

SEABEE COURIER

NMCB 25 keeps eyes downrange with weapons qualifications

By MC1 Patrick Gordon
NMCB 25 Public Affairs

Personnel from Naval Mobile Construction Battalion Two Five (NMCB 25) have spent the past month cycling through M-9 pistol and M-4/M-16 rifle qualifications at the Naval Construction Group 2 Woolmarket Small Arms Range in Biloxi. The qualifications are in preparation for an upcoming deployment in support of Operation Enduring Freedom.

The weapons training is given to deploying personnel attached to a Navy Expeditionary Combat Command unit, such as NMCB 25. It involves classroom training on the fundamentals of marksmanship, weapons operations, and weapon safety. The qualifying members are then brought to the qualifying range and receive hands-on instruction from certified training personnel with the M-4 carbine, M-16 rifle, and

See **NMCB 25** page 7



Construction Mechanic 2nd Class (SCW) Edson Felismino takes aim on the Naval Construction Group 2 M4/M16 qualification course in Woolmarket, Miss., Feb. 11. Members of NMCB 25 are performing weapons qualifications in preparation for a scheduled deployment in support of Operation Enduring Freedom later this year. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

Force Protection Exercise to impact NCBC Feb. 24

From NCBC Public Affairs

Force Protection and Anti-Terrorism exercise Solid Curtain-Citadel Shield (SC/CS 14) 2014 will impact the Naval Construction Battalion Center Feb. 24.

Military personnel, civilian employees, retirees, and family members should be prepared to encounter traffic delays on roads near installations, as well as at installation gates.

It's recommended that you add time to your travel plans to avoid

being late for appointments

No closures of facilities such as the Navy Exchange, Commissary, Pharmacy, and Navy medical facilities are planned; however, the Seabee Center will lock down from 1 to 2 p.m. The gates will be closed during that time and no entry or exit will be allowed. Everyone is asked to ensure they have the proper identification for entry onto installations and follow all directions from installation security personnel.

For more information, contact Rob Mims, NCBC PAO, 228-871-2699.

Seabee Memorial Chapel to celebrate Black History Month with 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.

INSIDE

Message from MCPON

News & Features

MWR

page 2

page 3 - 11

page 12



Exercise, Exercise, Exercise . . . A Naval Criminal Investigative Service (NCIS) Special Agent, left, evaluates Jeffrey Gualandi, middle, NCBC Security Guard, as he performs a Single Officer Active Shooter training scenario at Building 361 on board NCBC Gulfport, Feb. 18 during SOLID CURTAIN-CITADEL SHIELD 2014. The Force Protection exercise is an annual exercise and is not in response to any specific threat. Exercises like this enhance training and readiness of security personnel. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Equipment Operator 1st Class Larry Erichsen, of Naval Mobile Construction Battalion Two Five (NMCB 25), donates blood during an American Red Cross blood drive at Naval Construction Battalion Center Gulfport, Feb. 13. NMCB 25 is training in Gulfport for a scheduled deployment in support of Operation Enduring Freedom later this year. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)



Customer Service Supervisor Megan Gentile assists Jessica Minnon with her special ordered flowers at the Navy Exchange (NEX) on board NCBC Gulfport, Feb. 14. NEX hours of operation are: Monday - Saturday, 9 a.m.- 8 p.m., and Sunday, 10 a.m. - 6 p.m. For more information, call 228-864-1514. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)



Military Saves Proclamation Signing

Everyone is invited to the Military Saves Proclamation Signing and Financial Fair at Fleet and Family Support Center (FFSC) Feb. 24, 10 a.m. The event will also include monetary door prizes provided by Navy Federal Credit Union (NFCU).



NCBC Frames

Builder 3rd Class (SCW) Philip Schwenk
 Naval Mobile Construction Battalion (NMCB)
 133

FREEZE FRAME

By **UTCN Alicia Fluty**
 NCBC Public Affairs



FF: What single experience during your career stands out the most, and why does it stand out?

PS: Renovating a building built in Afghanistan. This is where I first realized the necessity of the

Seabees in the military.

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

PS: Deploying to Afghanistan. I got to go to a third world country and see just how much people needed our help and the smiles on people's faces when we would help them.

FF: What advice would you give to future Seabees and Sailors?

PS: Keep your motivation up and always have an open minded approach to all issues and problems, never take anything personal or to heart.

FF: What is your favorite part about being/working with the Seabees - why?

PS: Deploying. I enjoy going to other countries



and seeing how much people appreciate what we do.

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

PS: LN2 (SCW) Sharples. When I first ar-

rived into NMCB 133 she was a builder, like me, who showed me the ropes and how to be successful in the Seabees. She really got my career started and I wouldn't be the Seabee I am today without her.

Give One Take One book program - Check it out!

By **CE2(SCW) Courtney Demastus**
 NCBC Public Affairs

Have a book you read and now would like someone else to enjoy? Are you considering whether to pick up another book but not sure which? Grace Sheets, manager of the Information Tickets & Travel (ITT) and Learning Resource Lab (LRL) (building 365) invites service members and families to donate and participate in the Give One Take One Book Program on board NCBC, Gulfport.

"We would like everyone to have the opportunity to access and donate books," said Sheets.

If you do not have books to donate, no worries, there is also a regular library check out system. The Give One Take One Book program was inspired by the Army paperback distribution system that provided compact books for service members overseas in 1919. Through the years the program stayed in place but developed some minor changes to support a larger group of people. The Give One Take One Book Program was derived from this concept and is now available on bases worldwide. The Army helps keep the program successful by distributing 10 to 12 books on a monthly basis to the NCBC Learning Resource Lab.

Donations made by service members and their families also add to the success of the Give One

Take One library collection. It is acceptable to just donate books. The shelves may fill quickly from the donations, but Sheets said that is a good thing.

"When they [the book shelves] fill up, we also add books to the Liberty Center book shelves," said Sheets.

A large selection of paperback and hardcover books can be browsed through in the LRL and in the Liberty Center. The library has even collected a variety of children's books for the book program and for the children's regular library section.

Service members and families, whether located on board NCBC Gulfport or overseas, can enjoy the benefits of this book program.

Avid reader and recently activated reservist Construction Mechanic Constructionman Melanie Jones, assigned to Naval Mobile Construction Battalion (NMCB) 25, said she looks forward to enjoying the book program during the short period of time she will train here.

"I think it's awesome they provide a book trading system," said Jones. "It creates a variety of books to select from, which I think makes the shelf collection more interesting."

The NCBC Learning Resource Lab library has both fiction and non-fiction books. So, if you are looking for action, fantasy or even a book on the



Construction Mechanic Constructionman Melanie Jones, assigned to Naval Mobile Construction Battalion (NMCB) 25, browses the Learning Resource Lab Library which features the Give One Take One Book Program, Feb. 12. The Learning Resource Lab, located in building 365, is open Monday - Fridays, 10 a.m. - 4:30 p.m. and Saturday, 10 a.m. - 2 p.m. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/ Released)

Navy's reading list then the library could be a good place to start. For more information visit the LRL at Bldg. 365, or call, 228-871-2231.



Instructor Stacy Nichols, a contractor with GBX Consultants, answers questions from military members who are in the process of separating or retiring during the Accessing Higher Education Workshop at The Fleet and Family Support Center (FFSC) on board NCBC Gulfport, Feb. 11. The workshop is designed to help attendees choose a degree program and select a college, understand funding issues, evaluate military credits and complete the admission process. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

FFSC sponsors inaugural Higher Education workshop

By UCN Alicia Fluty
NCBC Public Affairs

Separating or retiring? Scared to death about getting out and how to transition into the civilian world? Many service members are currently pursuing a degree program and their transition out of the military could disrupt this pursuit.

In order to help make the conversion easier, the Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC) sponsored its first Accessing Higher Education (AHE) Workshop, Feb. 11-12. The quarterly class was open to all military members who are separating or retiring and had previously attended the

Transition Goals, Plans and Succeed (GPS) Class.

Judith Bradshaw, work and family life supervisor at FFSC Gulfport, said the class helps Sailors who are pursuing a higher education after military service plan and learn more about the process for attending college.

"This course is designed to guide them through the variety of decisions involved in choosing a degree program, college institution and funding considerations, as well as completing the admissions process," said Bradshaw.

The Transition Assistance Program (TAP) Class was established to meet the needs of separating service members during their period of

transition into civilian life by offering job-search assistance and related services. The redesigned TAP was renamed Transition Goals, Plans and Succeed (Transition GPS) which provides training that helps build skills to enable transitioning service members to meet career readiness standards. In November 2012, participation in the class was made mandatory for service members. With this came optional workshops or tracks, such as Entrepreneurship Track, Career Technical Training Track, and Accessing Higher Education Track.

The AHE Track guides and assists service members pursuing college education with prepara-

tion for the college application process. Topics covered include: identifying educational goals, finding education funding, and researching and comparing institutions.

"Military members need a plan when retiring or separating into civilian life," said Instructor Stacy Nichols, a contractor with GBX Consultants. "When you get out of the military and want to go to school, you cannot just live on the Post 9/11 GI Bill. This class gives you the resources and ways to get funding, choosing a degree program and complete the admissions process."

Information Systems Technician 1st Class Christy Morrison, a career counselor assigned to

Naval Small Craft Instruction School (NAVSCIATTS), who is in the process of retiring, said she felt scared to death about getting out. And, being a mom with two kids, she could not falter.

"I was looking for any resources to make the transition into the civilian world easier," said Morrison. "By attending this class I got a broader look at the possibilities and resources outside the military. The information is making me more excited about retiring than scared. I was stressed out from the preparations for retirement."

For more information about the AHE workshop call FFSC at call 228-871-3000.

Buzz on the Street



By CE2(SCW) Courtney Demastus
NCBC Public Affairs

"What concerns do you have about the possible cost increase to commissary items in the near future?"



"I only do a third of my shopping at the commissary. If they raise the prices I won't shop there at all. Also, leave the sushi and sandwich bar open."

SW2(SCW) Christopher Barker
NCG2
Hometown: Baltimore, Md.



"It will reduce customers and it will affect my pay and hours."

April Joyner
Commissary Deli Employee
Hometown: Biloxi, Miss.



"It wouldn't bother me. I would still shop there as I work on base so it is convenient."

Debra Jardine
Unaccompanied Housing Manager, Building 306
Hometown: Williamson, N.Y.

See Something Wrong, Do Something Right

NCIS has two 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 or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP". 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Naval Mobile Construction Battalion 1 assumes authority for NCF operations in the Pacific

By MCC Kim Martinez
NMCB 1 Public Affairs

OKINAWA, Japan – Naval Mobile Construction Battalion (NMCB) 1 relieved NMCB 3 of engineering operations in the 7th Fleet area of responsibility during a relief in place and transfer of authority (RIP/TOA) ceremony at Camp Shields in Okinawa, Japan Feb. 14.

NMCB 3 Commanding Officer Cmdr. Gordon Meek III turned over authority for Camp Shields to NMCB 1 Commanding Officer Cmdr. Chad Brooks and his Sailors from Gulfport, Miss.

"Today culminates a year of training and preparation for this opportunity to operate forward, engage our partner nations throughout the Pacific and conduct construction operations across the globe," said Brooks as he addressed the officers and crew of NMCB 1. "As I look across the [detail], today I see every tenant of our command vision and leadership philosophy on display as we serve in the world's greatest Navy and sustain our proud Seabee heritage. We place the mission first as we remain ready to win our nation's wars, invest in people, excel as a team, manage risk, work safely, and achieve high quality."

Aligned with Secretary of the Navy Ray Mabus'

four priorities of people, platforms, power and partnerships, NMCB 1 will deliver the Navy's forward presence through its work with several host nations at its Construction Civic Action Details in the Pacific Command and will continue to conduct construction operations in the Northern Command.

"This is an exciting deployment for NMCB 1 with details now operating from Virginia to Diego Garcia with hubs in Gulfport, Guam and here in Okinawa," said Brooks.

The ceremony's guest speaker Capt. Michael Michel, Commander, Fleet Activities Okinawa, said the Seabees' presence in Okinawa is needed due to the demand for humanitarian and civic assistance in the region, most recently seen with the typhoon in the Philippines last year.

"As a naval aviator, it is great having the opportunity to be around Seabees," said Michel. "After 30 plus years in the Navy, from a young enlisted man to now being a CO of these bases, I had never had the chance to work with Seabees, so I am so glad I have this opportunity to work so closely with them. The Seabees are a critical part of our Navy and I don't think they get enough credit for all they do. They are quiet war-



OKINAWA, Japan - Capt. Michael Michel, commander, Fleet Activities Okinawa, addresses the audience as Naval Mobile Construction Battalion (NMCB) 1 accepts authority of Camp Shields, Okinawa from NMCB 3 during a ceremony Feb. 14. Aligned with Secretary of the Navy Ray Mabus' four priorities of people, platforms, power and partnerships, NMCB 1 will deliver the Navy's forward presence through its work with several host nations at its Construction Civic Action Details in PACOM and will continue to conduct construction operations in NORTHCOM. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

riors and they are doing stuff and I am just so glad that I have this chance to spend so much time with them."

In closing the ceremony, Brooks thanked the officers and crew of NMCB 3 for a professional and diligent turnover preparation and congratulated them on a successful deployment.

"Good luck to you as you return to Port Hueneme to continue readiness training for your next mission,"

said Brooks.

NMCB 1 provides combat-ready engineer forces in response to Combatant Commander and Naval Component Commander requirements and provides planning and operational support for Seabee employment. The continued operations in the Pacific Command help demonstrate the U.S. commitment to developing enduring relationships, and strengthening local

institutions and communities throughout the region. At U.S. locations, Seabees will perform missions to prepare for disaster support and civic assistance missions. NMCB 1 is imported out of Gulfport, Miss. and has 13 global details deployed throughout the United States and Pacific area of operations in Japan, Korea, Diego Garcia, Cambodia, Philippines, Timor Leste and Guam.

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: Din-

ner Dress Blue Jacket; Civilians: Formal. Door prizes/dancing! 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.

From **NMCB 25** page 1 the M-9 pistol. For some, it is the first time in years they have handled a weapon, but the line coaches provide them with instruction to get the best results possible.

"The qualifying members get a coach that's there to help them on the line who will guide the individual should they need assistance with marksmanship," said Utilitiesman 1st Class Luis Alarcon, Woolmarket Small Arms Range leading petty officer. "Often times it's as simple as instructing them to adjust their trigger pull or breathing that will steady their aim and get the best results. We try to get them to shoot as well as they can while they're out here."

To qualify and earn the title of "marksman," NMCB 25 members had to score a minimum of 180 on the pistol range, and 140 on the rifle range, with higher scores putting the qualifying members in categories such as "sharpshooter" and "expert." While qualifying and scoring highly are important, however, the course does more than gauge how well an individual can shoot, said Alarcon.

"Well, as far as the weapons qualifications, there aren't too many scenarios overseas where target engagement is going to be like the range," said Alarcon. "So, in my opinion, the biggest thing I would think is the confidence that comes from being able to qualify and handle that weapon; not so much a comfort, but a competence and confidence in your ability, the weapon's ability, and what you can do with it."

Alarcon added that some NMCB 25 members who are expected to be more tactically engaged receive further instruction in the enhanced

combat marksmanship (ECM) course. The ECM course trains personnel in rapid target acquisition and engagement in a more high-speed environment, similar to that of an active combat zone.

"ECM involves shooters wearing all of their gear – SAPI [Small Arms Protective Insert] plates, Kevlar, mag pouches – as they would overseas," said Alarcon. "It's different than the qualification range, because it isn't really range qualification marksmanship. We're not trying to build snipers in this program. Instead, there's a lot more snap-shooting – 'snapping' the weapon to your shoulder and rapidly engaging a target – what we call 'shooting out of the notch,' where a person is using the weapon's sights more as a guide than for pinpoint precision, and techniques such as right-, left-, and 180-degree pivots; the kind of movement that one would find in a fluid combat environment where you could turn a corner and be surprised. We try to build that muscle memory so the Sailor can turn to engage the threat properly, be able to speed reload, or do an immediate action to clear a weapon if they need to. We want to make sure they're prepared for engaging targets in an operational environment."

This training was appreciated by members of NMCB 25 for what it did to prepare them for service in a tactical environment.

Engineman 1st Class (SW) Glen Cutshaw, of NMCB 25, qualified on the ECM course and said it gave him greater confidence in his weapon handling abilities.

"We worked with the M-4, qualified after dark wearing dark lenses, so



Utilitiesman 1st Class (SCW) Luis Alarcon, of Naval Construction Group (NCG) 2, reviews proper aiming and shot-grouping techniques with Hospital Corpsman 3rd Class Sara Phillips, of Naval Mobile Construction Battalion (NMCB) 25, during the NCG2 M4/M16 qualification course in Woolmarket, Miss., Feb. 11. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

that was a unique experience, and I certainly do believe that this training set us up for success downrange," said Cutshaw. "If you can learn to hit targets after dark with sunglasses on in a high tempo situation, you're going to be deadly accurate. It was a very good class with very good instructors."

This enthusiasm for training was echoed by others in NMCB 25 and noticed by the trainers, who welcomed the battalion's willingness to learn.

"What I see from NMCB 25, like just about every Reserve battalion that comes through here, is that they are engaged in the process, and show an eagerness to learn," said Alarcon. "For the active duty members that come through here, this is

their full time job. But for Reservists, this isn't their everyday job; they're taking time out of a career and a life in the civilian world to train on weapons that they may not have touched in a year, two years, or more, so they really want to learn. They want to know the techniques inside and out so they can be better at what they do. The Reserve component members come ready with that eagerness to learn, and it really makes a difference, especially to the instructors."

NMCB 25 is a battalion of the Naval Construction Force. It is a routinely deployable unit, standing ready to provide construction support for Navy, Marine Corps and other organizations. To be prepared, these Reservists train in both technical and tactical skills.



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.



SEABEE DAY

2014



Food Exhibits Games



The Nylon Sheep Band



Jan Donovan

Saturday

March 8, 2014

9 a.m. to 4 p.m.

Free Community Event
Open to the Public
www.seabee.org

Fun for the whole family!
 Join us for Free Carnival Rides, Great Food,
 Mountains of Military Displays,
 Free Kids Play Area
 Petting Zoo, Music and More!

Enter the base via the Pass Road or Broad Ave.
 Gate and follow the signs to free parking.





Focus on Education

Education Notes

Daughters of the Cincinnati Scholarship

Daughters of the Cincinnati, an organization of women descended from George Washington's officers is offering a college scholarship that averages \$4,000 and is renewable for four years. Selection is based on academic excellence and need. Scholarship application deadline is March 15 of applicant's senior year of high school. For more information on the organization and the scholarship, visit: <http://www.daughters1894.org/>

BBC Foundation Scholarship

Balfour Beatty Communities Foundation is accepting scholarship applications from high school seniors and undergraduate students, attending accredited educational/technical institutions, of our military family housing residents for the 2014 - 2015 academic year. To apply for these scholarships go to the Foundation's website, www.bbcommunitiesfoundation.org/scholarships.aspx, print out, complete, and submit the application and all required materials to Balfour Beatty Communities Foundation at 10 Campus Boulevard, Newtown Square, PA 19073. Applications must be postmarked by April 15.

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 with a valid Dependent ID card. Applicants 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. Grants are for tuition, room and board, fees, and books. Applications may be downloaded from the NWCA website - www.navywivesclubsofamerica.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. Scholarship applications must be postmarked by May 31.

19th Annual Technology Expo

The 19th annual Technology Expo will take place Feb. 25, 9:30 a.m. - 1:30 p.m., at IP Casino Resort Ballroom B, 850 Bayview Ave, Biloxi. The event is free and open to all. Pre-register at: <http://FDAEXPO.COM/REGISTER.PHP?ID=146>

DON Courses

To register for course offering on the Department of the Navy website, first register with Navy Fleet Forces on line. To register, go to <https://www.portal.navy.mil/donhr/Pages/HostRegistration.aspx> and use your email certificate to log in and register. Once registered with Fleet Forces, log into the website below to register for any course offering of interest, once again using your email certificate: <https://www.portal.navy.mil/donhr/Pages/Default.aspx>. Under "Functions and Programs," click on Training and Development. Then, "I'd Like to take Training," and click on Onsite Course Registration. Once a course of interest is found, click on a course offering and the registration link. This link will require completing information that pertains to both attendee and supervisor. Once "ok" is clicked, an email will be generated to the supervisor which gives a heads up to the supervisor about the course registration. The attendee must complete the SF 182 and send it through the chain of command with the proper signatures. The completed SF 182 is emailed or faxed to the point of contact for the course offering.

Biloxi High S2S Club



Biloxi High School Student2Student (S2S) members are pictured on the school's steps. The S2S club was started to help ease transferring into and out of school. S2S is a powerful program that uses student trainers to help change a transitioning student's focal point from what the student just lost to what the student will gain. S2S guides students through their uncertain surroundings, offering, from a peer viewpoint, valued information, friendship and assistance in areas that matter most to transitioning students. Training for the S2S club was funded by the Navy. (Photo courtesy of Allison Daneault/Released)

Anniston Elementary MCT2 proctors

Anniston Elementary, 2314 Jones Street, Gulfport, is in need of proctors 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.

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>.

Gulfport School District

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, 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

Long Beach High School Mentoring Initiative

The Long Beach High School is seeking 200 volunteers to serve as mentors at LBHS by May 2015. Mentor training will take place at the end of this school year and each volunteer will receive a Mentor Handbook to assist in preparing students for success. If you are interested in participating in this project please complete a Long Beach High School Volunteer Application and e-mail the school at vivian.robinson@lbsdk12.com or contact LBHS Principal Peter Dabbs at 228-863-6945 for more information.

Change of location for March Navy Exams

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.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Old Ladies at the Gym

"What ever happened to that older lady that used to be here every week?" I overheard the girl in front of me ask her friend after our Pump & Sweat class ended at the base gym.

She looked to be about 27 or so, with a youthful high ponytail and a purple spandex tank top with a built in shelf bra.

"You remember, the older lady -- petite, short hair, lifted light weights, and was, well, real prim about it."

The girl's friend, also twenty-something in a cute strappy tank top, shrugged her shoulders and carried on putting her equipment away. But the girl persisted.

"You remember, she used to stand right up front," the girl pestered. "C'mon! You know, the OLDER LADY."

I minded my own business, wiping down my yoga mat and racking my weights. I had learned months prior that the girls were not interested in socializing with the middle-aged women in class.

I tried -- "Whew, those squats were brutal, huh?" -- but was always met with awkwardly reluctant nods, which clearly conveyed the message, "Listen ma'am, you'd better stick with your own kind."

But on this day, I couldn't help but realize that I knew the older lady this girl was asking about. She was in my social circle on base. But acknowledging my association with the older lady in question would then brand me an older lady too. So I hesitated.

When I was in my early 30s and we were stationed in Virginia Beach, I relished



my advanced step classes at the Mt. Trashmore YMCA and struck up lasting relationships with my group exercise classmates.

On Tuesdays and Thursdays, we shared the locker room with the Water Aerobics ladies. They would hobble into the showers from the pool in their floral skirted bathing suits and cackle while changing into elastic-wasted pants and sensible shoes.

"Where were you last month, Phyllis?"

"Well, my hip was acting up something terrible, so the doctor has me on Glucosamine and Chondroitin . . ."

"Do you get coverage? My goodness those pills are expensive!"

While I eavesdropped on their locker room banter about orthopedics, vitamin supplements and irregularity, I chuckled to myself, never realizing that I'd be just like them one day.

Just like the rest of the older ladies at the gym, I now disappear for a week or month when I hurt my wrist or knee or back, then show up to class again wearing one of those braces you can buy at CVS. I do the "modifications" suggested by the fitness instructors, like squatting without weights or doing push ups on my knees. I look ridiculous in a high po-

nytail, and I certainly can't wear tank tops with shelf bras anymore.

I've become one of them. But is it so bad to be an older lady at the gym?

In society, older women are respected for their vast wealth of life experiences, and nowhere is that reverence more prevalent than amongst military wives. Spouses who are new to the well-known hardships of military life generally admire those of us who have been doing this for a couple of decades. Then why is it that, at the gym, youth and joint flexibility trump maturity and life experience?

As we dropped our dumbbells into the bin, I thought of the older lady these girls were trying to remember. She had two kids who were off at college. Her husband had a long successful Navy career. They lived on their boat, which was docked in Newport. She was attractive, accomplished, and a very nice person.

"I know the lady you are talking about," I finally admitted to the girl in the ponytail. "She hurt her knee, but she's okay. She and her husband live on their yacht, and they travel a lot to visit their kids at the Naval Academy and UNC. She'll be back here soon enough."

The girl stared for a second or two, then muttered, "Oh . . . wow." But I knew my message came across loud and clear.

We older ladies rule.

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

Health Watch

Did You Know? February is Children's

Dental Health Month

By Master Sgt. Caroline Bunce
81st Dental Squadron



Dental decay is the most common chronic infectious disease children face. In fact, tooth decay is five times more common than asthma, but parents can help reduce the risk.

The main cause of tooth decay in children involves bacteria that are commonly transferred from adults who share eating utensils or clean a dropped pacifier with saliva. The bacteria attach to the child's teeth and then feed on sugars found in the normal diet. The by-product of the bacteria is an acid that feeds on the sugars and demineralizes the teeth, eventually causing decay.

Carbohydrates such as bread or cookies and sweetened beverages like juice or soft drinks are additional sources that provide fuel for the bacteria. Proper brushing and flossing can remove food particles, reducing the bacteria's food source. Children under age 7 are not capable of effectively brushing their teeth on their own, so they will need help. If children use a sippy cup or bottle, they should never be allowed to sleep or fall asleep with them, unless it is only filled with water.

Along with removing the food source with brushing and flossing, using fluoridated products has been proven to help prevent cavities. Fluoride is found naturally in the environment and makes teeth

stronger, protecting them from the demineralization process the acid causes. Because of its benefits, fluoride is also commonly added to drinking water, toothpaste and mouthwashes.

Exposing children to the correct amount of fluoride can make their teeth more resistant to decay by incorporating itself into the tooth's structure. Studies also have shown fluoride can re-mineralize areas that have been demineralized, slowing or even stopping the decay process. Parents should talk to their children's dentist about their fluoride needs and whether they are receiving the correct amount.

During the child's yearly dental visit, the dentist will evaluate the child's oral health and assess his or her risk of developing cavities. The dentist also will provide instruction regarding proper brushing techniques and other ways to prevent tooth decay.

Because parents want their children to have happy and healthy smiles throughout their lives, each parent should take control of their children's oral health. They should monitor their children's diet, help brush their teeth and ensure they visit the dentist regularly.

NCBC Helping Hands

DRIVERS FOR SEABEE FLOAT IN VARIOUS AREA MARDI GRAS PARADES

Volunteers who are licensed to drive an MTRV tractor are needed for parades Feb. 28, March 1, 2, 4 and 15. If you would like more info or to volunteer, please call Chief Ryan Wilber, 228-871-3663 or email ryan.wilber@navy.mil.

BAYOU VIEW BAPTIST CHURCH

Bayou View Baptist Church, 4709 Chamberlain 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.

DE L'EPÉE DEAF CENTER

SPRING CLEAN UP - Interested in volunteering for yard work? Bring your gloves and rakes to the de l'Epee Deaf Center, 1450 North Street, Gulfport March 8 at 8 a.m. - 1 p.m. Breakfast, lunch and drinks provided for all volunteers. For questions or to sign up, contact Gregory Crapo, 228-897-2280.

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 during a walking parade Feb. 27 at the VA. Volunteers will meet at building 17 at 9 a.m.

April 10: Volunteers are needed 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.

MISSISSIPPI GULF RE-SORT CLASSIC

- MGRC golf tournament is looking for more than 700 volunteers March 17 - 23. To volunteer visit: www.2014mgrc.com and click the "new volunteer" tab to get started. Enter registration code: MILITARY for a FREE volunteer package. Click the "Register button and proceed. Questions? Contact Rob Mims, NCBC public affairs officer, 228-871-2699 or 701-330-1169.

C4AC - Costumes for a Cause, a local nonprofit needs volunteers for the Spring Mayhem Festival at the Harrison County Fairgrounds, April 4-5. Volunteers will assist with games and concessions. For more information, please contact Julie at 228-861-9270.

28th STREET ELEMENTARY

28th Street Elementary needs approximately 25 volunteers to proctor tests the week of April 29 - May 2 and May 13-15. To volunteer, contact Jill Conwill, jill.adams@gulfportschools.org.

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.

LONG BEACH HIGH SCHOOL MENTORSHIP INITIATIVE

Long Beach High School is seeking 200 volunteers to serve as mentors at LBHS by May 2015. This initiative will educate and engage the community in the lives of the students to help the students excel as students and citizens. Mentor training will take place at the end of this school year and each volunteer will receive a Mentor Handbook to assist in preparing students for success. If you are interested in participating in this project please complete a Long Beach High School Volunteer Application and e-mail the school at vivian.robinson@lbsdk12.com or contact LBHS Principal Peter Dabbs at 228-863-6945 for more information.

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 throughout 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.

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.

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)

school students)

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

Wednesdays

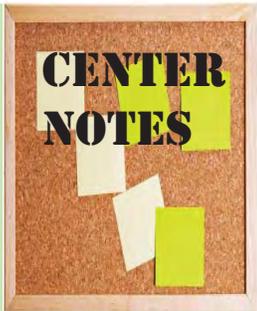
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

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.



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

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

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 MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 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.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.



GULF COAST USO
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Building 114
228-575-5224

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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:

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- Able to obtain SECRET/TOP SECRET clearance

Email us at DEVGRURecruiting@vb.socom.mil or contact your detailee to request additional information.

NCBC POSTAL NOTE:

There will be mandatory training for Official Mail Managers Feb. 26 at 10 a.m. in the Operational Expeditionary Logistics Facility (OELF) building, 437, 2nd floor training room for all Command Official Mail Managers. All command OMM's are required to attend this training. Updated OMM letters of designation are to be submitted to the Official Mail Center (OMC) by Feb. 24. **This training is not for mail orderlies.** Notifications for OMM requirements can be found in OPNAV 5218.6C for designation qualifications and have been placed in all command mailboxes. If you have any questions, please contact LS1 Lester Hurst at 871-2259 or lester.hurst@navy.mil.

