

SEABEE COURIER



Seabee Medal of Honor Recipient remembered at 50th Anniversary in ceremonies around the world

Capt. John Adamez, commander, Naval Construction Group (NCG) Two, addresses guests during the 50th Anniversary Commemoration Ceremony for Construction Mechanic 3rd Class Marvin G. Shields, held on board Naval Construction Battalion Center, Gulfport, June 12. Shields was the first Sailor and only Seabee to receive the

Medal of Honor for actions in Vietnam. The event hosted by Naval Mobile Construction Battalion (NMCB) 11, included remarks by special guest speaker, Lara Godbille, PH. D., curator for the U.S. Navy Seabee Museum in Port Hueneme, Calif. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

See **TRIBUTES** page 6

NMCB 133 Change of Command

A change of command ceremony for Naval Mobile Construction Battalion (NMCB) 133 is scheduled for June 19 at 10 a.m., in the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport. Cmdr. Jeff Powell will be relieved by Cmdr. Miguel Dieguez.

Pacific Partnership 2015



TARAWA, Kiribati - Commodore, Task Force Forager Capt. James Meyer delivers a speech during a ribbon cutting ceremony June 17. The ribbon cutting marks the completion of renovations by Seabees attached to Pacific Partnership 2015. Task Force Forager is embarked aboard the Military Sealift Command joint high speed vessel USNS Millinocket (JHSV 3). Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia Pacific region. While training for crisis conditions, Pacific Partnership, missions have provided medical care to approximately 270,000 patients and veterinary service to more than 38,000 animals. U.S. Navy photo by Chief Mass Communication Specialist Jonathan Kulp/Released)

NCBC Gulfport welcomes Rear Admiral Jackson



Rear Adm. Mary Jackson, Commander, Navy Region Southeast greets Michael McLaughlin, NCBC Fitness Center's sports coordinator during her visit to NCBC Gulfport, June 15-16. In addition to touring facilities on base, Jackson toured Woolmarket Small Arms Range and several commands on board Stennis Space Center. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Preventing Identity Theft: *5 things you need to know to Protect your Finances*

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From Defense Media Activity

The recent breach of the U.S. Office of Personnel Management (OPM) personnel record systems potentially impacts 4 million federal employees and has been in the news this week. OPM is notifying the people who may have had their information compromised.

In this digitally connected world it's more important than ever to know how to protect yourself from online identity theft that can lead to someone using your Social Security number or other personal information to open new accounts, make purchases, or get a tax refund.

Here are five things you can do to protect yourself:

1. Check your account information. Monitor it regularly and report immediately any suspicious or unusual activity to your bank or financial institution.
2. Keep an eye on your credit report. Request a free credit report at www.AnnualCreditReport.com or by calling 1-877-322-8228. Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus - EquifaxR, ExperianR, and TransUnion R - for a total of three reports every year. Contact

information for the credit bureaus can be found on the Federal Trade Commission (FTC) website, www.ftc.gov.

3. Verify who is asking for your information. Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about you, your employees, your colleagues or any other internal information. If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.

4. Stay vigilant online. Do not reveal personal or financial information in email, and do not respond to email solicitations for this information. This includes following links sent in email. Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., .com vs. .net).

5. Keep your documents in a safe place. At home and when you are traveling it's important to only take what you need. Lock your wallet or purse in a safe place at work and limit what you carry with you. When you go out, take only the identification, credit, and debit cards you need.



The 411 on dialing 911...

Have an emergency? Dial 911 when using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

Victim Legal Counsel Note

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to all eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault;

advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the courts-marital process; and provide other legal advice and assistance connected to a sexual assault. It is never too early or too late for an eligible victim to seek the assistance of a VLC.

All communications between eligible victims and VLCs are confidential! Those eligible for VLC services include active duty sailors, certain reservists, and if the

alleged offender is an active duty member, both adult and child dependents.

Victims of sexual assault are encouraged to contact the Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the VLC, or to contact the VLC directly.

To reach the VLC who supports NCBC, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.riek@navy.mil.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
 AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Safe Helpline
 Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

Summer Safety: Tips to ponder before heading out for a day of water fun

By BUCN Elizabeth Mills
NCBC Public Affairs

Summer is here and for those who live along the Mississippi Gulf Coast, summer often means time spent on or near the water with friends and family. Here are a few tips from www.discoverboating.com to help you enjoy your summer boating and water sports activities.

~ When in or on the water, wear a personal flotation device (PFD's) approved by the U.S. Coast Guard. All PFDs should fit the person wearing them and have a sound producing device such as a whistle attached.

~ Know how to swim. If you are not a good swimmer, sign up and take swimming lessons to learn basic swimming skills.

~ Be weather wise. Check your local area news for the weather conditions before you head out on the water. If you notice darkening clouds, volatile and changing winds or sudden



drops in temperature, play it safe by getting off the water. There are several weather apps you can download to your smart phone for free. They can help you plan ahead. Many of these apps have the ability to show live radar of your area.

~ Practice common sense. When on the water be aware of the speed limits and designated areas where boats are restricted. Staying alert at all times and steer clear of large watercraft that are slow to stop or turn.

~ Avoid alcohol. The chance of being involved in a boating accident doubles when alcohol is involved and studies have shown that the effects of alcohol are increased by exposure to sun and wind.

~ Take a boating course. Beginner and experienced boaters need to be familiar with the boating safety rules of operation in their area. Boater education requirements vary by state. Some states require validated completion of at least one boating safety course.

All Key and Sub Key Custodians ... July is inventory submittal month. Contact base Physical Security Officer at sharlene.daniels@navy.mil or dial 228-871-3599, for more information.



Buzz on the Street

By BUCN Samantha Opyoke, NCBC Public Affairs

"What are you going to do for your dad this Father's Day?"



"We are going to Chucky Cheese!"

Lilliane



"I'm going to make him a card because he's deployed."

Joshua



"I'm going to bring him flowers."

Terry



"I'm going to draw him a picture."

Creston



"I'm going to make him a heart."

Allyson



"I'm going to make him a picture."

Ronald



AROUND THE CENTER



Army Pvt. Aquilla Cartwright nails shingles to a model roof on board NCBC Gulfport, June 11. Cartwright is attached to Naval Construction Training Center

(NCTC) Gulfport and is here for the Army's Advanced Individual Training. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Brian Weddle, left, instructs a student on proper turning techniques during the Basic Riders Course (BRC) Level II on board NCBC Gulfport, June 8. For more information on motorcycle safety courses, call the Safety office at 228-871-3115. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Students enrolled in the Expeditionary Combat Skills (ECS) course learn convoy fundamentals using a simulator at the Tactical Training Facility on board NCBC Gulfport, June 9. Students must

complete the ECS course before being assigned to any unit within Navy Expeditionary Combat Command. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

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 "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.

Disaster Case Managers help in time of need

By BUCN Samantha Opyoke
NCBC Public Affairs

The Fleet and Family Service Center's (FFSC) team of disaster case managers were contacted by representatives from the Navy Family Accountability Assessment System (NFAAS) to reach out to families of individual augmented service members who might have been affected by the recent destructive weather in Texas and Oklahoma.

According to Jean Sammons, a disaster case manager with FFSC, two out of the 49 individual augmented service members were impacted by the flooding and tornado damage in

Texas. The FFSC provided inspectors to survey the damage to their homes and commissary gift cards to help replace food spoiled by power outages.

Normally, NCBC Gulfport's disaster case managers focus solely on the Southeast region, but often provide resources to help those in need when large disasters hit.

"The Fleet and Family Service Center goes above and beyond to find resources they need to take care of military families," said Sammons.

The disaster case managers were able to contact the families in Texas and Oklahoma because of NFAAS. This system origi-

nated and grew into what it is today in the aftermath of Hurricane Katrina in 2005.

Through NFAAS, service members and their families can be contacted in the wake of a natural disaster to ensure their safety and provided assistance if needed. Not only is NFAAS in place if a natural disaster occurs, but it's also a place where families can learn about preparedness and response.

According to Sammons, there are many resources available to service members and their families if disaster strikes. These include services such as child care, access to clinical counselors, temporary



Jean Sammons, right, a disaster case manager with Fleet and Family Service Center (FFSC) advises Equipment Operator 2nd Class Randy Davis, attached to Naval Mobile Construction Battalion (NMCB) 1, about the proper Navy Family Account Assessment System procedures on board NCBC Gulfport, June 10. For more information about NFAAS contact Jean Sammons or Beth Howton at the FFSC at 228-871-3000. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

housing, transportation and legal advice.

For more information on

NFAAS, contact Jean Sammons or Beth Howton at 228-871-3000.

New RV park in the works for Center

By CE3 Dusty Bond
NCBC Public Affairs

Construction of a new RV Park is underway on board Naval Construction Battalion Center (NCBC) Gulfport.

According to Ensign Vince Del Greco, attached to NCBC Gulfport's Public Works Department (PWD) and project manager for the new RV Park, planning began in September, 2014 and construction began in April.

"The reasoning behind the additional RV Park is because the existing space is occupied year-round and the demand for more space warranted the expansion," Del Greco said. "The new space will be the primary location, while the existing park will be used for auxiliary spaces."

The new RV Park will incorporate 35 concrete parking pads and a 1,024 square foot Comfort Station.

"The amenities will include oversized parking pads that will provide room for vehicle parking as well as patio space,



Construction of a new RV Park on board Naval Construction Battalion Center, Gulfport began in April, and is scheduled to be completed by August. The new space will be the primary location, while the existing park will be used for auxiliary spaces. (U.S. Navy photo by Construction Electrician 3rd Class Dusty Bond/Released)

water, electricity and sanitary sewer hook-ups," Del Greco said. "There will be three handicapped locations, two large waste receptacles and a 'Comfort Station.' The Comfort Station will include four oversized showers/restrooms and a large laundry room facility with three commercial washers, six commercial dryers, a fold-in table and sink."

According to Del Greco, funding for the new RV Park came from two sources. The RV "Loop" which consists of everything

attached to and inside the oval road was funded through non-appropriated funds. In this case MWR. The infrastructure, which consists of everything else outside the RV "Loop" to include the access road, water lines, sanitary sewer lines, drainage lines and electrical lines feeding the park was funded from appropriated funds.

The new RV Park is scheduled to be completed by August. If you have any questions about the project contact PWD at 228-871-2636.

Feds Feed Families

June 1 - Aug. 28
fedsfeedfamilies.gov

Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Chapel, Housing, all quarterdecks.

Back in time . . .

Seabee history - Vietnam Era

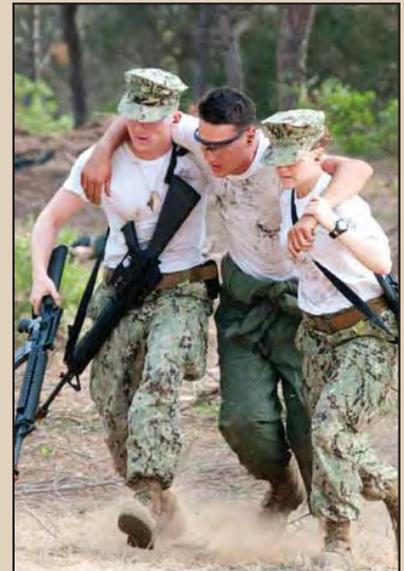
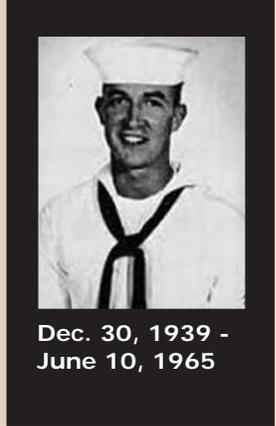
Seabees with Construction Battalion Maintenance Unit (CBMU) 301 outside of a bunker near the runway at Khe Sanh, Vietnam in 1968. CBMU 301 was officially established March 31, 1967, at the Construction Battalion Center, Port Hueneme. The CBMU 301 advance party left the United States May 17, 1967 for Naval Support Activity, Danang. Cargo was sent by sea and air. CMBU 301 deployed to Dong Ha, Quang Tri Province, and by June 24, 1967, the main camp was established. (U.S. Navy photo courtesy of U.S. Navy Seabee Museum/Released)

A tribute to CM3 Marvin G. Shields



GARDINER, Wash. - Capt. Mark Geronime, commanding officer of Naval Facilities Engineering Command Northwest, from Rosemount, Minn., delivers remarks during a ceremony commemorating the 50th anniversary of Medal of Honor recipient

Construction Mechanic 3rd Class Marvin Shields' actions in Vietnam. Shields received the Medal of Honor for his actions at Dong Xoai with Seabee Team 1104. (U.S. Navy photo by Mass Communication Specialist 3rd Class Seth Coulter/Released)



NAVAL STATION ROTA Spain – Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 stand at attention while Construction Mechanic 3rd Class Marvin Shields' Medal of Honor citation is read by Lt. Cmdr. Kenneth Sowell, operations officer, NMCB 11. Shields, the first and only Seabee to receive the Medal

of Honor, was fatally wounded during the 1965 Battle of Dong Xoai where he saved numerous American lives. Sailors assigned to NMCB 11 reenacted the Battle of Dong Xoai to honor Shields on the 50th Anniversary of his death. (U.S. Navy photo by Mass Communication Specialist 1st Class Brian Dietrick/Released)



Naval Mobile Construction Battalion (NMCB) 11 were hosts at the 50th Anniversary Commemoration Ceremony for Construction Mechanic 3rd Class Marvin G. Shields on board Naval Construction Battalion Center (NCBC) Gulfport, June 12. Shields was the first Sailor and only Seabee to receive the Medal of Honor for actions in Vietnam. Left: Lara Godbille, PH.D., curator for the U.S. Navy Seabee

Museum in Port Hueneme, Calif., was the special guest speaker. Godbille discussed Shields' significance to the Navy, the Seabees and the legacy he left behind. Right: Seabees who served during Vietnam were in attendance and were recognized for their service during the ceremony. (U.S. Navy photos by Construction Electrician 3rd Class Dustie Bond and Builder Constructionman Elizabeth Mills/Released)

NMCB 1 Seabees maintain connection with Gulf Coast construction professionals



Seabees from Naval Mobile Construction Battalion (NMCB) 1, NMCB 133, the Air Force and the local community participate in a Women in Construction program. The goal of the non profit program, which has existed for the past eight



years, is to offer women a forum to talk about their personal professional experiences, different skills and trends in the construction community. Additionally, the group allows them to hone their skills. (U.S. Navy photos/Released)

Seabees continue support of Yap

Utilitiesman 2nd Class Kareem Vilbrun left, Construction Electrician 2nd Class Christopher Danner, middle, and Construction Electrician 2nd Class Joshua Davis, assigned to Naval Mobile Construction Battalion (NMCB) 11, cut out letters on poster board to use as stencils for painting at the Yap Emergency Operation Center. (U.S. Navy photo by Utilitiesman 2nd Class Jan Imson/Released)



Construction Electrician 2nd Class Joshua Davis and Builder 3rd Class Amirah Ramelize plan a new roof for a sign display at the Yap International Airport while Utilitiesman 2nd Class Jan Imson completes landscape improvements. NMCB 11 Construction Civic Action Detail (CCAD) is deployed in the Federated States of Micronesia to complete humanitarian construction projects alongside local workers and conduct community engagement programs. (U.S. Navy photo by Construction Electrician 2nd Class Christopher Danner/Released)

Your Healthy Lifestyle Festival July 2 – 3 NCBC Commissary

From Defense Commissary Agency



This summer DeCA is once again hosting its "Your Healthy Lifestyle Festival." Last year's festival was the first of what has become an annual event combining the best of the military community's efforts to help improve the health and wellness of service members and their families.

The NCBC Gulfport Commissary will be featuring their ever-popular farmers markets; Morale, Welfare and Recreation services will offer a variety of fitness events for children and adults; and the Navy Exchange will be offering popular sidewalk sales that will feature fitness shoes and apparel specials along with sports equipment and bicycles.

Shop Healthy! Eat Healthy! Be Healthy!

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

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

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

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



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

WE BUILD ★ WE FIGHT

SEABEE

Online
United States Navy

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

Focus on Education

Enriching young minds



Monica Schexnayder, childcare program assistant, helps Xianne and Calvin with a play foam project at the Child Development Center (CDC) on board NCBC Gulfport, June 15. The CDC is open from 6:30 a.m. to 5:30 p.m., Monday through Friday for children ages six weeks to six years old. For more information call the CDC at 228-871-2323. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



From the U.S. Naval Institute

The U.S. Naval Institute is holding an essay contest for all Active Duty, Reserve and Retired enlisted personnel from any nation's sea services.

The challenge is to write 1,500 words on a topic that makes the Naval Profession stronger.

No subject is too large or too small.

For example:

- ~ Identify opportunities on how to better use enlisted professionals' talents.
- ~ Share leadership best practices.
- ~ Improve tactical doctrine.
- ~ Propose a way to make the under-way watch bill more efficient.
- ~ Define for Coast Guardsmen new techniques in boarding ships for inspections.
- ~ Help first-tour Ensigns and/or Second Lieutenants be successful.

First Place: \$3,000, Second Place: \$2,000 and Third Place: \$1,000

Note: This contest will run twice annually -- total prizes of \$12,000 per year. All prizes include one-year membership in the U.S. Naval Institute. Deadline for submission is Oct. 31.

For more information, visit: www.usni.org/enlistedessay

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

Education Notes

Baby Boot Camp

The popular Baby Boot Camp class will be presented to parents who are expecting or to those with new babies (up to three months), July 16, 8 a.m. - noon at the Fleet and Family Support Center (FFSC) Gulfport. Call 228-871-3000 to register.

CCC Fall "A" Registration

Registration for the Coastline Community College Fall "A" Term which runs from Aug. 24 to Oct. 18, will take place June 22 - Aug. 17. Additional information may be obtained in the Navy College Office, Building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or email at ddrye@coastline.edu.

New to military family housing?

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

Equal Opportunity for Students with Special Needs Act

The Equal Opportunity for Students with Special Needs Act enacted by the Mississippi Legislature during the 2015 Session created the Education Scholarship Account (ESA) program (Senate Bill No. 2695). It is a program designed to give parents with special needs children the option of withdrawing their child from the public school system and receiving a designated amount of funds to help defray the cost of private school tuition or other specific allowable activities to educate their child. The administration of this program has been designated to be performed by the Mississippi Department of Education (MDE). To learn more about ESA go to www.mde.k12.ms.us/ose/esa.

Mississippi Gulf Coast School start dates for 2015/2016

Public Schools

Bay St. Louis Waveland School District	Aug. 6
Biloxi Public Schools	Aug. 6
Gulfport School District	Aug. 13
Hancock County School District	Aug. 6
Harrison County School District	Aug. 6
Jackson County School District	Aug. 6
Long Beach School District	Aug. 6
Ocean Springs School District	Aug. 10
Pascagoula School District	Aug. 6
Pass Christian Public School District	Aug. 6

Private Schools

Christian Collegiate Academy	Aug. 10
St. Patrick Middle/High	Aug. 7
St. Stanislaus	Aug. 10
St. Vincent de Paul (60 percent day)	Aug. 6
All others: contact Catholic Diocese at 228-702-2130	

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The look of fatherly love

"Do you want a boy or girl?" I asked, lazing in bed, seven months pregnant on a Saturday morning. Francis, my husband of 15 months, lay beside me while we both gazed through the lace sheers billowing over our bedroom window at the sun-soaked Cypress tree in our little Fort Ord back yard.

Without the early morning responsibilities that a baby would soon bring to our weekends, we were free to lie around for hours, listening to the birds chirp and wondering what our life might bring.

On rainy days, we rolled from our bed to the living room couch, watching old movies late into the afternoon in sweatpants and slippers, only running out for popcorn and take out. On sunny weekends, we'd maybe get up and go on a hike in Big Sur, stopping at a local restaurant for fresh Monterey Bay squid steaks or at our friends' house near Lover's Point for cookouts.

We believed that working all week entitled us to self-indulgent weekends, and we had no idea that, after less than two years of marriage, having a baby would strip us of that luxury for good.

"Well," Francis re-

sponded after a pause to imagine our future as parents, "I think I'd look good carrying a girl around."

How odd, I thought. I had assumed that my question – a common one between expectant parents – would prompt him to compare and contrast the experiences he might have raising a son or daughter. Would he want to fish with his son? Throw baseballs in the yard? Or would he prefer to be called into his daughter's room for tea parties? But instead, Francis expressed his preference for a boy or a girl based solely upon which one might compliment his physical appearance.

"What do you mean, you'd look good carrying a girl around?" I hoped that this man I thought I knew, with his arm draped possessively over my swollen belly, was not a closet narcissist intent on using his offspring as wardrobe accessories.

"You know what I mean," he plainly retorted, as if everyone who has answered that question thought first of their appearance, "when I imagine being a father, I see myself walking around with a little girl wearing pink booties and a lace bonnet and all that." He went on to

describe how other people might see him in public, and think, "Oh, look how cute that Dad is over there carrying his sweet little baby girl."

I listened, trying desperately to understand Francis' point of view, but I was worried. Are we too selfish to be parents?

"It's a boy!" the obstetrician yelled two months later. A nine-pounder, Hayden Clark Molinari entered our world on a rainy spring evening in 1995, and Francis quite suddenly became a father.

In an instant, our priorities were forever reordered. Like all parents, we lost ourselves in the blur of diapers, bottles, blankets, booties, rectal thermometers, teensy nail clippers, and 3 a.m. feedings. Francis didn't notice that I looked like I'd been hit by a Mack Truck, and I was oblivious to the fact that he was wearing the same spit-up-stained sweatshirt for three days in a row. We were too caught up in the sheer wonder of the little bundle of 10 toes and 10 fingers we'd created to care.

The rest of the world simply melted away.

Francis got his baby girls a few years later, but he never mused about what his children made him look like again.



Now don't get me wrong, Francis never completely gave up his interest in his physical appearance. He still checks himself out in shop windows, turning to the side to sneak a peek at his tush. He's still demands to be photographed when he's feeling particularly dapper. On the dance floor, he still plays to the crowd and forgets that he's supposed to be dancing with me. But now that Francis is a Dad, his responsibility to our family is his top priority.

And I must admit, fatherhood looks pretty darned good on him.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Health Watch

Tips for healthy living

By Yan Kennon
Naval Hospital Jacksonville
Public Affairs Senior Writer

June is Men's Health Month, a time to raise the awareness of preventable health problems and encourage early detection.

Twelve percent of men (18 years and over) are in fair or poor health, according to the Centers for Disease Control and Prevention. While men should make health a priority and take active daily steps to become healthier and stronger, there are many easy things that men - and women - can do to improve and maintain health.

"By proactively getting the right health services, screenings and treatments, we help our chances of living a longer, healthier life," said Capt. John Le Favour, Naval Hospital (NH) Jacksonville commanding officer. "Things such as age, health and family history, lifestyle choices, and other factors impact our health care needs and how often we need it. That's why early detection is key. So we encourage you to get regular checkups and tests to find problems before they start."

~ Get good sleep - Insufficient sleep can be associated with a number of chronic diseases and conditions such as diabetes, obesity and depression. Sleep needs change with age - seven to nine hours is ideal for adults.

~ Toss the tobacco - About 30 percent of U.S. men smoke cigarettes. It's never too late to quit, plus it produces immediate and long-term benefits - lowers risk of heart disease, cancer, lung disease and other illnesses.

Reduce, Reuse, Recycle: Prepare steel cans for recycling by rinsing them with water to remove any food residue and by removing both ends of the steel can and crushing it flat.

NCBC Helping Hands

BAYOU VIEW ELEMENTARY SCHOOL IN GULFPORT – Bayou View Elementary School is asking for assistance painting hallways the week of June 29 – July 3 and possibly July 18 – 19. Supplies and lunch will be provided. If you can help with this project, please contact Heather Chesman, 228-865-4625.

AUDUBON MISSISSIPPI COASTAL BIRD STEWARDSHIP PROGRAM – Volunteers are needed to serve as bird stewards July 3 – 4 at beach-nesting bird sites along the Mississippi Gulf Coast in Pass Christian, Long Beach, Gulfport, and Biloxi. Volunteers are asked to commit two - four hours per shift on weekends. No experience is necessary. Training will be provided. Register online and view full list of sites at <http://goo.gl/aLG0OP>.

VETERAN ASSISTANCE IN GULFPORT A disabled Veteran is asking for assistance with porch repairs. If you can help with this project, please contact Jennifer Frye at 205-765-7106.

BUILD A HANDICAP RAMP FOR A VETERAN – A Veteran in Biloxi is needs a handicap ramp built. If you can help with the build, please contact Susan Smith, Fleet and Family Support Center at 228-871-3640.

BILOXI VETERANS ADMINISTRATION The Biloxi VA is asking for volunteers to repair their mini golf course and possibly build horse shoe pits. Point of contact is Susan

Smith, FFSC, 228-871-3640.

BEAUVOIR UNITED METHODIST CHURCH, BILOXI - Volunteers are needed to construct and install two hand rails to connect to the church altar rails. Materials will be provided and/or reimbursed. Please call Marilyn at 228-832-6545 or 228-806-1544 to discuss and view project area.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

DISABILITY CONNECTION - Disability

Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

BUILD HANDICAP RAMPS - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

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

Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

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

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

JUNE 19-25

Father and Child Fishing Rodeo

Biggest Fish by Length Wins!
Prizes by age group



JUNE 20
0800-1000
@ Seabee
Lake



Seabee Cinema at the Training Hall

June 19
6 p.m.
Tomorrowland (PG)
8:30 p.m.
Poltergeist 3D (PG13)

June 20
2 p.m.
Tomorrowland (PG)
4:40 p.m.
Poltergeist 3D (PG13)
6:40 p.m.
Mad Max:
Fury Road (R)

June 21
2 p.m.
Tomorrowland (PG)
4:30 p.m.
Pitch
Perfect 2(PG13)
\$1 SHOWING



24 Hour Movie Hotline
228-871-3299

Bldg 446, Marvin Shields Blvd.

Program Telephone Numbers & Hours

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

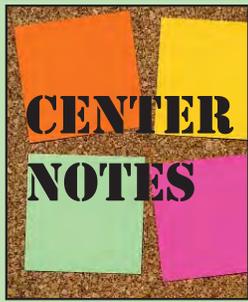
NEW HOURS

Fitness

Swim Lesson Signs ups are open! Stop by the Aquatics office for more info!
Water Aerobics is back through September 30 on M/W/F at 12-12:45 p.m.
Call 228-871-2668 for details!



June 19- 6 p.m., Meet the Spirits of Beauvoir Ghost Tour
June 20- 1 p.m., Scrapin' the Coast Shuttle
June 21- 10 a.m., Pass out flyers with MWR & Earn an LOA!
June 21- 6 p.m., Summer Solstice Party- Free Food & Pie Eating Contest!
June 18- 6 p.m.- Tournament Tuesday- Root Beer Pong, 1st Place Prize



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, con-

tact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families Overcoming

Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's

Spouse Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The

Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a 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.

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 Di-

versity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MDCDC President, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 for more information.

VFW Post 3937 Long

Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

VFW Post 4526 Orange

Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are

welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was decommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

D.A.V. - Disabled American Veterans, Chapter 5

invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1,

Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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

From **HEALTH** page 9

And avoid second-hand smoke - it can cause problems similar to those that smoke.

~ Be active - 38 percent of U.S. men are overweight. At least two and a half hours of moderate-intensity aerobic activity is recommended each week for adults. And indulge in muscle-strengthening activities at least two days a week. Work all major muscle groups to include legs, hips, back, abdomen, chest, shoulders and arms. Spread activity out during the week, no need to do all at once.

~ Eat healthy - Men should eat a variety of fruits and vegetables every day, as they are sources of the many vitamins and minerals that protect from chronic diseases. Choose healthy snacks and limit items high in calories, sugar, salt, fat and alcohol.

~ Manage stress - Physical or emotional tension

is often signs of stress. Sometimes stress can be good, but is harmful when severe - feeling overwhelmed and out of control. Self-care and social support can be the best way to manage stress. Avoid drugs and alcohol, stay active and find support when needed.

~ Stay on top of your game - Patients should see their primary care manager (PCM) for regular checkups. Because certain diseases may not have symptoms, regular checkups can help diagnose issues early - before becoming a problem. Pay attention to obvious signs and symptoms such as chest pain and shortness of breath.

Individuals should also track personal numbers like blood pressure, blood glucose, cholesterol and body mass index. PCMs can identify what tests are needed and frequency needed. And get vaccinated. Immunizations help maintain health, regardless of age. They can protect individuals and

the community from serious disease.

NH Jacksonville Medical Home Port teams- at its hospital and five branch health clinics across Florida and Georgia - are ready to meet the urgent, preventive and routine health care needs of its patients. To meet the Medical Home Port teams and doctors, just visit command website at www.med.navy.mil/sites/navalhospitaljax, and click on Medical Home Port.

For after-hour issues, call the Nurse Advice Line at 800-TRICARE (800-874-2273) to get clinical advice and urgent care referrals 24/7.

Sign up for RelayHealth, a free and secure email service that allows patients to contact their care team for routine needs - from requesting lab results to appointments. Because this system is for non-urgent issues, it can take up to one business day for a reply. Visit www.relayhealth.com to sign up.