

# SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 56 No. 10

Naval Construction Battalion Center, Gulfport, Mississippi

March 10, 2016



Ground is broken in a ceremony at the training hall on board Naval Construction Battalion Center (NCBC) Gulfport, March 2, to mark the beginning of construction on a 4MW solar farm on the base. From left to right: Cmdr. Brian Nottingham, NCBC Public Works Officer, Capt. Cheryl Hansen, NCBC Gulfport Commanding Officer, the Honorable

Dennis V. McGinn, Assistant Secretary of the Navy for Energy, Installations & Environment Commissioner Sam Britton, Mississippi Public Service Commission, Anthony Wilson, president and CEO of Mississippi Power and Commissioner Brandon Presley. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

## Solar ground breaking ceremony held at NCBC

Courtesy U.S. Navy

The Department of the Navy and Mississippi Power, a Southern Company subsidiary, broke ground March 2 on a large-scale solar facility on board Naval Construction Battalion Center (NCBC) Gulfport.

The facility will have roughly 13,000 panels, providing enough electricity to supply the equivalent of 450 homes. To be installed on 23 acres of base land, the facility will generate up to four megawatts of direct current power once operational. Mississippi Power estimates grid connection by the end of 2016.

Notable groundbreaking ceremony presenters and attendees included the Honorable Dennis V. McGinn, assistant secretary of the Navy for energy, installations & environment; Capt. Cheryl M. Hansen, commanding officer of NCBC Gulfport; Mississippi Public Service Commissioner Samuel F. Britton, Southern District; and Anthony L. Wilson, president and

CEO of Mississippi Power.

The ceremony commenced with the presentation of the Secretary of the Navy's Energy and Water Management Award, small shore category, to NCBC Gulfport for fiscal year 2015 (see page 2). Presented by Secretary McGinn, the award recognizes programs resulting in a consistent reduction in energy or water consumption.

"Partnerships, like the one between Mississippi Power and the Department of the Navy, make us stronger, enabling us to better serve and complete our mission. The efforts of NCBC to be effective managers of energy resources have been recognized at the highest levels of the Navy, and it is these efforts that make all of our bases more resilient and secure," said McGinn. "My heartiest congratulations to the base for all of its efforts."

Capt. Hansen recognized the installation's achievement and the impact of the solar facility. "NCBC Gulfport has taken extraordinary

steps toward energy efficiency. Now, this solar facility is a significant step forward in our efforts toward energy resiliency."

"Renewable energy is important to a well-balanced energy portfolio," Wilson said. "This is one of three utility-scale solar projects that have been approved by the Mississippi Public Service Commission, making our company the state's largest partner in renewable energy. We are proud to team up with the Navy, along with the Commission and its staff, on this very important project."

With several energy efficient technologies including a solar power rooftop system and light-emitting diode parking and street lights, NCBC Gulfport is a participant in the Great Green Fleet (GGF). GGF is a year-long initiative highlighting the Navy's efforts to transform its energy use to increase operational capability. Renewable energy generation projects also improve the DON's energy security, strategic flexibility and resource availability.

**NCBC**

**Commanding Officer**

Capt. Cheryl Hansen

**Public Affairs Officer**

Rob Mims

**Courier Staff**

**Editor**

Bonnie L. McGerr

**Special Contributors**

BUCN Samantha Opyoke

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**NCBC wins energy award; second time in three years**

The Honorable Dennis V. McGinn, Assistant Secretary of the Navy for Energy, Installations & Environment (fourth from left) presented the 2015 Secretary of the Navy's Energy and Water Management Award, Small Shore Category to Naval Construction Battalion Center Gulfport Commanding Officer Capt. Cheryl Hansen (third from left). McGinn congratulated the team for their efforts on improving the way the base manages energy and water and encouraged others to make similar improvements. The award presentation was the start of the solar ground breaking ceremony held on base, March 2. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



**The Sailor's Creed**

I am a United States Sailor.

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and the fair treatment of all.

March 10, 2016

If you or someone you know is being abused, we want to help:



228-669-1774

24/7 Confidential Access to the Domestic Violence Victim Advocate

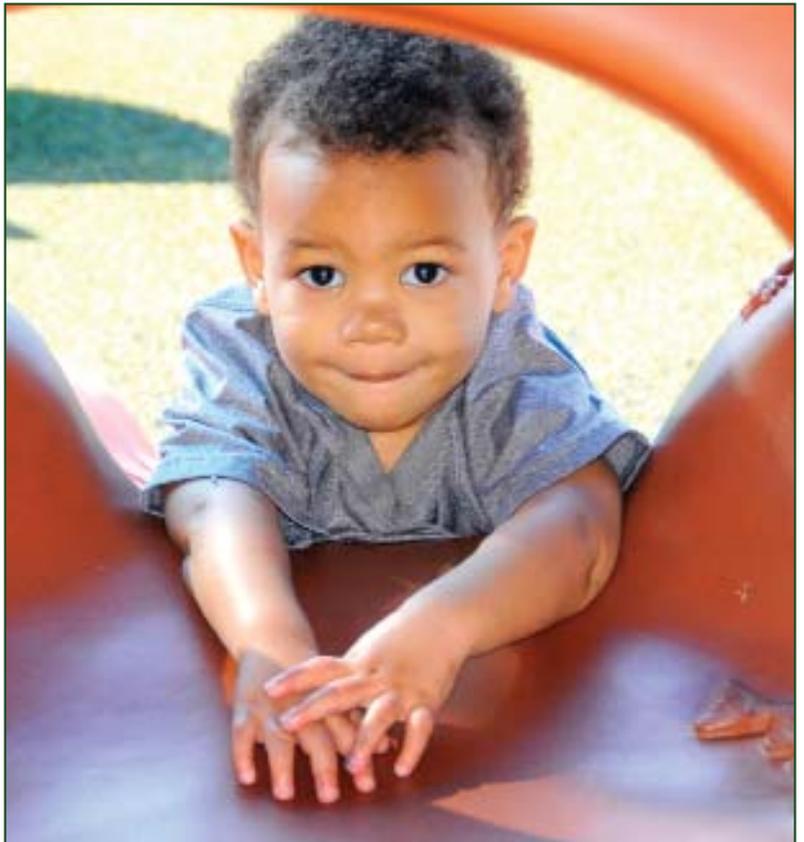
Seabee Courier



Gunner's Mate 1st Class Matt Gibbons from Naval Construction Group 2 places an order at the Taste Budz food truck in the Training Hall parking lot on board Naval Construction Battalion Center Gulfport, March 7. Taste Budz is on board Mondays and Wednesdays. BBQ World is on board Tuesdays and Fridays. Both are open from 10:30 a.m. to 1:30 p.m. For more information about the food trucks, call the MWR Marketing at 228-871-4010. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Gunner's Mate 1st Class Jason Lewis, left, Builder 1st Class Phon Truong, middle, and Construction Mechanic 1st Class Samuel Malone attached to Naval Mobile Construction Battalion (NMCB) 14 clean a general purpose tent from their previous Field Training Exercise (FTX) on board Naval Construction Battalion Center Gulfport, March 1. The general purpose tents are used to provide a weatherproof shelter for any operating environment. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Aiden plays on the playground during activity time at the Child Development Center (CDC) on board Naval Construction Battalion Center Gulfport, March 7. CDC hours of operation are 6 a.m. - 5:30 p.m. Monday through Friday. The next Give Parents a Break (GPAB) dates are March 14 and 28. Please call 228-871-2323 for more information about GPAB and the CDC. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

# Buzz on the Street

By BUCN Samantha Opyoke  
NCBC Public Affairs

**What are some goals you would like to have accomplished by next year?**



"I would like to be financially stable and to be steadily working on my credit."

**Airman Kayla Cantrell**  
Naval Construction  
Training Center (NCTC)



"One of my goals is to purchase my own house."

**Airman Payton Gardenhire**  
NCTC



"I would like to be able to run a marathon and to be able to afford my own house."

**Airman James Hopp**  
NCTC

**VITA Tax Center**  
Building 60 116Z  
(Rear of Building, First Floor)

HOURS OF OPERATION:

Monday, Wednesday and Friday, 8:30 a.m. - 5 p.m.  
Tuesday and Thursday, 8:30 a.m. - 6 p.m.

Walk-ins are welcome Monday - Thursday  
Please bring last year's tax return, W2(s), proof of insurance and tax forms (ex. 1099)  
Call: 228-871-2301 early in the day for an appointment which typically begin at 9 a.m.

## Save your smile, your health and your money: Enroll in the TRICARE Retiree Dental Program

Courtesy of TRICARE

Do you see your dentist at least twice a year for regular checkups? If so, you have an excellent chance of keeping your teeth and gums healthy for a very long time. Because your mouth is the gateway to the rest of your body, maintaining good oral health is important—but even routine dental care can be costly, sometimes averaging several hundred dollars each year. Fortunately, the TRICARE Retiree Dental Program (TRDP) can keep you smiling and help you maintain your overall health, all at an affordable cost.

Here are just some of the many reasons why more than 1.5 million current enrollees find the TRDP to be such a good value:

- You get your routine annual services—two cleanings (or three with diagnosed Type 1/Type 2 diabetes), two exams and an x-ray—with no cost share when you see a TRDP network dentist. And, these services don't count towards your annual maximum or deductible!
- Seeing a network dentist network helps you save an average of 22 percent on your covered dental care. With the TRDP, there is a large nationwide network of dentists from which to choose. To find a network dentist near you, use

the "Find a Dentist" link at [trdp.org](http://trdp.org).

- Network dentists accept the TRDP allowed fee for covered services, so there are no surprise costs beyond your expected cost share and deductible, where applicable.

- Each enrollee gets a generous \$1,300 annual maximum, a \$1,200 annual dental accident maximum and a \$1,750 lifetime orthodontic maximum.

- The TRDP coordinates benefits with other dental plans, allowing you to maximize your coverage under both plans.

To enroll in the TRDP, visit [trdp.org](http://trdp.org) and choose the method that works best for you. Enrolling online using the Quick Link to the Beneficiary Web Enrollment (BWE) site is quickest, or you can print an application from the TRDP website and mail it to Delta Dental along with your prepayment amount.

After enrolling, you're encouraged to register for the online Consumer Toolkit®, where you can verify your program eligibility; review your benefits, coverage levels and remaining maximums and deductibles; check on the status of your processed claims and claim payments; and sign up for paperless (electronic) Explanation of Benefits statements.

Don't wait to improve your oral health and your quality of life. Enroll in the TRDP today!



# SEABEE DAY 2016



**NAVAL CONSTRUCTION BATTALION CENTER  
GULFPORT, MISS.**

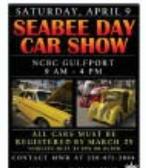
## April 9, 2016

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

**Free Community Event  
Open to the Public**

## TINYURL.COM/CBDDAY2016





**9-1-1 is the number for on base emergencies**  
Have an emergency? Please remember to dial 9-1-1 instead of 2333 when reporting an emergency on board NCBC Gulfport. Make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

# Base chaplain inducted into Hall of Fame

By Rob Mims  
NCBC Public Affairs Officer

Lt. Cmdr. (Chaplain) Ammie Davis, Naval Construction Battalion Center Gulfport command chaplain, joined a distinctive group of alumni inducted into the 2016 Henry McNeal Turner Theological Seminary Hall of Fame in a ceremony Feb. 8 at the Flipper Temple African Methodist Episcopal Church in Atlanta, Ga. This historic event recognized the achievements of Chaplain Davis as the first African American female to serve as the installation chaplain at Naval Construction Battalion Center Gulfport. She is also the first active duty chaplain to receive this award.

"The award means that I started with a vision/path with a clear understanding of my call as a Navy Chaplain," said Davis.

This honor was bestowed upon Davis and the other members of the class who were recognized for their demonstrated commitment to Christian Kingdom-Building through their various ministerial roles. Davis has been the base chaplain since 2013, but she didn't begin her Navy career in the ministry, she enlisted in January 1988 as a Hospitalman Corpsman/Physical Therapy Technician. At the prompting of Captain (Chaplain) Moses Stith at Naval Air Station New Orleans decided to become a chaplain. She was commissioned as an ensign in the Individual Ready Reserves (IRR) April 18, 2002, as a Chaplain Candidate Program Officer (CCPO-Seminary Student). In August 2005, Davis was commis-

sioned as a lieutenant junior grade (LTJg) on active duty as a chaplain. She plans to retire later this year after 28 years of service.

Turner Theological Seminary is on the campus of the Interdenominational Theological Center (ITC) in Atlanta, Ga., and is an affiliate Graduate School of Theology of the African Methodist Episcopal Church and a Constituent school at the ITC. Bishop Henry McNeal Turner served as the first black Chaplain for the armed forces. Additionally, Bishop Turner was an ordained Itinerant Elder in the African Methodist Episcopal Church.

"The award represents the call to care for the warfighters and their families who defend freedom," said Davis. "The award represents God's blessings and opportunities bestowed upon me as an ambassador. It's a call within a calling."



Chaplain Davis

Since 1894, men and women have been prepared for ministry as Bishops, Presiding Elders, Pastors, Chaplains, Educators, and Scholars. The mission at Turner Theological Seminary is to prepare committed persons for the ministries of the African Methodist Episcopal Church.

Davis said that if she could give one piece of advice to young people, it's that young people should develop a Faith Walk for their careers. "Faith is the substance of things hoped for and the evidence of things unseen," she said. "Faith allows us to trust and begin with the end in mind. Developing a Faith Walk provides courage and hope to pursue God's Divine purpose. Faith is the key!"

## Phoenix Navy Week "Shout Out" Opportunity for all Sailors from Phoenix, Arizona area

For the upcoming Phoenix Navy Week, The Navy Office of Community Outreach (NAVCO) is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for Sailors from the Phoenix area.

**Deadline: March 16, 7 a.m., CDT**

Instructions:

1. Call 1-855-OUR-NAVY (1-855-687-6289)
2. Wait for a 3-5 second pause after voice directions and record message, after beep, using the template script below.
3. Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailors' hometown.
4. Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command your shout-out will be unusable.

Script:

HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP & HULL NUMBER). WE ARE OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AREA OF RESPONSIBILITY) AND READY TO DEFEND AMERICA AT ALL TIMES.

I WANT TO SAY HELLO TO MY FAMILY AND FRIENDS AND EVERYONE IN MY HOMETOWN OF PHOENIX. I HOPE YOU ENJOY NAVY WEEK AND REMEMBER, YOU CAN FIND OUT MORE INFORMATION ABOUT NAVY WEEK ONLINE AT OUTREACH.NAVY.MIL. GO NAVY!

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## Back in Time: Seabee History



### NMCB-58, Detail Hotel

During their 1968-69 deployment, NMCB-58, Detail Hotel, deployed to the Mekong Delta Region of RVN near Moc Hoa and toward the Camodian border in an attempt to save the lives of River Patrol Boat sailors by clearing the riverbanks of the heavy jungle growth that provided ideal hiding places for Viet Cong snipers. Detail Hotel located over 200 booby-traps and cleared over 1 million square meters of land prior to the onset of monsoon season. Steelworker 3rd Class J.S. Staff was killed and Steelworker 3rd Class G.L. Thompson seriously wounded when they detonated a booby trap during this detail.

### March 10

**1920:** Public Works officers or officers were first assigned to each of the naval districts.

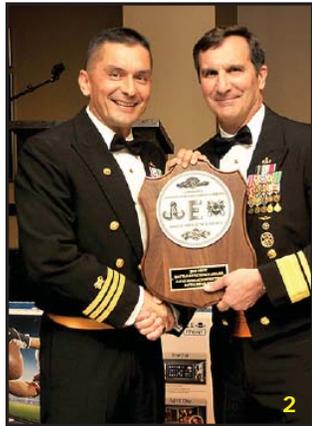
**1968:** BUH3 Frank G. Goelz, USN, was killed in an accidental fall while engaged in constructing a pile bent as part of repairs to Liberty Bridge, Da Nang, RVN. Memorial services for Petty Officer Goelz were held at Camp Hoover on 11 March 11 and at Liberty Bridge on March 12.

**1968:** Detail Charlie of Construction Battalion Mobile

Unit (CBMU) 301 was working at the Navy-Marine camp at Cua Viet, Republic of Vietnam, when the camp was attacked by enemy rockets, mortars and artillery. During the attack one of the incoming rounds detonated ammunition and gasoline stores located on the landing ramp at the river. The resulting explosions caused a fire which burned for 14 hours.

**1972:** Seabee Team 0416, under LTJG R.A. Heisler, departed Kusaie and arrived in Port Hueneme, CA on March 17, 1972.

# Seabees celebrate 74 years of service



By MCCS(SCW/SW) Jeffrey J. Pierce  
NCG 2 Public Affairs

More than 750 guests gathered at the Imperial Palace Casino Resort and Spa in Biloxi, Mississippi to celebrate the 74th anniversary of the establishment of the U.S. Navy Seabees, March 5.

Active duty and retired military personnel along with civilian guests packed the third floor ballroom to honor the men and women in green whose legacy was born as a direct result of the Japanese attack on Pearl Harbor on Dec. 7, 1941.

In addition to the 74th anniversary of the Seabees, guests also celebrated the 174th birthday of Naval Facilities Engineering Command and the 149th birthday of the Civil Engineer Corps. The event also marked the 50th anniversary of the first Seabee units to arrive in Gulfport, Mississippi and a special tribute was paid to the Seabees of that era who served in Vietnam.

The evening kicked off with the parading of the colors by Naval Construction Training Center Gulfport's Color Guard, the singing of the National Anthem by Chief Legalman Tracey Mitchell and the invocation given by Lt. Cmdr. Paul Smith.

The evening's host was Capt. Paul Odenthal, Commander, Naval Construction Group TWO. The guest of honor for the evening's festivities was Rear Adm. Frank Morneau, Commander, Navy Expeditionary Combat Command.

After Odenthal's opening remarks, he relinquished the floor to the guest of honor. During Morneau's remarks, he highlighted several Sailors in the audience for their outstanding performance. He also presented Cmdr. Jorge Cuadros, Commanding Officer, Naval Mobile Construction Battalion (NMCB) 11 with the Battle Efficiency or Battle "E" award distinguishing NMCB 11 as the best Seabee Battalion in the Atlantic Fleet.

As Morneau made his way back to his seat, Odenthal called him back center stage and presented him with a framed certificate signed by the Chief of Civil Engineers officially making him an honorary Seabee.

The guest speaker was retired Command Master Chief Dick Wade. Wade's career in the U.S. Navy spanned nearly 46 years where he was witness to hostilities during WWII, the Korean War and Viet Nam. At the conclusion of his speech, Wade was greeted with a standing ovation.

It is a tradition that the youngest and oldest Seabee on active duty in attendance help cut the ceremonial cake. In a small break from tradition, it was decided that Master Chief Wade, although retired, would join Constructionman Recruit Agnes Neal and Capt. Odenthal to do the honors.

"The cake cutting ceremony had tremendous significance with the participants representing over 72 years of our history from our first chapter to the chapter that is just beginning," said Odenthal. "Master Chief Wade pointed out that the 'only difference he could see between himself and Constructionman Neal as well as the assembled Seabees is about 65 years.'" "Today's Seabees are certainly cast in the mold that was set by Master Chief Wade and his generation. The legacy of the Seabees will continue."

With the official ceremony concluded, guests had time to finish their dessert, socialize and make their way to the dance floor for an evening of music and fun.

**Pictured:** 1. Capt. Paul Odenthal, Commander, NCG 2 (left) and CMDCM David Garcia, Command Master Chief, NCG 2 (right) applaud as Master Chief Dick Wade retired is presented a special gift for being the 2016 Seabee Ball guest speaker.

2. Rear Adm. Frank Morneau, Commander, NECC (right) presents Cmdr. Jorge Cuadros, Commanding Officer, NMCB 11 with the Battle "E" award distinguishing NMCB 11 as the best Seabee Battalion in the Atlantic Fleet.

3. Naval Construction Training Center, Gulfport's Color Guard parades the colors.

4. Capt. Odenthal (left) presents Rear Adm. Morneau, (right) with a framed certificate signed by the Chief of Civil Engineers officially making him an honorary Seabee.

5. Constructionman Recruit Agnes Neal (left), joins Capt. Odenthal and retired Master Chief Dick Wade for the traditional cake cutting ceremony.

6. NCTC's Color Guard sits together to enjoy the festivities during the 2016 Seabee Ball.

7. Petty Officer 1st Class Gerald Flint and his wife, Luana, enjoy their time at the Ball.

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## 28th Street Gate hours expanding

Patrolman Victor Williams from Naval Construction Battalion Center Gulfport Security Department checks Luana Flint's identification card at 28<sup>th</sup> Street Gate March 8. Effective March 14, the 28<sup>th</sup> Street Gate will have expanded hours. Monday-Friday the gate will be open from 5:30 a.m. to 3:30 p.m. for inbound traffic and 5:30 a.m. to 6 p.m. for outbound traffic. The gate will still be closed weekends and federal holidays. Other installation gate hours remain unchanged. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Navy Lodge Guest Services Representative Amanda Peterson assists a customer on the phone at the Navy Lodge on board Naval Construction Battalion Center Gulfport, March 8. The Navy Lodge offers spacious rooms, comfortable lobby and a safe environment for families to stay. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

## Navy Lodge perfect for families on PCS orders

By Kristine M. Sturkie  
NEXCOM Public Affairs Specialist

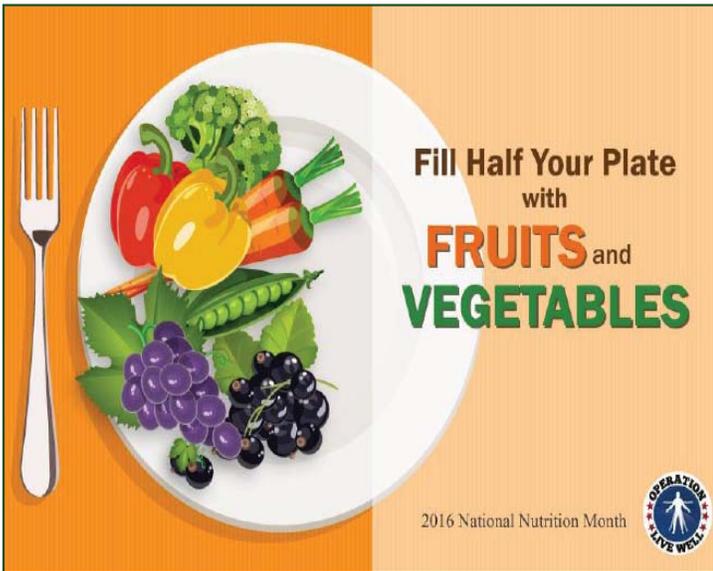
For families on permanent change of station (PCS), the Navy Lodge offers guests value with room rates at an average of 45 percent below comparable civilian hotels.

"Navy Lodges are the official government lodging for PCS moves," said Janice Baker, General Manager. "Navy Lodge Gulfport offers spacious rooms, comfortable lobby and a safe environment for families to stay whether it's for a few days or a few weeks. We also offer free Wi-Fi and breakfast as well as a weekly manager's reception so that guests can meet one another and get tips and information on the area and base."

Navy Lodge family suites offer guests oversized rooms with living and dining area, fully equipped kitchen, flat screen televisions with cable and DVD player and soft and firm pillow options. On site amenities include guest laundry facilities, vending

machines as well as children's outside play area and workout room at many locations. Every Navy Lodge is handicapped accessible. As an added convenience, dogs and cats up to 50 pounds in weight can stay at many Navy Lodges when traveling with its owner. Guests need to contact the specific Navy Lodge regarding pet policies.

Authorized Navy Lodge guests on PCS orders can take advantage of a scratch-off card offering a 10, 15 or 25 percent discount or a free stay up to 20 nights. The discount is valid at all Navy Lodges in the continental United States until February 28, 2017. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466. For reservations, call (800) 628-9466 or go on line at [www.navy-lodge.com](http://www.navy-lodge.com) or [www.dodlodging.com](http://www.dodlodging.com)



Celebrate National Nutrition Month by taking time to re-evaluate your health goals and bite into a healthy lifestyle. Let Operation Live Well help you get started: <http://1.usa.gov/1ELVhmk>



**Inside the Gate:**  
[tinyURL.com/NCBCITG](http://tinyURL.com/NCBCITG)  
**Seabee Courier:**  
[tinyURL.com/CBCCourier](http://tinyURL.com/CBCCourier)

**Facebook:**  
NCBCGulfport  
**Twitter:**  
@SeabeeCenter

**Stay in Touch with NCBC Gulfport**

### 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](mailto:CNRSE_HOTLINE@navy.mil)

# Focus on Education

## Military Youth of the Year



Capt. Cheryl Hansen, Naval Construction Battalion Center (NCBC) Gulfport commanding officer awards Elizabeth Goodman, a member of the base Youth Activity Center, the Military Youth of the Year Award March 8 on board NCBC. The Military Youth of the Year Award is given to youth who embody values of leadership service, academic excellence, and lead healthy lifestyles from the Boys and Girls Clubs of America. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

## Education Notes

### Smooth Moves

Smooth Moves will be presented by Fleet and Family Support Center (FFSC) from 9 - 11 a.m., March 15 at FFSC, building 30. Representatives from PSD, Housing and Personal Property will be available to answer questions. Call 228-871-3000 to sign up.

### Navy-wide March Advancement Exams

E4: March 17 - Location: Building 433; doors open at 6:30 a.m. - No cell phones at exam site.

### FOCUS Skill Building Groups (SBG)

Is a successful relationship just LUCK? Families Over Coming Under Stress (FOCUS) will host this SBG March 16 from 3 - 4:30 p.m. at their facility at 304 John Paul Jones Road (next to Anchors and Eagles), room 405. For more information or to schedule a SBG specific to your group, call: 228-822-5736.

### safeTALK

Tell. Ask. Listen. Keep Safe! safeTALK will be offered March 17, 8:30 - 11:30 a.m., at Seabee Memorial Chapel. Call CREDO Facilitator at 228-871-2454 for more information or to sign up. All Resident Advisors MUST attend safeTALK training.

### Navy Spouses: Understand Your Resources and Entitlements

Understand Your Resources and Entitlements will be presented by Fleet and Family Support Center from 9 a.m. - 2 p.m., March 30. Important information about available education and employment program will be presented. Pre-register early and ask about the availability of free child care. Call FFSC at 228-871-3000.

## RESUME WRITING 101

LET YOUR RESUME REPRESENT YOU

- Basic Resume Writing Skills
- Targeted Skills
- Formatting Tricks
- Re-structure Your Resume for Other Jobs
- What Employers Look For
- Resume Etiquette
- Cover Letters
- Panel Interviewing and critiquing

March 24 from 8 a.m. to noon

Call Fleet & Family Support to Register

(228) 871-3000

5301 Seead Street, NCBC Gulfport  
Hours: Mon-Thurs 0700-1630 / Fri 0700-1530



NCBC Gulfport School Liaison Officer:

Kevin Byrd

MWR Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117

Email: kevin.r.byrd@navy.mil

SATURDAY, APRIL 9

# SEABEE DAY CAR SHOW

NCBC GULFPORT  
9 AM - 4 PM



ALL CARS MUST BE  
REGISTERED BY MARCH 25  
VEHICLES MUST BE 1991 OR OLDER

CONTACT MWR AT 228-871-2804

Paid sponsor. No Navy or federal endorsement implied.



# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## St. Patrick's Day cuisine not so lucky

Sure, there will be parades, funny hats, green decorations, and parties during the week of March 17th. But what really makes or breaks holidays and special occasions?

Let's face it — it's all about the food.

Halloween, Valentine's Day and Easter are lucky enough to have chocolate as their traditional treat. Thanksgiving hit the luck jackpot with succulent roasted turkeys, mouth-watering dressings, tartly sweet cranberry sauce, and pies loaded with whipped cream. And who doesn't love Christmas and Hanukah foods like cookies, doughnuts, prime rib, latkes, hot cocoa, brisket, and gingerbread? With the luck of the Irish on it's side, you'd think that St. Patty's Day would be associated with delectable culinary delights.

But corned beef and cabbage?

First of all, what is "corned" beef anyway? Does the coming process make an otherwise inedible piece of meat safe for human consumption? Is it one of those cuts of meat that grandfathers like to hang from rafters in basement corners, smelling like sweaty feet for 9 months at a time? Is the term "beef" just a genteelism for "pickled squirrel meat my Paw-Paw shot in the backyard?"

Corned beef is undeniably delicious in a grilled reuben sandwich, but when boiled with cabbage, it can become a smelly, stringy



affair. I have enjoyed corned beef and cabbage on a few occasions; however, those were the times that, by sheer happenstance, the cooking time was precisely correct for that particular size cabbage, acidity, elevation, boiling point, and tilt of the Earth's axis.

What average cooks don't realize is that, within mere seconds, the otherwise crispy,

sweet vegetable can become an overcooked ball of sulphur-gas-emitting mush that will stink up the house for at least a week. Corned beef and cabbage cannot just be tossed into a Crockpot. Cooking this finicky dish properly requires knowledge of chemistry, catlike senses, and a precision timing device. But who wants to stand around on St. Patrick's Day watching cabbage steam for precisely six minutes and 39 seconds? There's green beer to drink!

Speaking of which, green beer is festive and all, but let's not kid ourselves. Order a green beer in any pub on St. Patrick's Day and it's likely to be the most tasteless brew on tap. Why? The rich gold, amber and brown tones of the better beers turn an unappetizing hue of olive drab when mixed with green food coloring.

It's the watery, faintly yellow beers that make the prettiest kelly-green tones, but beware that the appetizing color is masking a gut-rot swill that will stain your tongue and

leave your head throbbing in the morning.

To make matters worse, my Irish mother-in-law, Alice Murphy, bakes a loaf of Irish Soda Bread every year around this time, and the whole family raves. But the dry, bland loaf has always confused me. It's not sweet enough to eat like coffee cake or dessert, but it's too sweet to use as a pusher for the corned beef and cabbage.

"It's good with butter," my mother-in-law would say. But doesn't everything taste good with a thick slab of butter?

There is one saving grace of St. Patrick's Day cuisine. That sweet frozen delight with a creamy hint of something reminiscently herbal like mint (or is it parsley?) that tingles the senses and cools the cabbage-scalded tongue. Whether eaten at 2 a.m. with a Supersize Fry and Filet-o-fish after guzzling green beer, or sipped solitarily from the Drive-thru window on the way home from work, The Shamrock Shake mercifully delivers us from culinary evil.

When it all boils down to it, eating lousy food on St. Patrick's Day isn't so bad, as long as you're lucky enough to share it with friends and family.

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

**V** To register to vote, visit [FVAP.gov](http://FVAP.gov) to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and request your ballots, complete the Federal Post Card Application (FPCA)

using the FPCA online assistant ([fvap.gov/military-voter/registration-ballots](http://fvap.gov/military-voter/registration-ballots)), or fill out the PDF ([fvap.gov/uploads/FVAP/Forms/fpca2013.pdf](http://fvap.gov/uploads/FVAP/Forms/fpca2013.pdf)), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. Voting information is also available at: [www.cnbc.navy.mil/navyvoting](http://www.cnbc.navy.mil/navyvoting). The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

### 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](mailto:CNRSE_HOTLINE@navy.mil).

# NCBC Helping Hands

**QUARLES ELEMENTARY SCHOOL POWER UP PROGRAM** - Quarles Elementary School, 111 Quarles Street in Long Beach, is asking for volunteers to read with students in small groups or one to one setting. Point of contact for more information is Dianna Miller or Heather Holliman, 228-864-3946.

**CIVITAN CLUB** - Civitan Club is interested in expanding its membership. Civitan is an international community of members who serve others. Come join us at our Charity Walk-A-Thon April 2 as we walk across the Biloxi-Ocean Springs Bridge to raise money for the Civitan International Research Center and Mississippi Gulf Coast Development Disability Projects. Check in from 7 - 7:30 a.m. at the Seafood Museum, Biloxi Pavilion. Please Liz Evans at 757-615-2085 or Claudia Lewis 404-606-2401 for more information.

**VETERAN NEEDS ASSISTANCE** - An elderly veteran is in need of a few minor home repairs. If you are interested in volunteering, please call Carol Keyes at 228-832-5250.

**HABITAT FOR HUMANITY OF MS GULF COAST** - Volunteers are needed to help with spring cleaning of a Habitat for Humanity warehouse. Point of contact is Angela Thomas, 228-678-9100, ext. 1010.

**MISSISSIPPI CITY CEMETERY** - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave. Point of contact to volunteer is Chuck McKinley, 228-326-4006 or by email cmckinley@cableone.net.

**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.

**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.

**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** - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

**ARMED FORCES RETIREMENT HOME** - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrrh.gov to find out more information.

**FEED MY SHEEP** - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. Point of contact to volunteer is Christina Lipke, 228-731-4883.

**Join the Chapel of Choice for our  
Ecumenical Good Friday Service  
March 25 at 11 a.m.**

## Seabee Memorial Chapel

What's happening at the chapel?

### **Sunday**

9:15 a.m. - Sunday School  
10:30 a.m. - Protestant Service  
11 a.m. - Children's Church



### **Wednesday**

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)  
11:30 a.m. - Men's Bible Study  
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### **Sunday**

9 a.m. - Mass  
10 a.m. - CCD Class

### **Monday, Tuesday & Friday**

11:15 a.m. - Mass

### **Thursday**

5 p.m. - Holy Hour  
6 p.m. - Mass  
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil) or by phone at 228-871-2454.

**NCBC Command Chaplain: Lt. Cmdr. Ammie Davis**

**LUNCH TIME LEARNING**

March 4th & 18th 12pm  
**Navy MWR** **FREE FOOD!**  
**DIGITAL library** **AT IT!**

What is it? How do I use it?  
**OPEN TO ALL HANDS**

**MWR Easter Egg Hunt**  
**Saturday, March 26**  
**Ladd Circle**  
 Registration begins at 9:00am  
 First hunt begins at 10:00am  
 For more information, contact:  
 Pamela Carlisle (228) 871-2323  
**Open to All Hands**  
**Rain or Shine!**

**Age Groups**  
 0-2 years @ 10:00      5-8 years @ 10:15  
 3-4 years @ 10:00      9-12 years @ 10:30  
 Paid sponsor. No Navy or Federal endorsement implied.

**Bunny Hop 5K Challenge**  
 March 18th  
 6:45 am  
 Three Workout Stations  
 Ending with a HOP into the Pool!  
**Free for All Hands**  
 Call the Fitness Center  
 at 228-871-2668 for details



**NAVY COMMUNITY RECREATION**  
**OUTDOOR RENTAL**  
**MARCH SPECIAL!**



**Bicycle Rental Packages**  
**\$5/day**      **\$15/week**

Package Includes: Men and Women's 15 Speed Bicycle, Safety Helmet, Safety Vest & Hitch Mount 2-Bike Rack

Reservation required. Limited Supplies. Contact NOR at 228-871-2127 or stop by Building 4561

**SEABEE CINEMA**

Hello Parents,  
 My name is Deadpool.  
 My movie is **NOT** appropriate for young children for the following reasons:

- Strong Violence
- Strong Language
- Sexual Content
- Graphic Nudity

**Deadpool is Rated R**  
  
 Call the movie hotline at 228-871-3299 for more information



**SEABEE CINEMA**

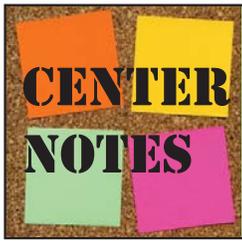
Regular movie showings  
 Friday/Sunday of every week!  
 Showing this weekend: Kung Fu Panda 3 (PG); Hail, Caesar! (PG-13); Deadpool (R); How to Be Single (R); Zoolander 2 (PG-13)  
 For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times  
**Pick up our NEW MOVIE SCHEDULE TODAY!**

**MWR Program Telephone Numbers**

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
The Hive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

**LIBERTY**  
 NAVAL CONSTRUCTION BATTALION CENTER  
 \* \* \* GULFPORT, MISSISSIPPI \* \* \*

3/11 – 6 p.m., Giant Jenga at the Barracks  
 3/12 – 5 p.m., Slidell Rocks, \$18  
 3/13 – 5 p.m., March Madness Selection Sunday, Free  
 3/14 – 11 a.m., National Chip Day, Free Chips & Dips!  
 3/14 – 5:30 p.m., Movie Monday:  
 Mission Impossible 2, Free Popcorn  
 3/15 – 6 p.m., Tournament Tuesday: Texas Hold 'Em ,  
 1<sup>st</sup> Place Prize  
 3/16 – 6 p.m., Watercolors Workshop, Free  
 3/17 – 6 p.m., St. Patrick's Day, Free Food!!  
 Call 228-871-4684 for more information



**SUPPORT**  
**NMCB 1 Family Readiness Group (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 friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG. **NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

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

### 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](mailto:Region63@juno.com) or 850-890-6792.

### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at [natashia.handley@navy.mil](mailto:natashia.handley@navy.mil) or Vice President, BUCN Miller at [tariqah.miller@navy.mil](mailto:tariqah.miller@navy.mil) for info.

**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.

Contact Post 3937 at 228-863-8602 for details.

**Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary** - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Feters, President at 228-832-4893 or email [cfeters@cableone.net](mailto:cfeters@cableone.net) 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 second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

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

**D.A.V. - Disabled American Veterans, Chapter 5** invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil) or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit [www.nsva.org](http://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 them at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

\*\*\*\*\*  
 Pledge to Hire  
**MISSISSIPPI  
 HEROES**

## SPRING SOUTHERN REGION MILITARY & CIVILIAN JOB FAIR

**TUESDAY, APRIL 5, 2016  
 9:30 A.M. TO 2 P.M. AT BILOXI CIVIC CENTER  
 578 Howard Avenue, Biloxi, Mississippi**

*Open at 9 a.m. to Pre-registered Applicants,  
 Military, Veterans, Spouses and Dependents*

*Open to the Public at 9:30 a.m.*

Meet employers with job opportunities in many different fields. For additional information or help with your resume, contact your local WIN Job Center. For locations, visit us online at [mdes.ms.gov](http://mdes.ms.gov). For a list of registered employers, visit our website at [jobfairs.ms.gov](http://jobfairs.ms.gov).

Mississippi Department of Economic Security

Employer Support of the Guard and Reserve

HERO 2HRD

Mississippi Gulf Coast Chamber of Commerce, Inc.

Member of chambers

An equal opportunity employer and program, MDES has auxiliary aids and services available upon request to those with disabilities. Those needing TTY assistance may call 800-582-2232. Funded by the U.S. Department of Labor through the Mississippi Department of Employment Security.

**NO ADMISSION FEE • YOU DO NOT HAVE TO PRE-REGISTER TO ATTEND**

To pre-register and get your printable 30 minute early admittance ticket for this or other upcoming job fairs, go to the [Job Candidate Registration](http://Job Candidate Registration) link at [jobfairs.ms.gov](http://jobfairs.ms.gov).

**GULF COAST USO**  
 901 CBC 3rd Street  
 Building 114  
 228-575-5224

Free services:  
 FAX, Send and Receive:  
 228-575-5225, Copies,  
 United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours:  
 Monday - Friday  
 8 a.m. - 4 p.m.

## FORCE PROTECTION IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

If you see something suspicious, make the right call - tell a law enforcement official or person of authority. Call 228-871-2361 or 911.

Suspicious Activity is any observed behavior that could indicate terrorism or terrorism-related crime.

This includes, but is not limited to:

- ~ Unusual items or situations - A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.
- ~ Eliciting information: A person questions individuals at a level beyond curiosity

about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.

- ~ Observation/Surveillance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations), unusual repeated, and/or prolonged observation or a building (e.g., with binoculars or video cameras), taking notes or measurements, counting paces, sketching floor plans, etc.

Report **SUSPICIOUS ACTIVITY** to law enforcement or a person of authority

Describe specifically what you observed including:

- ~ What or who you saw
- ~ When you saw it
- ~ Where it occurred
- ~ Why it is suspicious