

HAPPY
PATRICK'S
DAY

SEABEE COURIER



Builder 2nd Class Clarke Stocker, assigned to Naval Mobile Construction Battalion (NMCB) 133, takes a measurement on a wall section of a Southwest Asia Hut during exercise Foa Eagle 2016 in Busan, Republic of Korea, March 3. NMCB 133 and ROK Seabees are working hand-in-hand to construct various expeditionary facilities during the exercise. Foa Eagle is an annual, bilateral training exercise designed to enhance the readiness of U.S. and ROK forces, and their ability to work together during a crisis. (U.S. Navy photo by Chief Mass Communication Specialist Lowell Whitman/Released)

30th NCR Partners with ROK Seabees for Foa Eagle

By 30th NCR Public Affairs

JINHAE, Republic of Korea (NNS) -- The 30th Naval Construction Regiment (30 NCR) is working hand-in-hand with Republic of Korea (ROK) Seabees for exercise Foa Eagle, March 10.

The regiment is forward deployed to provide command and control for Naval Mobile Construction Battalions (NMCB) 4, NMCB 133, and Underwater Construction Team (UCT) 2.

"30 NCR is participating in Foa Eagle to exercise our readiness to respond to contingencies and continue to build our strong partnership with our ROK counterparts," said Capt. James Meyer, commodore, 30 NCR. "The exercise is a great opportunity to demonstrate our support to the Republic of Korea as well as our resolve to security and stability in the Region."

The exercise will test the regiment's operational abilities to include embark, logistics, communications, and engineering and construction outside of a stateside training environment, Meyer added.

Operations throughout the exercise will see Naval Construction Force Units working directly with their ROK counterparts to demonstrate

their capabilities in major combat operations, humanitarian assistance and disaster relief, theatre security cooperation, and construction readiness operations.

UCT 2 will join a ROK Underwater Construction Team and other divers to construct a concrete wharf, execute underwater cutting, welding, and pier inspection training, conduct pier inspections and harbor surveys in Jinhae, and other underwater construction training.

"The Korean Seabees are trying to build up an underwater construction team so, every time we come out here we show them something new that is involved with underwater construction," said Lt. Joshua Baker, executive officer of UCT 2. "Last year we showed them underwater concrete pours and how to do pile wraps, and this year we're doing coordinated crane operations with divers in the water placing blocks."

NMCB 4, working hand-in-hand with ROK engineering forces, is conducting road and port surveys and horizontal road construction on Yokjido Island. NMCB 133, together with their ROK Seabee counterparts in Busan, are erecting tents, Southwest Asia Huts, observation towers, material yards, and bunkers.

"The relationship between the U.S. and ROK Seabees is extremely strong and continues to grow," said Meyer. "The close relationship between our countries' Seabees creates great synergies, improving our interoperability, and readiness to respond to any crisis."

Foa Eagle 2016 is a combined field training exercise conducted annually by the ROK armed forces and the U.S. Armed Forces with the support of the Combined Forces Command. One of the largest military exercises in the world, it is defensive in nature and provides tactical level units the opportunity to confirm force deployment readiness, capabilities, validate interoperability and familiarize forces with the environment.

Commander, 30th NCR provides operational control over naval engineering forces throughout the Pacific, Southwest Asia and the western United States in response to combat commander and naval component commander requirements. They serve an integral part of the Naval Construction Force and accomplish major combat operations, theatre security cooperation, humanitarian assistance, disaster recovery and Phase Zero requirements across the Pacific area of responsibility.

NCBC

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Public Affairs Officer

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WOMEN IN THE MILITARY



15%
of DoD Active
Duty Personnel
are women



161,415
female enlistees
across all services



ALL MILITARY POSITIONS
now open to women including
infantry, armor, reconnaissance
and special operations



First Lady to Women Veterans: 'Tell Your Story'

By Karen Parrish
DoD News, Defense Media Activity

WASHINGTON, March 2, 2016 — First Lady Michelle Obama had a message for women veterans today: "Tell your story."

The first lady and Dr. Jill Biden, wife of vice president Joe Biden, attended an annual Women's History Month reception, honoring women veterans and hosted by House Minority Leader Nancy Pelosi at the Capitol's National Statuary Hall.

Retired Air Force Brig. Gen. Wilma L. Vaught was singled out for honors at the reception. The first woman comptroller selected for the rank of brigadier general, Vaught served after her military retirement as president of the board of directors for the Women in Military Service for America Memorial Foundation Inc. until January of this year.

Women in 'Just About Every Role and Rank'

Obama called Vaught "one of the most inspiring, trail-blazing women I have ever met."

"Thanks to brilliant, fearless women like General Vaught, today more than 200,000 women are serving our country in just about every role and rank," the first lady said. "They are flying fighter jets, training new recruits, they're graduating Army Ranger School -- and I met those graduates. They are awesome -- fierce. And as you've already heard, they will soon be welcome in every combat unit in our armed forces."

But "the striking reality," Obama said, is that those women in uniform and three million living women veterans "still face plenty of challenges as they serve this country and then transition back to civilian life."

Missing Out on Benefits

Many women who have served don't self-identify as veterans, she said, and they thus miss out on benefits they have earned -- only one in 10 take advantage of GI Bill benefits.

"When you meet these women and you hear their stories, you begin to understand why they might be reluctant to tell," she said. Obama said women veterans she has spoken with have experienced disbelief, outdated assumptions or misguided questions about their service.

"When these women have sacrificed so much and served so bravely, they should never have to hide their accomplishments," she said. "They should never have to worry about whether their service will be valued equally. And just like every veteran who has served this country, they should be getting every single one of the benefits they've earned."

Taking Action for Veterans

The first lady pointed to improvements in recent years. With Veterans Affairs funding now at "unprecedented levels," she said, women's VA health outreach efforts are improving.

"We've trained 2,400 veteran health care providers in women's health, and established a designated women's health provider at every VA medical center in the country," she

said.

Obama challenged her audience and "folks around the country" to take action on behalf of women veterans: legislate for them, aid in their transition to civilian life, commit to giving them jobs.

To women veterans she said, "I want to ask you to stand tall and share your story."

Veterans develop skills "that uniquely set you apart," she said.

"All of you learned how to build a team and lead others under pressure, and complete any mission in front of you no matter what it takes," she said. "See, that's why it's important that you tell your own stories. ... Our girls, our daughters and granddaughters, need to hear them."

Obama also urged her audience to "use the women's vets hashtag" to lift up women veterans' stories on social media platforms.

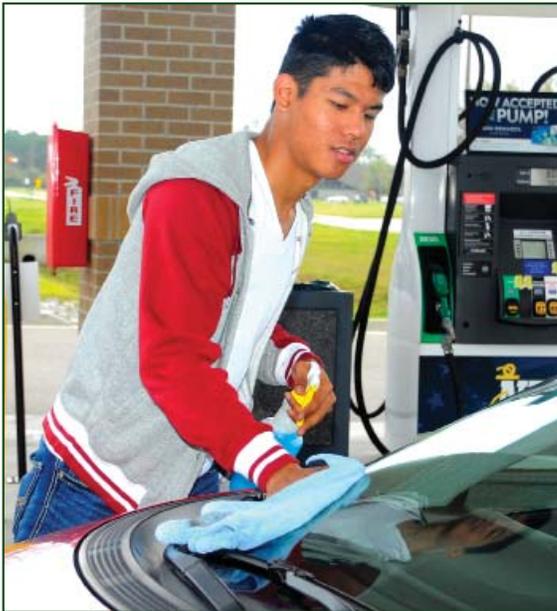
"If we all keep joining forces, then I am confident that we can serve our men and women in uniform, and our veterans, as well as they have served this country," she said.

Joining Forces is an initiative Michelle Obama and Dr. Jill Biden launched in 2011. As the White House website states, it is "a nationwide initiative calling all Americans to rally around service members, veterans, and their families and support them through wellness, education, and employment opportunities."

(Follow Karen Parrish on Twitter: @dodnewsparrish)



Expeditionary Combat Skills (ECS) students Lieutenant Junior Grade Matthew Smith and Chief Navy Diver Ryan Pollard attached to Mobile Diving Salvage Unit One (MDSU-1), practice combat bandaging on board Naval Construction Battalion Center Gulfport, March. 10. ECS provides basic, individual expeditionary combat training necessary to professionally and safely perform high-risk security operations. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Construction Electrician Constructionman Ian Palasigui, attached to Naval Mobile Construction Battalion (NMCB) 11, cleans a windshield for "Gas and Glass" at the Navy Exchange Mini-Mart gas station on board Naval Construction Battalion Center Gulfport, March. 14. The event helps raise funds for the Navy Marine Corps Relief Society (NMCRS) Active Duty Fund Drive. NMCRS provides financial assistance and interest free loans to active duty and retired Sailors and Marines. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Fleet and Family Support Center (FFSC) held a Smooth Moves class with help from the Personnel Support Detachment, Housing, and Personal Property representatives on board Naval Construction Battalion Center Gulfport, March. 15. The class provided vital information on how to make a permanent change of station (PCS) easier and more efficient for Sailors and their dependents. Please call 228-871-3000 for more information about the FFSC and their upcoming classes. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

March 17, 2016



Seabees from Naval Mobile Construction Battalion (NMCB) 11, use a Ultimate Building Machine (UBM) on board Naval Construction Battalion Center Gulfport, March. 16. The UBM is a factory on wheels that can help produce durable steel buildings in just a few days. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Seabee Courier

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

What is your favorite book to read and why?



"I enjoy *Eyes of the Dragon* by Stephen King because I like thriller novels."

Equipment Operator 3rd Class

Joseph Wresilo
NCBC Gulfport



"My favorite book is *Harry Potter and the Chamber of Secrets* because it was much better than the movie."

Utilitiesman Constructionman

Sha'la Hall
NCBC Gulfport



"I like *Green Eggs and Ham* by Dr. Seuss because my son enjoys it when I read it to him."

Equipment Operator Constructionman

Nicholas Degregori
NCBC Gulfport

DoD gives approval to open all jobs to women

By Karen Parrish
DoD News, Defense Media Activity

WASHINGTON, March 10, 2016 — After "exceptionally thorough work" by all of the services, the U.S. military is authorized to begin integrating women across all occupations and specialties immediately, according to a Defense Department statement released today.

Pentagon Press Secretary Peter Cook briefed reporters on Defense Secretary Ash Carter's decision and the accompanying statement.

Carter "formally approved the final implementation plans prepared by the military services and U.S. Special Operations Command to integrate women into all combat roles," Cook said.

Managing Change 'The Right Way'

In the statement, Carter said the department must handle the change "the right way, because the combat effectiveness of the world's finest fighting force is paramount."

Cook noted that Deputy Defense Secretary Bob Work and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul J. Selva co-chaired an implementation group tasked with a detailed review of the plans.

The review was the culmination of years of studies and reports going back to 2011, when then-Defense Secretary Leon E. Panetta ordered an examination of all laws and policies governing the assignment of women in the armed forces.

Carter's seven "guiding principles" for integration shaped the implementation group's review of the services and Socom's final plans: transparent standards, population size, physical demands and physiological differences, conduct and culture, talent management, operating abroad, and assessment and adjustment.

Not 'The Way We've Always Done' Things

Carter wrote a Medium post published today detailing his views on the implementation

plans. In the post, the secretary gave some behind-the-scenes details on what the studies and reviews turned up.

"We found over the last few years that in some cases we were doing things because that's the way we've always done them," Carter wrote. For example, he said, the 35-pound weight carried by marchers in their rucksacks during the Army's Expert Infantry Badge qualification was based on a World War II-era airborne study.

"It was the minimum weight required to prevent the rucksack from getting tangled in a jumper's static line, and had nothing to do with the equipment required for paratroopers to fight with once they landed -- let alone the modern equipment that infantry soldiers need to carry today," Carter noted.

The study and work that has gone into opening all military jobs to women "drove us to take a closer look at our training, too," the secretary wrote.

Equal Opportunity, Merit-Based Advancement

Carter wrote that the department's performance standards are now informed by real-world operational requirements and the experiences gained in Iraq and Afghanistan. "As a result, our military will be even better at finding and training not only the most-qualified women, but also the most-qualified men, for all military specialties," he wrote.

Carter has said throughout his tenure that the integration process will mean equal opportunity for, not equal participation by, women service members.

"Integration provides equal opportunity for men and women who can perform the tasks required; it does not guarantee women will be promoted at any specific number or at any set rate, as adherence to a merit-based system must continue to be paramount," the secretary wrote.

Carter noted, "We have to remember that it takes decades to grow a general or flag officer, so it will take time to see these results."

Follow Karen Parrish on Twitter: @dod-newskparrish

: **Register to Vote!** :

- To register to vote, visit FVAP.gov now 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), or fill out the PDF (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.
- The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

VITA Tax Center
Building 60 116Z

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
Bring last year's tax
return, W2(s), proof of
insurance and tax forms.
Call 228-871-2301 early
in the day for an
appointment which typi-
cally begin at 9 a.m.

Back in Time: Seabee History



Seabees assigned to the 113th Naval Construction Battalion unload Tank Landing Ship 717 (LST 717) on White Beach in Mindoro, Philippines in February 1945. (Photo courtesy of the U.S. Navy Seabee Museum.)

March 17

1943: Camp Allen and Camp Bradford, Norfolk, Virginia disestablished.

1969: NMCB 8 main body deployment from CBC Port Hueneme, California to Camp Haskins South, Da Nang, RVN via Air Force MAC charter aircraft.

March 18

1964: The first men assigned to a Well Drilling Team arrived in Vietnam. Made up of men from Naval Mobile Construction Battalion 9, the team was employed in support of two well-drilling programs – one sponsored by the U.S. Army Special Forces and the other sponsored by the United States Operations Mission. In addition to supplying potable water to rural areas of Vietnam, the team trained Vietnamese to perform drilling operations. Before the phase-out of this program, five Well Drilling Teams were sent to Vietnam. The Seabees trained their Vietnamese Army counterparts in drilling techniques. The well drilling ended in December 1965.

1966: The 20th and 21st NCRs were reestablished as part of the United States military buildup for the Vietnam War. The 20th NCR

was headquartered at the CBC, Gulfport, Mississippi and the 21st NCR at the CBC, Davisville, Rhode Island. These regiments were tasked with the coordination and administration of the technical and military training of the battalions during their stays at the two centers.

1970: NMCB 1's main body flights departed Camp Haskins North, RVN for CBC, Davisville, Rhode Island.

March 19

1942: The Secretary of the Navy authorized officers of the Civil Engineer Corps to exercise military command over all officers and enlisted men assigned to construction units. Prior to this date, military command of naval personnel was limited to line officers.

1967: The commanding officer, operations officer, supply officer, Alpha Company commander, and one chief petty officer of NMCB 11 departed Port Hueneme, California to act as an Advance Planning Group for the battalion deployment.

1969: NMCB 3 relieved by NMCB 8 at Camp Haskins South, RVN; NMCB 3 main body returned to CONUS via government and commercial aircraft.

March 17, 2016

To Bee or Not To Bee...
Bee Wash That Is!

May 5
11 a.m. - noon

Parade Field
NCBC, Gulfport

Contact Alice Huffman,
228-871-2610 to donate towards
someone or make a nomination



All donations
benefit our
Seabees, Sailors,
and Marines
through NMCRS
programs.

28th Street Gate hours expanded

As of March 14, the 28th Street Gate has expanded hours. Monday-Friday the gate is 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 is still be closed weekends and federal holidays. Other installation gate hours remain unchanged.

Seabee Courier

'BEE
INFORMED
DOWNLOAD **SEABEE MOBILE 3.0**



SAILOR'S SYMPOSIUM

EMPOWERMENT THROUGH KNOWLEDGE

TRAINING HALL NCBC GULFPORT
 APRIL 7, 2016 0800 -1600
 BASE-WIDE OPEN TO ALL PAYGRADES

Hosted by NACB II's Women's Resiliency Council

GUEST SPEAKERS

RADM BRET MUILENBURG
 RADM KATHERINE L. GREGORY (RET.)
 FORCM PERCY TRENT

TOPICS

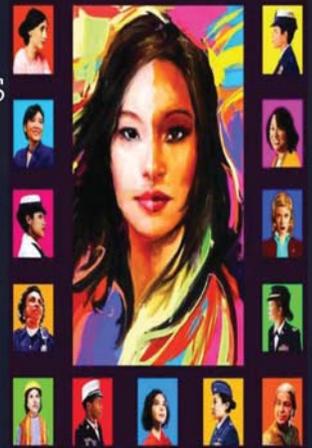
- Advancement & Leadership
- Career Opportunities
- LDO Program
- Bees to Badges
- STA-21
- Personal Development
- Work/Life Balance
- Nutrition
- Financial Planning and more



NATIONAL WOMEN'S HISTORY MONTH
 Honoring Women of Distinction: Past, Present and Future

National Women's History Fair

In honor of National Women's History Month, Keesler AFB presents the Women's Health and Informational Fair. More than a dozen tables with free health screenings, outreach, education, Keesler events, history and more! There will also be a guest panel of accomplished women at 1000-1100 along with a special presentation honoring local women of distinction.



24 March 2016 @ 0900 - 1200
 Roberts Maintenance Facility

Women's Mentoring Webcast with Dr. Rebekah McCloud
 Director of the SDES TRIO Center at the University of Central Florida

Mentoring Women: Five Ways it Impacts Ability to Meet Mission: 1) Employee Retention; 2) Leadership Development; 3) Organizational Learning; 4) Growing Talent Pool: Cyber Security, STEM Occupations; and 5) Increases Diversity. This webcast will occur on Thursday, March 10, 2016 at 1230 - 1330 in the following locations: Keesler Professional Development Center, bldg 2902 room 120, Sablich Center, bldg 701 room 108B and Keesler Medical Center room GC612.



Seeking Women of Distinction Nominations

Keesler's National Women's History Month Committee would like to recognize and celebrate the many contributions and achievements of the women of Keesler AFB. We are seeking nominations for everyday unsung heroes who've made a difference in the Keesler community. To nominate a Woman of Distinction, please submit a nomination form along with a picture of the nominee to TSgt Pettaway at demonique.pettaway@us.af.mil

Nominations due 17 March

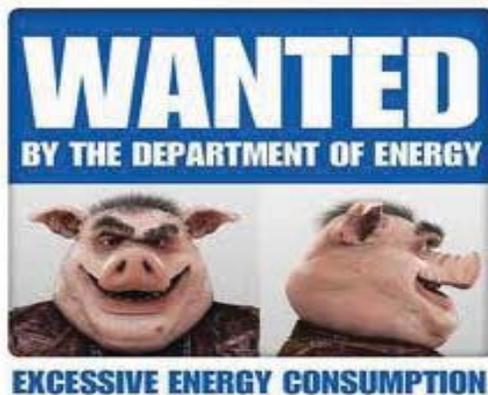
Selected nominees will be honored at the Women's Health and Information Fair on 24 March 2016

March 17, 2016



Fight Destructive Behavior

Spar with Ray Leonard Jr. at the base Fitness Center March 23 from 4:30 to 5:30 p.m. The fight against destructive behaviors has just begun!



Pet security note

All pets must be properly secured, both for the safety of the pet and other installation personnel prior to the approach of any Entry Control Point/Access Point. Pets will not ride in the bed of trucks or roam the interior of a moving vehicle while driving aboard NCBC, Gulfport.

Seabee Courier

Latchkey/Babysitting Class

(10/11 y/o)

(11 and up)



March 28
 9 a.m. - 1 p.m.



Limited Space -- Pre-register at

228-871-3000

Fleet and Family Support Center

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

Focus on Education

NAVSCIATTS graduates 60 international students representing 21 partner nations

By Glenn Sircy

Naval Small Craft Instruction and Technical Training School Public Affairs

Naval Small Craft Instruction and Technical Training School (NAVSCIATTS) graduated Class 16-2 comprised of 60 international students representing 21 partner nations the evening of March 10, at the Diamondhead Country Club.

Lieutenant Hammadi Jlassi of Tunisia was class 16-2's class leader of the international students representing the countries of Belize, Barbados, Botswana, Grenada, Haiti, Hungary, Jamaica, Kenya, Latvia, Lebanon, Madagascar, Nepal, Nigeria, Philippines, Poland, Suriname, Singapore, Timor-Leste, Trinidad-Tobago, Tunisia, and Uganda.

"One can only say that a global experience such as this strengthens an individual and expands his knowledge," said Jlassi. "Although NAVSCIATTS' courses last a few numbered weeks, participants learn skills and build global friendships that will stay with them the rest of the lives."

The 60 international students graduated from seven separate NAVSCIATTS' courses of instruction that encompassed the International Tactical Communications Course, Patrol Craft Officer Coastal Course, Patrol Craft Officer Riverine Course, International Small Arms Maintenance Course, Diesel Systems Overhaul and Maintenance Course, Technical Welding and Applied Repairs Course, and Outboard Motor and Maintenance Overhaul Course.

Cmdr. Clay Pendergrass, commanding officer of NAVSCIATTS, shared that the graduating students represent the best of their countries, and he congratulated them for their hard work and professionalism.

"Your graduation from each of the courses of instruction will certainly bring better security and stability to your countries and the world," said Pendergrass. "However, that is not the

most valuable thing you will bring back to your countries. The most important reason you came here was to interact, communicate, understand and earn the trust and respect of each other so that we can all build, shape and maintain stronger strategic relationships with our diverse partner forces."

The guest speaker for the ceremony was Brig. Gen. Efrén Perez, director of the Maritime Group, Philippine National Police.

"We are truly grateful and appreciative of the fact that NAVSCIATTS trains and educates foreign security forces and other international students, molding them into competent officers and leaders while enhancing their abilities and skills," said Perez. "The courses offered and global partnerships forged at NAVSCIATTS helps all partner nations enforce the law, prevent and control crimes, maintain peace and order, and ensure public safety and internal security around the world,"

NAVSCIATTS is a Department of the Navy schoolhouse operating under the United States Special Operations Command. NAVSCIATTS trains and educates Partner Nation Security Forces (PNSF) on a wide range of topics



Cmdr. Clay Pendergrass (right), commanding officer, Naval Small Craft Instruction and Technical Training School (NAVSCIATTS) presents a memento to Brig. Gen. Efrén Perez, director of the Maritime Group, Philippine National Police, for serving as Keynote Speaker for NAVSCIATTS' Class 16-2 graduation ceremony. Class 16-2 was comprised of 60 international students from 21 partner nations. NAVSCIATTS is U.S. Special Operations Command's International Center specializing in mobile and in-resident training across the tactical, operational, and strategic spectrums strengthening partner nation capabilities and capacity. (U.S. Navy photo by Glenn Sircy/Released)

including small craft strategy, operations, communications, weapons, maintenance and instructor development.

NAVSCIATTS currently offers 20 courses with an average of nearly 1,000 personnel graduating from in-resident and mobile training events annually. Since 1963, over 11,000 students from 107 partner nations have graduated from NAVSCIATTS. Courses are offered in English and Spanish or in other languages through the use of translators.

For more news from Naval Small Craft Instruction and Technical Training School, visit www.navy.mil/local/navsciatts/.

For more news from Naval Small Craft Instruction and Technical Training School, visit www.navy.mil/local/navsciatts/.

Note from NCBC School Liaison Officer regarding Alternate School Districts

Parents: If you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or kevin.r.byrd@navy.mil.

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

The Fleet & Family Support Center
5301 Sneed Street, NCBC Gulfport
Hours: Mon-Thurs 0700-1630 / Fri 0700-1530

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.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

SAVORING THE SWEETNESS OF MILITARY LIFE

"Holy cow, we're old," I thought, as we found our seats at a recent Joint Service Military Ball in Albany, N.Y.

The ballroom was filled with over 220 sharp-dressed ROTC cadets and midshipmen from six colleges in the New York Capital Region - Rensselaer Polytechnic Institute, Siena College, Union College, State University of New York at Albany, the College of Saint Rose, and Hudson Valley Community College. By some stroke of good luck or coincidence, my husband, Francis, had been asked to be the guest of honor at the ball, and had enthusiastically accepted.

Back in the 80s when he was fresh out of Aviation Officer Candidate School in Pensacola, destined for Intelligence School and his first tour of duty in an EA-6B squadron in Whidby Island, Wash., Francis never envisioned being a guest of honor at anything, much less making a career out of Navy service.

Twenty-eight years later, Francis and I were feeling proud and sentimental.

We've attended many military ceremonies over the years - promotions, retirements, commissionings, and balls. There is a particular script that is followed at each event with minimal variation, so it's easy to overlook the significance of the rituals or let one's mind wander during the speeches.

I'll admit it, I've been guilty of taking it all for granted, focusing more on who wore what dress or who won the centerpiece or who botched the Electric Slide (it was usually Francis, by the way). But now, as my husband and I enter the twilight of our family's time in the military, I've become a sentimental old fool.

"Please rise for the Presentation of the Colors and the singing of the National Anthem," a Cadet at the podium announced. I'd seen it a million times, but I was worried about tearing up. In recent years, even the crackly recording of the morning National Anthem blaring over the loudspeakers in our base housing neighborhood makes me patriotically pause between sips of coffee to get a little misty, and Colors in the evening instills a certain melancholy pride in our unique lifestyle.

"Deep breaths," I told myself, knowing that it wouldn't be good to start the ball off with an ugly cry face.

The diverse Color Guard marched in precise lock step, placing the flags behind the podium. Four uniformed singers kept perfect har-



mony, as the entire crowd crooned, "For the land of the free! ... And the home of the brave!"

We raised glasses high, in a litany of customary toasts to the flag, the President, the Joint Chiefs, the Cadets, and the Midshipmen. The final toast to the Prisoners of War and Missing in Action did me in, and I swept an escaped tear off my cheek as the MC drew our attention to each traditional item - a rose, lemon slice, salt, candle - on the tiny symbolic empty table near the podium.

"Salmon or chicken, ma'am?" the bow-tied waiter asked before plopping a steaming plate on the table in front of me. I ate enough to test the bounds of

my Spanx, before settling in with a cup of coffee to watch Francis' speech.

Adjusting his cumber bun, Francis spoke to the roomful of bright young men and women about viewing themselves as part of a Joint Military profession that is both ethical and competent. However, he explained, as military servicepersons, they do not just hold a job, "we live a lifestyle and carry on military traditions reaching back for centuries."

Before leaving the podium, Francis looked up and softened his voice. "As I approach the sunset of my military career, at times I wonder if I've made the right decisions in life, and have provided for my family as best I could, recognizing the hardships and sacrifices they've had to endure from time to time. But ... when I remap my career back to May 22, 1988, when I raised my right hand in the recruiter's office, I realize I wouldn't change a single day of it. I am truly envious of you all who are just starting your journey ... You have so much to look forward to."

After his first standing ovation, Francis took his seat, stunned, humbled and grateful.

The MC took the podium one last time to announce the final time-honored military traditions: "We ask that you do not take the center pieces. The dance floor is now open."

*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."*

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.



NCBC Helping Hands

HOME REPAIRS - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

HARRISON CENTRAL ELEMENTARY FIELD DAY – Approximately 10-20 volunteers are needed for a Field Day at Harrison Central Elementary at 15451 Dedeaux Road in Gulfport, April 15 from 7 a.m. to 1 p.m., to assist students with games, encouragement of sportsmanship and fun. Lunch and drink will be provided. Contact Ms. Hover at can be contacted by cell at 228-224-9994 or at the school 228-832-2701.

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. To volunteer call Christina Lipke, 228-731-4883.

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 or by phone at 228-871-2454.

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

Holy Thursday Mass

March 24 - 5 p.m.

Good Friday Ecumenical

March 25 - 11 a.m.

Easter Sunday

March 27

Catholic Mass - 9 a.m.

Catholic Fellowship Breakfast - 10 a.m.

Protestant Service - 10:30 a.m.

Protestant Fellowship Breakfast - 7 a.m.

Seabee Memorial Chapel

EASTER SERVICES

March 17, 2016

March 27

6:30 a.m.

Sunrise Service
Seabee Lake

Seabee Courier

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
 *Rain or Shine!

Open to All Hands

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.

LUNCH TIME LEARNING

March 4th & 18th 12pm

Navy MWR **FREE FOOD!** AT IT

DIGITAL library

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

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



BUFFALO RANCH CHICKEN SANDWICH COMBO

SURE TO SATISFY, ENJOY WITH CHOICE OF POTATO CHIPS OR FRENCH FRIES AND SODA FOR ONLY

\$6.95

CALL 228-871-2494 FOR DELIVERY BETWEEN 11 AM- 1PM!

MARCH SPECIAL



THE GRILL
871-2494

SEABEE CINEMA

Regular movie showings
 Friday Sunday of every week!

Showing this weekend: Kung Fu Panda 3 (PG); Deadpool (R); How to Be Single (R); Zoolander 2 (PG-13); The Witch (R); Risen (PG-13); Race (PG-13)

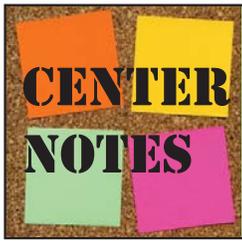
For more information, call the Movie Hotline at 228-871-3299
 Pick up our **NEW MOVIE SCHEDULE TODAY!**

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

3/18 – All Day, On the Big Screen: March Madness, Free
 3/19 – 12 p.m., Kayak Trip to Deer Island, \$5
 3/20 – All Day, On the Big Screen: March Madness, Free
 3/21 – 5:30 p.m., Movie Monday: Mission Impossible 3, Free Popcorn
 3/22 – 6 p.m., Tournament Tuesday: Indoor Bowling, 1st Place Prize
 3/23 – 6 p.m., Watercolors Workshop, Free
 3/24 – All Day, On the Big Screen: March Madness, Free
 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

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.navywivesclub-sof-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 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 or Vice President, BUCN Miller at 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 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 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.

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.seabee-museumstore.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. For a list of registered employers, visit our website at jobfairs.ms.gov.

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 800-582-2323. 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 link at 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.

SEABEE DAY 2016
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISS.
April 9, 2016
9 a.m. to 4 p.m.

Free Community Event Free parking
 Open to the Public at Milner Stadium

TINYURL.COM/CBDAY2016

MILITARY DEMOS	LIVE MUSIC	FREE CARNIVAL RIDES	LASER TAG	WING EATING CONTEST	CAR SHOW
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SEABEE DAY CAR SHOW
 NCBC GULFPORT
 9 AM - 4 PM