

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

February 13, 2014

Well done NCBC! More than \$34k raised for charities!

Compiled from NCBC
Public Affairs reports

The 2013 Combined Federal Campaign (CFC) for NCBC was a success! The military and civilians proved that Sequestration, furloughs and economy challenges were not going to stop warm hearted donors from making a difference. The percent of participation remained the same as previous years and the average donation was 50 percent higher than the regional goal.

This year started off with the opening ceremony in front of the Navy Exchange and Commissary where nine charities represented their cause and Senior Master Sgt. Richard Parsons, (Detachment Superintendent, 366 Training Squadron (TRS)/Det 6 at Naval Construction Training Center (NCTC), and Lt. Cmdr. Craig Clutts, executive officer of Naval Mobile Construction Battalion (NMCB) 133, also volunteered to man the dunk tank to raise funds.

Maybe not so surprisingly, dunking the XO seemed to be more profitable than the senior master sergeant.

After many weeks of each unit providing opportunities to donate, the campaign

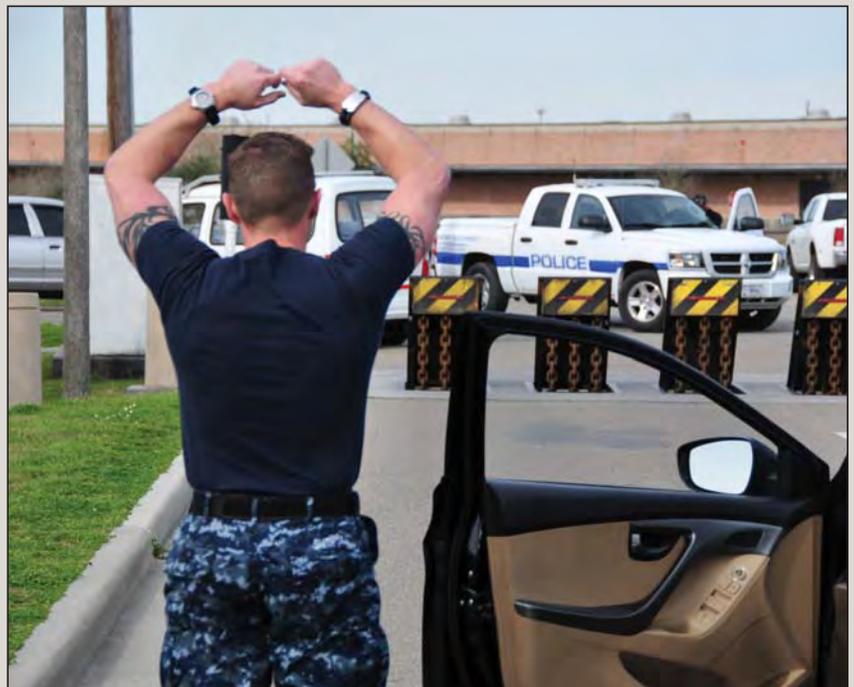


closed out the year with a successful CFC 5K, hopefully a new annual event.

"We are so proud of the men and women of NCBC that donated time and money to make this season successful and raise money that will be used by charities to help personnel throughout the US and overseas," said Clutts. "Proof of the compassion and community service focus of the military family."

Looking forward to the 2014 campaign, excitement begins to stir earlier than the September opening season as NCBC will chair the Greater Mississippi Area CFC taking charge of a nearly \$1M program across 39 counties covering the Gulf Coast and the eastern half of the state. Thanks to Lt. Cmdr. Jeff Palmer, executive officer of Naval Meteorology and Oceanography Professional Development Center (NMOPDC), who volunteered to chair the regional committee on behalf of the commanding officer.

Center prepares for annual FP exercise



SOLID CURTAIN-CITADEL SHIELD 2014 will be Feb. 18 -28. This Force Protection exercise, conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC), will take place on all CONUS Navy installations. While this exercise will impact the Naval Construction Battalion Center over the next two weeks; the base will be significantly impacted in the afternoon Feb. 24. This will primarily involve gate closures, shelter in place and stop movement orders. All personnel should review safety and security procedures, and inform family members of the pending disruption to base services and base access. Exercises like this enhance training and readiness of our security personnel. This is an annual exercise and is not in response to any specific threat. Stay tuned to Facebook at www.facebook.com/ncbcgulfport for the fastest updates during the exercise period. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

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PCU America completes Acceptance Trials

By Team Ships Public Affairs

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Amphibious assault ship Pre-Commissioning Unit (PCU) America (LHA 6) completed acceptance trials off the coast of Pascagoula, Jan. 31.

During the trials the Navy's Board of Inspection and Survey (INSURV) performed rigorous tests and evaluated all of the ship's major systems, including combat, propulsion, communications, navigation, mission systems and aviation capabilities.

The successful completion of the trials brings the ship one step closer to delivery.

"The ship performed extremely well," said Capt. Chris Mercer, Amphibious Warfare program manager for the Program Executive Office, Ships. "There were no major deficiencies identified. This marks a tremendous achievement for any ship, made only more impressive by America's size, complexity and that the ship is the lead ship for the amphibious assault replacement program. We are very proud of this successful trial and look forward to America soon joining the fleet."

The America-class replaces the aging Tarawa class, and is a modified repeat of the Wasp class, optimized for aviation and capable of supporting current and future aircraft capabilities such as the tilt-rotor MV-22 and the Joint Strike Fighter. The ship's aviation-centric design includes space for an enlarged hangar deck with increased aviation parts stowage capacity, expanded aviation maintenance facilities and increased aviation fuel capacity.



The amphibious assault ship Pre-Commissioning Unit (PCU) America (LHA 6) returns to Ingalls Shipyard from acceptance trials, where the ship's main propulsion, communications, steering, navigation and radar systems were tested. America will be the first ship of its class, replacing the Tarawa-class of amphibious assault ships. The ship was christened on Oct. 20, 2012 and is undergoing construction in Pascagoula, Miss. (U.S. Navy photo by Mass Communication Specialist 1st Class Lewis Hunsaker/Released)

LHA 6 is 844 feet in length, reaches speeds of over 20 knots and displaces 44,971 tons. The ship will use the same gas turbine propulsion plant, zonal electrical distribution and electric auxiliary systems designed and built for USS Makin Island (LHD 8), replacing the maintenance intensive steam plants of earlier ships. This unique auxiliary propulsion system is designed for fuel efficiency.

With delivery planned for spring 2014, the future USS America will support a wide spectrum of military operations and missions, including forward

presence and power projection as an integral part of joint, interagency and multinational maritime expeditionary forces, maritime security and humanitarian and crisis response.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships and special warfare craft. Delivering high-quality war fighting assets - while balancing affordability and capability - is key to supporting the nation's maritime strategy.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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

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 Feb. 12, 2014.

Permanent Off-Limits Establishments

- Biloxi:**
YaYa's, 2751 Pass Road
- Gulfport:**
Herbal Alternatives, 1909 East Pass Road
Herbal Alternatives, 11530 Highway 49
Sinsations Night Club, 1809 30th Ave.
- Pascagoula:**
Bunksmall Apartments, 708 South Pascagoula St.
- Ocean Springs:**
The Purple Pelican Night Club, 1001 Bowen Ave.

Temporary Off-Limits Establishments

- Gulfport:**
Club Illusions 2, 1925 34th 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. This letter supersedes the previous Off-Limits List of Nov. 21, 2013.



Capt. Paul Odenthal, left, commanding officer, NCBC Gulfport is presented with a Secretary of the Navy (SECNAV) Energy Conservation Award plaque, certificate and flag by Cmdr. Brian Nottingham, public works officer, Matt Schultz, production division directory and Gene Baker, Utilities Energy Management (UEM) commodity manager, assigned to Navy Facilities Engineering Command (NAVFAC) Public Works Department (PWD) Gulfport, in the main conference room of Building 1 on board NCBC Gulfport, Feb. 11. NCBC was awarded the certificate, plaque and flag after being selected as the winners of SECNAV's 2013 Energy Conservation Award, Small Command, and will be authorized to fly the pennant from the command Flag Pole for one year. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Tammie Holland, business manager for NCBC Gulfport Morale Welfare and Recreation (MWR), works on Seabee Day registrations at the MWR office on board NCBC Gulfport. Seabee Day will take place on board NCBC Mar. 8, 9 a.m. to 4 p.m. It is a free community event and is open to the public. For more information go to: www.seabeeaday.org. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Sam Perkins, right, Sports Coordinator for Morale, Welfare and Recreation (MWR), and Michael McLaughlin, Fitness Coordinator for MWR, present the Student's Cup and plaque to Maj. Oscar Portillo, commander, 366th Training Squadron, Detachment 6, during Naval Construction Training Center (NCTC) Gulfport morning quarters on board NCBC Gulfport, Feb. 7. The Student's Cup is a year-long sports and fitness competition between the three branches of military students, Army, Navy and Air Force, training at NCTC Gulfport coordinated by Perkins at the Fitness Center. This year the honors go to the Air Force. The cup is a traveling cup and will be retained by the Air Force or passed on to next year's champions. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Weight control using food, exercise and behavior modification



By **UTCN Alicia Fluty**
NCBC Public Affairs

Research consistently shows that many weight loss programs do in fact result in weight loss, but often once the program ends the weight returns. In order to promote a healthier lifestyle, the Gulfport Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport, is offering a Behavior Modification for Weight Management Class, Feb. 18, 11:30 – 1 p.m. to any adult with authorized access to base.

Paula Ingram, a staff member at FFSC Gulfport, said the class can help Seabees and Sailors, their family members and anyone that might be struggling with weight issues related to the need for behavior change as opposed to medical conditions affecting weight.

"This class can give them some helpful ideas about how to make positive changes," said Ingram.

During class, participants will examine common pitfalls along the path to healthy weight management, like past and present influences from others, logical obstacles, such as not having time to cook and counter-productive habits, thoughts and feelings. Also, specific helpful skills and practices will be covered.

Ingram said she hopes attendees examine their habits, personalities, areas of strength and formulate a personalized set of strategies to reach and maintain their weight management goals.

The class came about after some of the FFSC staff members who participated in the 2013 Couch to 5K (C25K) program offered by NCBC Gulfport's Morale, Welfare and Recreation (MWR) began to think about

other things they could do to promote healthy lifestyles. C25K is an 8-week program designed to get participants in better physical condition, as well as teach them the fundamentals and mechanics of running.

According to Joan Hudson, NCBC MWR Fitness Director, in addition to a physical program, Behavior Modification for Weight Management is beneficial to a person, because it helps him or her to develop a plan as to where or what he or she wants to be a year from now. Another benefit will be learning to track their progress by keeping a log book of both their nutrition and workout sessions.

"A person needs a starting point, such as how much they weigh or what their waist size is," said Hudson. "Then after setting a long term goal, he or she should set smaller attainable goals along the way. Maybe someone's goal is not about weight, rather the desire to run a marathon a year from now, the attainable goals would be to build up to running a 5K first."

The 2014 C25K begins March 3 and ends May 2 with a 5-kilometer run at 6:30 a.m. A running program will be available for anyone that desires to train on their own; otherwise a group of participants will train as a team on the track outside every Monday, Wednesday and Friday at 11:30 a.m.

Pre-registration is required for the Behavior Modification for Weight Management Class as space is limited to 35 people. For more information or to register, email paula.ingram@navy.mil or call: 228-871-3000.

For more information about the C25K program, email joan.hudson@navy.mil or call: 228-871-2353.



You don't have to drive to New Orleans, Mobile or Pensacola to enjoy Mardi Gras. Carnival season is quite active here on the Mississippi Gulf Coast. For a listing of all area parades visit <http://www.wlox.com/story/24377866/2014-mardi-gras-parade-schedule-for-south-mississippi>

MARDI PAWS



NCBC families and their favorite four-legged friends attended the annual Mardi Paws Parade sponsored by Balfour Betty Communities, at the dog park on board Naval Construction Battalion Center, Feb. 8. Besides being a Mardi Gras-themed doggie play date, the Humane Society of South Mississippi also attended with eight dogs that were up for adoption. Banfield Pet Hospital was also present with giveaways and free bones. By day's end, two lucky canines found new homes. (Photos courtesy of Balfour Betty Communities/Released)

February 13, 2014

Seabee Courier

Fire Warden Training . . . Feb. 20, 2 - 3 p.m., Building 60, room 105. Call 228-871-3345 for more information.



HAPPY VALENTINES DAY

Photos by UTCN Karen Fluty, Layout by Rob Mims - NCBC Public Affairs



*"To my wife Alexia,
Happy Valentine's Day
honey! This is number 11 and
many more to come."
BU1 Dean Allen
NMCB 133*



*"Happy Valentine's Day
Alex!"
NC1 Amie McCollum
NCBC*



*Happy Valentine's Day
Brianna Buggs. I love you
and can't wait to see you
again."
Sgt. Yuri Lara
Charlie Company 169
Engineering Battalion*



*"To my husband Robert,
Happy Valentine's Day. I
love you."
Sylvia Dorch
Taylor NEX*



*"Happy Valentine's Day
to my beautiful wife Rita
Weaver. Wonderful wom-
an, I got the chocolates
waiting on you baby."
BMC (SW) Stanley
Weaver
NCBC*



*"To my mom Kellie Temple-
ton, I love you with all that
I am."
BUCN Daniel Canfield
NMCB 133*



*"Happy Valentine's Day to
an awesome husband, Jim. I
love you!"
Marie Chasse
NCBC Security*



*"I wish my wife Mary
Jane a Happy Valentine's
Day and a speedy recov-
ery from chemo and
radiation treatment."
CW1 John Bright
Ret.*



*"To my dear husband,
Happy Valentine's Day!
Even though we are not
going to be together this year
it will remain special. I love
you so much."
UTCN Irish Gonzalez
NCBC*



*"To my girlfriend Jackelynn,
Happy Valentine's Day. I
miss you, see you soon."
Airman Ian Hines
NCTC "A" School Student*



*"To the Brown Family,
Happy Valentine's Day
from your boy."
CE3 Trenton Brown
NMCB 25*



*"To my fiancée, Tori Thornton,
I love you and I wish I could
spend this special day with
you."
CSSN (SCW) Rufell Davis
NMCB 1*



*"Happy Valentine's Day to
my wife Elizabeth, daughter
Kaelyn and baby boy on the
way."
BU2 Rafael Whitson
"C" School Student*



*"To my husband Charles,
Happy Valentine's Day. I
love you."
BUCN Jacqueline
Schwacke
NMCB 14*



*"To Chase White,
Happy Valentine's Day!
We love and miss you."
Ashley White
Military Spouse/MWR
Rep.*

NMCB 133 Specialty Training prepares team for Field Exercise



Seabees from Naval Mobile Construction Battalion (NMCB) 133 Detail Two, or Bridge Det., move components of a medium girder bridge during a bridge building class aboard Naval Construction Battalion Center Gulfport. The detail members learned the procedures to erect the bridge in preparation for their upcoming field exercise. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

Seabees from Naval Mobile Construction Battalion (NMCB) 133 Detail Two, or Bridge Det., lift a section of a medium girder bridge into place during a bridge building class aboard Naval Construction Battalion Center Gulfport. The detail members learned the procedures to erect the bridge in preparation for their upcoming field exercise. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)



February 13, 2014

Seabee Courier

WE BUILD ★ WE FIGHT

SEABEE

Online
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

Commissary Holiday Hours:
The NCBC Gulfport Commissary will be closed Feb. 17-18, in honor of President's Day. The commissary will resume normal hours of operation Feb. 19.



NMCB 74 Camp Mitchell Rota, Spain



Steelworker Constructionman Ryan Long, attached to Naval Mobile Construction Battalion (NMCB) 74 cuts support boards for a construction sign for the flight line fence repair project onboard Camp Mitchell located on Naval Station (NAVSTA) Rota, Spain. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships. (U.S. Navy photo by Utilitiesman 3rd Class Robyn Oney/Released)



SEABEE DAY

2014



CAR AND TRUCK SHOW

MARCH 8

9 A.M. TO 4 P.M.

NCBC GULFPORT

All cars need to be registered by Feb 28.
Contact **CM1 Sease 228-871-3358/2999** or
Kenneth Raymond at 228-871-2804.
for registering and general info.

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 who are: Motivated/Volunteer, Pass Navy PFA, E4-E6, No NJP/Bankruptcy and able to obtain SECRET/TOP SECRET clearance.
Email us at IDEVGRURecruiting@vbsocom.mil or contact your detailer to request additional information.

Resume Review Workshop!

Bring your resume and receive feedback, ideas and input. Does it reflect both your experience and your personality? Is it too long/too short? Does it just need updating? Don't have one? Start creating one! Feel free to bring a printed copy of your resume and/or a laptop or Ipad to make updates and changes. Please bring business cards if you have them. Dust off your resume and come join us! Thursday, Feb. 20, 9 – 11 a.m., Liberty Coffee House - one block north of Pass Road, 1270 28th St., Gulfport. Register early, space is limited! To register, please email Tammy Meyer at GulfcoastMS@ingearcareer.com.

BLACK HISTORY CAKE CUTTING SPECIAL GALLEY MEAL

In honor of Black History Month, Colmer Dining Facility will prepare a special meal Feb. 20, 11 a.m. - 12:30 p.m. The Multi-Cultural Diversity Committee will also hold a cake cutting ceremony to coincide with the meal. All personnel with authorized access to NCBC are invited. The price of the meal is \$4.65 via credit card; cash is not accepted.

Seabee Ball Gown Fashion Show and Preview

The annual Seabee Ball Gown Fashion Show and Preview is scheduled for Feb. 28, 11:30 a.m. – 12:30 p.m. at the Training Hall. In order to make the event a success your donations of gently used formal gowns would be gratefully accepted. If you have a donation, please drop it off at the Thrift Shop, 5209 Third Street, building 29 on Tuesday, Wednesday or Friday, between the hours of 9 a.m. – 1 p.m. The gowns previewed at the Fashion Show will be sold at a reduced rate March 1 at the Thrift Shop. For more information, call 228-871-2610.



Focus on Education

Education Notes

Behavior Modification for Weight Management

Fleet and Family Support Center (FFSC) is sponsoring a Behavior Modification for Weight Management class Feb. 18, 11:30 - 1 p.m. at the FFSC. To register or to receive more information, email paula.ingram@navy.mil or call 228-871-3000.

Scholarship for Military Children deadline Feb. 28

The deadline to apply for a \$2,000 scholarship through the Scholarships for Military Children is close of business Feb. 28. Applications must be turned in to a commissary. The program will award at least one scholarship at each commissary with qualified applications. Learn how to apply at: <http://www.militaryscholar.org>.

Navy Wives Clubs of America Scholarship

The Scholarship Foundation of NWCA annually gives 30 scholarships in the amount of \$1,000 to \$1,500. Applicants must be a dependent son/daughter of an active duty, retired with pay or deceased ENLISTED member of the Navy, Marine Corps, or Coast Guard and possess a valid Dependent ID card. The applicant must also show basis of need for financial assistance, have a scholastic standing of at least a 2.5 grade point average (GPA) and be a graduate of an accredited High School or its equivalent or qualify for graduation prior to beginning eligibility for assistance. The grants are for tuition, room and board, fees, and books. The deadline for Scholarship applications to be postmarked is May 31. Applications may be downloaded from the NWCA website - www.navy-wivesclubsofamerica.org or you may request an application from: Linda Hedden - NWCA Scholarship Director, 1300 Hampton Drive, Summerville, SC, 29483. Please include send a self-addressed stamped envelope when requesting an application.

Change of location for March Navy Exams

From PSD Gulfport

The March Navy-wide exams will be held in the "old gym," building 361. Exam dates are as follows:

- ~ E6 - March 6
- ~ E5 - March 13
- ~ E4 - March 20

Doors will open at 6:30 a.m., exam day.

Is Gulfport Blue Right for You?

Gulfport Police Department Open House
March 13, 9 - 4:30 p.m.



2220 15th Street
Gulfport

- 9 a.m. ~ Introduction
- 1 p.m. ~ Turn in Applications (application stations will be available)
- 2 p.m. ~ Civil Service test
- 4:30 p.m. ~ Physical agility test

Throughout the day there will be:

- ~ SWAT Presentation
- ~ Forensics
- ~ Tour of GPD
- ~ Shooting Simulator
- ~ K-9 Demo
- ~ TASER Demo
- ~ Motor Display
- ~ Reps from HR

Recruiter: Captain Pat Pope: 228-868-5940 or
PoliceRecruiter@gulfport-ms.gov

Gulfport School District needs translators

The Gulfport School District is looking for volunteers to translate on an as needed basis. Currently there is a need for Spanish, Vietnamese and Chinese translators. To volunteer, or for more information, please contact Velma Johnson at 228-865-4611 or velma-johnson@gulfportschools.org.

NCBC School Liaison Officer

Kevin Byrd is located at MWR, Building 352, 1706 Bainbridge Ave., Phone: 228-871-2117, Email: kevin.r.byrd@navy.mil

72nd Annual Seabee Ball

Have you ordered your tickets yet? Be sure and purchase your tickets to attend the 72nd Annual Seabee Ball March 15. Tickets are going fast! Cocktail hour begins at 6 p.m. This year's guest speaker is Rear Admiral Morneau, Commander, Navy Expeditionary Combat Command. Tickets are now on sale and are payable by cash, or check made payable to the "Seabee Ball Fund." Contact your command rep for tickets. The CBC command rep is Lt. Kena Montgomery, 228-871-3922 or email: kena.k.montgomery@navy.mil. Ticket prices are: E1 to E3: \$20; E4 to E6: \$30; E7 and above, Retirees, and Civilians: \$40. If you plan on bringing a guest, the ticket price for him/her is equivalent to the price you pay for your own ticket. Uniform: E1 - E6: Service Dress Blues w/Large Medals; E7 - O3: Dinner Dress Blues; O4 & Above: Dinner Dress Blue Jacket; Civilians: Formal. Door prizes/danc-

ing! Professional photographer - \$10 portraits. Free childcare until capacity is reached from 5 p.m. to 12:30 a.m. Sign up with ticket in hand at Child Development Center. Additional child care will be available for children ages 6 - 17 at the CBC Youth Center the evening of the Seabee Ball. Drop off time for the Seabee ball Lock-In will be 5 p.m., March 15 with pick up NLT 7 a.m., March 16. The event will be limited to 30, and patrons must have all required registration information in order to attend. A fee of \$15 will be charged per child and will include admission to the Mississippi Surge vs. Knoxville Ice Bears hockey game, midnight snack, and breakfast. Please ensure children have eaten before drop off as we will be leaving shortly after for the hockey game. Extra money for souvenirs and snacks at game is encouraged but not required. Late fees will apply for pick up after 7 a.m., and will be strictly enforced.



SEABEE DAY 2014



Naval Construction Battalion Center
Gulfport, Mississippi

Food	Exhibits	Games
 		
<p>Saturday March 8, 2014 9 a.m. to 4 p.m. Free Community Event Open to the Public www.seabeebay.org</p>		
<p>Enter the base via the Pass Road or Broad Ave. Gate and follow the signs to free parking.</p>		
		

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Tortured Tenderness

I really don't mean to be a bummer, but I just googled Saint Valentine and learned that, not only was he not the patron saint of lovers, February 14th marks the date that he was imprisoned, tortured and beheaded in Rome in 269 A.D.

Real romantic, huh?

Apparently, the Feast of St. Valentine (a.k.a. Valentine's Day) was not intended to celebrate romantic love until some crusty old fourteenth century English historians began propagating the legend that Saint Valentine was martyred because he was caught secretly marrying persecuted Christians behind Emperor Claudius' back.

So, as much as we want to point the finger at Hallmark, Brach's, Whitman's Samplers, The Melting Pot, FTD and the rest of the blood-sucking consumer industry, apparently they are not to blame for inventing Valentine's Day.

Regardless, there's certainly nothing wrong with reserving one day a year to recognize love, right?

As a little kid, Valentine's Day was a fun affair filled with construction paper hearts, lace doilies, cards imprinted with Ziggy, and red heart lollipops with white edible paint.

In high school, the mere chance of getting a \$1 Valentine carnation from a secret admirer was thrilling. Just in case, my best friend and I always sent each other a "secret" carnation, which was smart, considering our dating track records. It wasn't until my senior year that I received a Valentine flower from an actual boy, but unfortunately, it was from a kid nicknamed "Goober."

Mercifully, I was finally able



to experience Valentine's Day bliss after meeting my Navy husband. There is nothing quite like the feeling of true love, and in the early years, we spent hours picking out cards for each other, covering every square millimeter with handwritten words professing how doggone happy we were to have found our soul mates.

And we meant every sappy word of it. Still do.

However, after 20 years of marriage, the mandatory traditions of this manufactured holiday can seem like the torture endured by St. Valentine back in Rome. I know, I know, buying a card and planning a romantic evening with a loved one shouldn't be compared to being stoned and beheaded. But when you've got the afternoon carpool, the minivan is caked with black snow, you have to get a stool sample for the vet, and the water heater is on the fritz again; Valentine's Day can seem more like a day in hell.

Unfortunately, middle aged couples get so bogged down with the relentless demands of life -- teen angst, mortgage payments, slowing metabolisms, routine oil changes, lost retainers, low water pressure, stray chin hairs -- extraneous holidays become just another item on our already unmanageable To Do lists.

These days, despite our best intentions, we do a

lousy job of taking a day out to celebrate love on Valentine's Day. My husband hurriedly runs into the 7-11 to grab any old card on his way home from work. Before getting out of the car, he finds a pen between the seats and scribbles a generic sentiment such as "Love ya bunches, Honey! XOXO" in large writing to take up space.

He finds me in the kitchen, frantically trying to feed the kids and dog, while folding the laundry and helping our daughter study for her Chemistry test. We exchange a quick kiss and our hastily scribbled cards inside envelopes with still-wet glue. He rushes to change out of his military uniform, and I spritz on perfume to hide the scent of frozen tater tots.

We dole out the requisite bedtime threats to the kids, climb into our dirty minivan, and fight the traffic to make our reservation. At the restaurant, we make our best effort at romance, ordering wine, canoodling and sharing dessert. But thanks to middle-aged fluctuations in blood sugar, we start yawning before the clock strikes nine.

I don't think that this "hurry-up-and-be-romantic-before-I-fall-asleep" routine is what the Pope had in mind when he crowned poor St. Valentine the patron saint of love, but it's the best we can muster on a weeknight. Besides, even the most tortured schedule should include a little time for tenderness.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>

The Monuments Woman of Navy Art

By MC1 Tim Comerford

Naval History and Heritage Command
Communication and Outreach Division

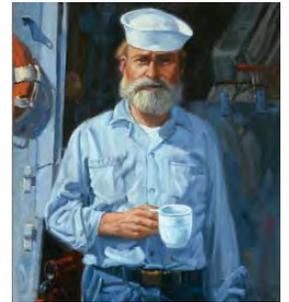
The Feb. 7 release of "The Monuments Men," a movie telling the story of a multinational World War II military unit that was charged with recovering priceless artwork that Nazis systematically took or destroyed from countries they occupied during the war, portrays the value the military placed on irreplaceable art and artifacts. It's a value that holds true today.

Though the Nazi Party of Germany may have been the most notorious of art thieves, they were neither the first nor the last to recognize the value of art. Though The Monuments Men story may be 'Hollywood-ized' - the illegal acquisition of art continues today, said Gale Munro, head curator of the Naval History and Heritage Command's (NHHC) Navy art collection. In fact, it has happened with artworks in the Navy's collection, but -- through a little luck, but mostly through determination -- she and her team have been successful in the recovery of missing original pieces.

"It's a topic that really gets me on my soapbox and I'm not too likely to pull any punches when talking about some of the experiences we've had with chasing down misappropriated art and irresponsible borrowers," Munro said. "We might wish to call it 'stolen art,' but we make allowances for the possibility of a misunderstanding."

Unlike the soldiers in the movie, Munro isn't limited to arcane records and maps or stolen intelligence to try and find the artwork that has been lost; she uses more modern tools.

"The Internet and online auctions are useful things for museums looking for misappropriated art," Munro said. "A lot of auction houses are putting their catalogs online these days, so it has expanded my surfing area. I have several search criteria that make the task efficient. Having worked with Navy art for more than 20 years, I'm pretty good at spot-



The oil painting "Old Salt of the Sixth Fleet," by Frank Zuccarelli, is part of the U.S. Navy Art Collection that was missing and recovered by Navy Art Collection head curator Gale Munro. Munro has since recovered other misappropriated works of art. (U.S. Navy photo courtesy of Naval History and Heritage Command/Released)

ting them."

Her first experience in finding a lost piece was when she saw an oil painting from 1943 called 'Windward Hill' by Albert Murray being sold on the eBay website, more than 11 years ago.

"The painting of camouflaged anti-aircraft batteries at Guantanamo Bay was the first missing painting that I found on eBay in 2001," Munro explained. "Our earliest record of it being missing was dated 1970, but it was likely gone long before then. It was easy to prove it was ours, because the first thing the Combat Art Section did when artists turned in paintings was to number them right on the front, usually next to the signature. Often the second thing they did was take a picture of it. Most artists wrote descriptive captions that they sent in with the pictures. For this painting, the number on the front of the painting corresponded to the caption that described the scene."

Once artwork is found, the Navy Art Collection division then prompts law enforcement agencies to help retrieve the object and determine rightful ownership.

"The auction houses don't want to talk to curators,"

NCBC Helping Hands

GREAT DAY OF SOCCER

Volunteers needed for Great Day of Soccer - Approximately 25 volunteers are needed to help judge at the annual Great Day of Soccer competition Feb. 15, 8 a.m. - 3 p.m. The competition, for kids 4 - 18 years old, will take place at the County Farm Soccer Fields on the east side of County Farm Road about five miles north of 1-10 off Exit 28. Judges will be involved with four different events. Training for judging will take place at 8 a.m., with competition beginning at 8:30 a.m. Meal vouchers will be provided for judges. Contact Jeff Bruni, 228-861-6175 or jeffbruni@bellsouth.net or jbruni@gulfport-ms.gov.

BAYOU VIEW BAPTIST CHURCH

- Bayou View Baptist Church, 4709 Camberlain Ave, Gulfport, is in needs of 10 - 20 volunteers to help build a playground Feb. 22 at 7 a.m. Contact Bruce Lacey, 228-539-1827 if you are interested in volunteering.

BILOXI VA - There are several opportunities to volunteer at the Biloxi Veterans Hospital - **Feb. 27:** Ten to

12 volunteers are needed to escort patients in wheel chairs and handle the Mardi Gras beads during a walking parade Feb. 27, at the Biloxi Veterans Hospital. Volunteers will meet at building 17 at 9 a.m.

April 10: Volunteers are need to escort patients from between buildings at the Biloxi Veterans Hospital April 10 at 10:15 a.m.

April 18: Biloxi Veterans Hospital is having an awards ceremony for their volunteers and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640.

ANNISTON ELEMENTARY

Anniston Elementary, 2314 Jones Street, Gulfport, is in need of proctors for May 13-15, for the Mississippi State Test - MCT2. There will be a short training regarding test protocol and security before these dates that can be scheduled on a case by case basis. Volunteers will need to be at the school on

testing days at 7:15 a.m., and remain until all students in their assigned room have completed the test. Please contact Rebecca Pacher at 228-896-6309 or rebecca.pacher@gulfportschools.org if you can help.

GULFPORT SCHOOLS IN NEED OF TRANSLATORS

The Gulfport School District is looking for volunteers to translate on an as needed basis. Currently there is a need for Spanish, Vietnamese and Chinese translators. To volunteer, or for more information, please contact Velma Johnson, 228-865-4611 or velma.johnson@gulfportschools.org.

BOOST READING PROGRAM

- 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

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. To volunteer, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

USS ALABAMA ALWAYS

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

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers through-

out the Military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours. Contact Nicole Lewis at nlewis@uso.org for details.

COAST SALVATION

ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time.

HELP SENIORS AND

DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610. The Thrift store is also in need of gently used donations.

Seabee Memorial Chapel



Religious Services

Sunday:

Contemporary: 8 a.m.
Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.

Weekday Mass:
Tuesdays at 11:15 a.m.

NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at 228-871-2454

What's happening at the Chapel?

Sundays

- Contemporary (Gospel) Service: 8 a.m. (childcare available via volunteers)
- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Beyond Club: 2:30 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Contemporary (Gospel) Praise and Worship Team Practice: 5 p.m. (childcare/nursery available via volunteers)
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 6 p.m. (childcare available via volunteers)
- Club Beyond: 6 p.m. (middle to high

school students)

- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

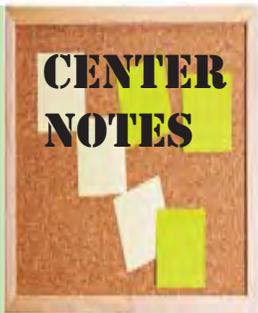
Meetings:

Chapel Council meetings

The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis. *Quarterly "State of the Chapel" meetings*

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Feb. 3, May 5, Aug. 4 and Nov. 3.

Special Combined Worship Service - The Seabee Memorial Chapel will celebrate the 2014 National Black History theme: "Civil Rights in America" through a combined worship service (Contemporary and Protestant) Feb. 23, at 10:30 a.m. Guest speaker is Judge Gay Polk-Payton, a native of Hattiesburg, Miss. Judge Polk-Payton has taken diversity to another level. In addition to being a sworn Justice Court Judge, she is a licensed attorney, singer, songwriter, aerobics professor and author.



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 Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com. **NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.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 details.

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/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress (FOCUS), 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

Gulfpport Officer's Spouse Club The Gulfpport 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@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. 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. 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 Gulfpport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

PMI Membership Drive The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at saundersmt@earthlink.net

or Len Krapcha at lkrapcha@aol.com for more information.

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 LS2 Shipley at 228-871-4847 or call the Seabee Memorial Chapel at 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 info.

The Ladies Auxiliary to the VFW Post 3937 Long

Beach 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 person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

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.

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.

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, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-24w88 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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

From ART page 9
Munro said. "They want to hear from law enforcement. For the recovery of that first painting, which somehow had made it all the way to New Jersey, a very nice United States Attorney did the honors. A Naval Criminal Investigative Service (NCIS) agent went with him to make it official."

Once a work of art is at auction, the recovery process has to be quick in order to retrieve the artwork in time. It can be stressful for a person like Munro who lives and breathes the collection she is in charge of.

"Recoveries are a bit nerve-wracking because the fact that they're in an auction puts things on a deadline," Munro said. "Recovery can get a lot messier if the painting changes hands again. To decrease the pain to all involved, you want to get it before it sells. If it changes hands again, you know you are going to ruin someone's day over this. It truly is a case of 'buyer beware' on the art market."

"After the first recovery, I would have been just as happy if another had never appeared," she admitted.

Munro's second recovery

of an auctioned painting belonging to the Navy was helped by a stroke of luck. "By chance, I saw the auction the same day I was hanging pictures in a high-level Pentagon office," she said. "The appreciative incumbent said, 'If there's anything I can ever do for you . . .' So I asked for help getting the auction stopped. By the end of the day NCIS was on red alert. The field agent who handled it in the end told me that the bosses were planning a sting operation until a field agent said 'Let's just go knock on the seller's door and see what

happens.' The seller was very understanding, she said that she'd bought it in a yard sale and gave it up immediately."

The painting, "Castelmarre, Bay of Naples," a watercolor by Albert Murray, had been listed as missing prior to 1969.

To preserve the priceless holdings, Munro recommends Sailors take a close look around their spaces. There are often display cases with artifacts or artwork hanging on the walls that are either a part of the U.S. Navy collection, or if it was donated directly to the command. Registering those artifacts

and artwork with NHHC will ensure the Navy has a full accounting of its property, that it is identified clearly as such, and that the command has a proper loan agreement with NHHC. Ultimately it is about safeguarding the Navy's past.

What should someone do if you spot an artifact or work of art that you believe has been misappropriated? Visit the Navy Art Collection's web site for contact information at <http://www.history.navy.mil/branches/nhcorg6.htm>

Recovering lost or misappropriated Navy art . . . now that's a Hollywood ending.

