Gulf Coast will be hosting a Casino Night from 6 - 10 p.m. and needs 20 volunteers to assist with this event and to volunteer as amateur dealers (no experience necessary.) For more info please contact usogulf-coast@uso.org

**UNITED WAY OF SOUTH MISSISSIPPI** - United Way of South Mississippi is kicking off the new year with a "30 Ways in 30 Days" challenge. Participants can sign up on line and choose a volunteer calendar for January that is tailored to fit available time and customized from the menu of activities and opportunities. To sign up for the 30 Ways in 30 Days challenge, visit [unitedwaysm.org](http://unitedwaysm.org) and click Volunteer.

**LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS** - Long Beach Alter-

native School on Old Pass Road in Long Beach is looking for mentors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison at 228-865-1956 if you are interested.

**WOOLMARKET ELEMENTARY SCHOOL SEEKS MENTORS** - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information or to volunteer.

**COAST SALVATION ARMY NEEDS VOLUNTEERS** - Volunteers are need for various projects throughout the year. Contact Shawna Tatge for info,

Shawna\_Tatge@uss.salvationarmy.org  
**VOLUNTEER WITH USO** - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit <http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMPS 2nd Floor, NCBC and Gulfport Biloxi International Airport.)

**PROFESSIONAL GOLF ASSOCIATION NEEDS VOLUNTEERS** - Volunteers are needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman, Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the Week, meals during shift, six good-any-day tickets, a

free round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

**SEABEE BALL COMMITTEE VOLUNTEER OPPORTUNITY** - The Seabee Ball Committee needs 48 volunteers over 21 years old to work the Jason Aldean concert at the Mississippi Coast Coliseum, Feb. 23. Training will be provided. To sign up or for more info, contact ENS Matt Catanese at [matthew.catanese@navy.mil](mailto:matthew.catanese@navy.mil) or 228-871-7142.

**DRIFTWOOD NURSING HOME** - Want to make a difference in the life of the elderly then volunteer with Driftwood Nursing Home located right outside the Broad Avenue gate. The contact for this volunteer opportunity is Christina at 228-243-3421.

## Seabee Memorial Chapel



### Center Chaplains:

**Lt. Cmdr. Paul Smith, Protestant Chaplain**  
**Lt. Yoon Choi, Protestant Chaplain**  
For information concerning other faith groups,  
call the chapel office at 228-871-2454

### Services:

**Gospel Service: 8 a.m.**  
**Sunday Catholic Mass: 9:30 a.m.**  
**Weekday Mass: Tuesday, 11:15 a.m.**  
**Divine Worship: Sunday, 10:30 a.m.**

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs. Protestant Services include a Gospel Service at 8 a.m. and Divine Worship Service at 10:30 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also Catholic Mass Tuesdays at 11:15 a.m.

### Seabee Pantry

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. The Seabee Pantry is for anyone affiliated with NCBC.

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 10:30 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

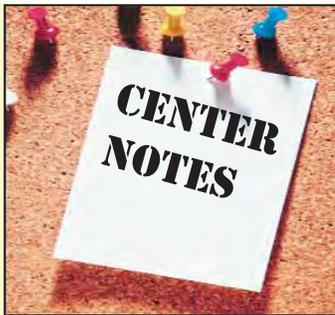
### Women's Bible Study

Women's Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. Free child care is available. For more information on all offerings that are available, contact the chapel at 228-871-2454.

USO volunteers lift the spirits of America's troops and their families around the world. Our volunteers are the reason troops know they can count on the USO. Every day USO volunteers impact the lives of troops in many



ways including: helping out a special event; cheering troops at a homecoming; welcoming troops to a USO Center and providing a listening ear. Find out how you can volunteer with the USO by visiting <http://www.usovolunteer.org>. USO is located at the Naval Mobilization Processing Site (NMPS) on board NCBC. Hours of operation: Monday - Friday, 8 a.m. - 4 p.m. Call 228-575-5224 for more information.



## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the first Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for more information.

**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 Center. Children are welcome and babysitting 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/NMCB133\\_FSG/133frg](http://www.wix.com/NMCB133_FSG/133frg).

### Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' 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@yahoo.com. We hope to see YOU soon!

**Navy Wives Clubs of America, Inc.** The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area and will be hosting a meeting for new member Feb. 16. 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 228-3422271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubs-of-america.org](http://www.navywivesclubs-of-america.org) for more info 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, Wednesday 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. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for details.

## 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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

**VFW Post 3937 Long Beach** is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for 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 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, go to <http://nmcb62alumni.org> or for links to Seabee historical sites. Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto [www.nsva.org](http://www.nsva.org) for information.

**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 about our organization and all that is offered to members.

## 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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVDs. Contact the museum at [www.seabeeuseumstore.org](http://www.seabeeuseumstore.org) or call the gift shop at 228-871-4779 for information on all that is available.

To publicize your organization, send information to [seabeecourier@navy.mil](mailto:seabeecourier@navy.mil)

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ting your goals. I think it will make it easier as we go through the year in a move ... and reminding me to take care of myself, or we can't get any of this stuff done," said Coggins.

Tammy Meyer, MWR Yoga instructor and certified life coach, presented mindfulness as a way to recognize and manage stress, along with breathing and basic Yoga techniques that can be done anywhere for relaxation. Meyer said she feels it is important for people to be introduced to new approaches to self care, especially as they navigate the

difficulties of a military lifestyle.

"My main goal was to give people different ideas and different approaches to their self care, knowing that there is no wrong way to go about it, but hopefully expanding their options, and just letting them know that where they're at is right where they're supposed to be. Yet, as we go forward in life there are certainly other tools and options that people can expose to things that they maybe didn't know were options for our self care," said Meyer.

Carla Heard, a workshop attendee said she plans to use mindfulness and the relaxation

techniques to help her better enjoy her life by appreciating the present moment.

"I enjoyed the mindfulness of it. Sometimes when you're in different situations in life sometimes you do have to stop yourself and take a deep inhale and exhale, and just be mindful of what's within."

Shinka said she hopes that people will take advantage of the preventive, strength-based programs offered at NCBC Gulfport, such as FOCUS and MWR. For more information about FOCUS visit <http://www.focus-project.org/home>, and for MWR visit <http://navymwr.org/>.