

# SEABEE COURIER

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## Month of the Military Child



Children enrolled at the Child Development Center (CDC) built Navy ships out of cardboard to celebrate the Month of the Military Child at the CDC on board NCBC Gulfport, April 19. Throughout the month, the children have been participating in special projects

and crafts to celebrate Month of the Military Child, which recognizes the children for the unique challenges they face. (U.S. Navy photos by Construction Mechanic 3rd Class Katchen Tofil/Released)

See Child page 5



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April 25, 2013

Seabee Courier

# Sexual Assault: What are my options if I have been sexually assaulted?



**By Teresa Scalzo**

Deputy Director, Trial Counsel Assistance Program  
 NAVY LIVE BLOG, April 23

The Navy is observing Sexual Assault Awareness and Prevention Month with the theme "Courage." This week's focus is "Courage to Support." If you are the victim of sexual assault, what do you do? Who can you talk to? How do you report what happened to you? This blog answers those questions, and explains your options and the support available to you.

If you are the victim of a sexual assault and believe you are in danger, call 911 immediately. If you do not believe that you are currently in danger, you should immediately contact your local sexual assault response coordinator or victim advocate. They can discuss with you the different options you have to report a sexual assault and the resources available to support you. You can also contact the Department of Defense Safe Helpline at 1-877-995-5247 or online, 24 hours per day, 7 days a week.

What should you do if you believe you have been sexually assaulted?

If you desire to pursue an investigation and prosecution, you can immediately report to the sexual assault response coordinator or victim advocate, medical, your command or Naval Criminal Investigative Service; it is important to gather evidence as soon as possible after the crime occurs.

Any witness may also text NCIS if they want to anonymously report a sexual assault by doing the following:

1. Text to 274637 (CRIMES);
2. Type "NCIS" at the begin-

ning of your text message; and

3. Type and send your message including as much detail as possible to ensure the tips can effectively be investigated. You will receive a reply text with an alias code which will be your tipster identity code.

Additionally, if you have a smartphone, you can download the "Tip Submit" app.

Because these methods of reporting are anonymous, victims of sexual assault who want their case investigated should contact their sexual assault response coordinator or victim advocate, their command or NCIS to make an unrestricted report.

**Reporting Options** - There are two reporting options for military members and adult dependents: restricted and unrestricted.

Unrestricted reports give you access to the same support services as a restricted report, but they are fully investigated and reviewed for prosecution. Providing an unrestricted report of a sexual assault may seem intimidating; however, the sexual assault response coordinator or victim advocate are there to help victims through the process, and the Navy has implemented numerous policies to ensure victim safety and support. Victims may request an expedited transfer to another command or duty station. Additionally, military protective orders are often issued against the suspect, ordering the suspect to have no further contact with the victim.

Restricted reports are kept confidential. Law enforcement is not notified. An investigation is not initiated. The command is only notified that an assault has occurred with no identifi-

ing information about the victim or suspect. You can make a restricted report to the sexual assault response coordinator or victim advocate, or medical.

If you make a restricted report, you are still able to receive medical treatment, including a Sexual Assault Forensic Examination, counseling services, victim advocacy support, chaplain support and legal assistance.

Note that you can always talk in confidence with a chaplain or legal assistance attorney, but that is not the same as making a restricted report.

Sexual assault victim advocates are specially trained volunteers who:

- ~ Respond quickly to sexual assault victims
- ~ Provide information and explain reporting options
- ~ Accompany victims during medical, investigative and legal proceedings
- ~ Make referrals for military and community assistance
- ~ Help victims through overwhelming feelings
- ~ Understand the military culture
- ~ Help victims work through barriers and provide support

**The Investigation** - If the suspect is in the Navy, the case will most likely be investigated by NCIS, which will conduct a comprehensive investigation, including interviewing the victim and other potential witnesses. NCIS will gather any evidence from the crime scene. When the investigation is complete, NCIS will send the investigation to the suspect's commanding officer for appropriate disposition.

Depending on the offense alleged, the commanding officer will either handle the case at his/her level or forward the in-

vestigation up the chain of command to a Sexual Assault Initial Disposition Authority, that is, a Special Court-Martial Convening Authority, which is at least a captain (O-6), for disposition.

The Sexual Assault Initial Disposition Authority will, after consulting with a judge advocate, determine how the case will be handled.

For help and support in dealing with a sexual assault, resources are available through: Safe Helpline (for service members):

- ~ Visit [safehelpline.org](http://safehelpline.org) to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format.
- ~ Call 1-877-995-5247 to speak with Safe Helpline staff for personalized advice and support.
- ~ Text your location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the sexual assault response coordinator at your installation or base. A sexual assault victim advocate may be assigned to assist you.
- Rape, Abuse, and Incest National Network:
  - ~ Visit <https://ohl.rainn.org/online/> for free, confidential and secure help that is just a click away.
  - ~ Call 1-800-656-HOPE (4673) to speak with trained, professional counselors for advice or support.

The Naval Construction Battalion Center (NCBC) Sexual Assault Response Coordinator (SARC) is Michael Jordy, 228-871-3715.

## Courage to Support



## Buzz on the Street

By CECN(SCW) Lucinda Moise  
NCBC Public Affairs

*"What can you do to aid in the prevention of child abuse?"*



*"Be observant, report any suspect child abuse and educate the staff and parents on child abuse prevention."*

**Violet Brown**

Child Development Center  
Hometown: Gulfport, Miss.



*"Report any possible child abuse."*

BU3 Derek Kokesh  
NMCB 1  
Hometown: Upton, Wyo.



*"Spread awareness, promote healthy families, educate parents and provide tools and techniques for proper stress management."*

**Ana Reed Galloway**

Fleet and Family Support Center  
Hometown: Gulfport, Miss.

# Around Center



## the

Personal attached to Naval Construction Battalion Center (NCBC) Gulfport, attended the Holocaust Days of Remembrance observance at the Seabee Memorial Chapel on board NCBC, April 18. The Multicultural Diversity Committee holds an annual ceremony to remember those who lost their lives during the Holocaust. The program included musical performances from a harpist and an acoustic guitarist, as well as audiovisual presentations courtesy of the United States Holocaust Memorial Museum. (U.S. Navy photos by Construction Mechanic 3rd Class Katchen Tofil/Released)



Naval Mobile Construction Battalion (NMCB) 74, Convoy Security Element (CSE) team members, train with High Mobility Multipurpose Wheeled Vehicles (HMMWVs) on board NCBC Gulfport to earn their licenses, and learn the proper steps of operating a vehicle in a convoy, April 17. A CSE team specializes in escorting a convoy from one location to another, as well as protecting Seabees working outside the confines of a base. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Military members from all service branches on the Mississippi Gulf Coast escort World War II veterans at the Gulfport - Biloxi International Airport in preparation for the departure of the Honor Flight, April 23. More than 80 veterans are traveling to Washington, D.C., to visit the World War II memorial dedicated to the veterans of "The Greatest Generation." (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)



# NCBC FRAMES

## Michael Jordy

Sexual Assault Response Coordinator (SARC), Fleet and Family Support Center (FFSC) Gulfport

By CM3(SCW) Katchen Tofil  
NCBC Public Affairs

# FREEZE FRAME



FF: What single experience during your career stands out the most and why?

**MJ:** In 2005, I was working as a police officer and responded to what was reported as a robbery call. Upon arrival I found out that not only was it a robbery call but it was also a case of sexual assault. I knew the victim very well and had to turn the report over to another officer. I supported my friend through the whole judicial process as well as the counseling that she needed. It was then that I decided to dedicate my career to assist victims of crime, especially crime of sexual assault.

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

**MJ:** Helping people motivates me. I have been involved in victim services since 1999 when I began teaching a woman's self defense class called Rape Aggression Defense. Ladies would disclose to me occasionally during the class about sexual assault incidents that happened to them. Seeing the transition from victim to survivor and knowing what I am doing actually helps people is what motivates me.

FF: What advice would you give to future Sailors?

**MJ:** This is not to just Sailors but to all service members. When we are on duty and supporting the mission we have each other's back to make the

mission successful and get everyone back safely. We need to incorporate this through our social lives too. Make sure your shipmate is alright. Watch out for each other. And if you see something that does not seem right, intervene safely and make that difference.

FF: What is your favorite thing about working with the Seabees?

**MJ:** I have always had an interest in the Seabees since I was a little kid. My Great Uncle Pat was a Seabee during World War II. He served in the Pacific and in particular Guadalcanal. He also served during the Korean Conflict. He was someone I always looked

up to while growing up and loved hearing his stories about his service in the Seabees. I like that I can give something back by supporting the Seabees and the Navy.

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

**MJ:** The person who influenced my career the most was Captain Reid Noble. She was my supervisor when I was with the Tulane University Police Department. She helped guide me and educate me in victim services and to this day she is someone I can rely on for advice. She is truly an exceptional police officer and more than that she is a wonderful person.

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**FREE childcare (on a space available basis)**  
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This fun workshop will be offered at the Base Chapel on  
May the 2nd  
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For more information and/or to sign-up, please contact  
CDR Goldberg at 871-4906 or Chaplain Choi at 871-2454.

## See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

### To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

### To report information Online:

1. Go to [www.NCIS.navy.mil](http://www.NCIS.navy.mil), click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."
- There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.*





Left: Children enrolled in the Child Development Center (CDC) on board Naval Construction Battalion Center (NCBC) Gulfport enjoy playing in the cardboard ships they created in celebration of Month of the Military Child. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released) Above: Sue Maters, new parent support home visitor for the Fleet and Family Support Center (FFSC) informs a Jolisa Collins, assigned to Naval Mobile Construction Battalion (NMCB) 74, about the parenting and child abuse prevention at the Navy Exchange (NEX) on board NCBC Gulfport. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

# NCBC continues April celebration of military children

By **CECN Lucinda L. Moise**  
NCBC Public Affairs

April is the Month of the Military Child and Child Abuse Prevention Month. Personnel and organizations on board Naval Construction Battalion Center (NCBC) have been honoring military children and promoting child abuse prevention all month long.

Several events have occurred to recognize military children and to aid in child abuse prevention, such as proclamation signings, parent-child arts and crafts and Navy Night at the Lynn Meadows Discovery Center.

Month of the Military Child is dedicated to recognizing the support, contributions and sacrifices of the sons and daughters

of military members.

The children at the CDC have been participating in special parent-child projects and events throughout the month. They built cardboard ships April 19, and later in the month the children will participate in a picnic and game day with their parents.

Military children were recognized not only inside the gate but outside the gate as well when Lynn Meadows Discovery Center hosted a Navy Night and opened its doors to Navy and Coast Guard families for free in honor of the military child.

One of the military children in attendance at Navy Night was Madison Smith, who spoke about the evening and her

feelings on being a member of a military family.

"I'm having fun," Smith said. "The play house is my favorite. I'm here with my mom and dad. My dad's in the Navy. It's hard, especially when my dad's gone away, but I keep a calendar marking down the days he returns and he does too, so it gets better as the days go by."

Child Abuse Prevention Month is also recognized in April.

According to the National Children's Alliance, child abuse occurs in every ethnicity, culture, religion and education level. More than five children die each day from child abuse and 80 percent of the children are under the age of 4.

In recognition of Child Abuse

Prevention Month, Capt. Rick Burgess, commanding officer, NCBC Gulfport, signed a proclamation for Child Abuse Prevention Month at the Fleet and Family Support Center (FFSC), April 15. The proclamation declared April as Child Abuse Prevention Month and pledged that all personnel assigned to NCBC would do their part in stopping child abuse.

Also in honor of Child Abuse Prevention Month, personnel assigned to Fleet and Family Support Center (FFSC) handed out informational pamphlets on parenting resources and child abuse prevention at the Navy Exchange, April 18.

New Parent Support Home Visitor coordinator Sue Maters, was amongst FFSC staff who

passed out hand outs. According to Maters, FFSC was present to remind parents that the FFSC is here to help.

"Sometimes kids can stress you out, but there are positive ways to deal with the stress, which is why we are here, to help parents deal with the stress and challenges that come along with rising children. We also want to remind people that children are precious, they should be taken care of and taught in a loving strong but nurturing way," said Maters.

For more information on the Month of the Military Child or Child Abuse Prevention Month events call the CDC at 228-871-2323 or FFSC at 228-871-3000.

April 25, 2013

Seabee Courier

5

WE BUILD ★ WE FIGHT

# SEABEE Online

United States Navy

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## Sexual Assault Awareness Month

April is designated Sexual Assault Awareness Month (SAAM). The SafeHelpline provides live, one-on-one crisis support. CALL: 877- 995-5247  
CLICK: [www.SafeHelpline.org](http://www.SafeHelpline.org);  
or TEXT: 55-247

# Moreell Medal awarded to NMCB 11 operations officer

By MC1 Jonathan Carmichael  
NMCB 11 Public Affairs

The Society of American Military Engineers awarded the annual Moreell Medal for 2012 to the operations officer for Naval Construction Battalion (NMCB) 11, April 19.

In a message from Commander Naval Facilities Engineering Command (COMNAVFACENGCOM), Rear Adm. Katherine L. Gregory praised Navy Civil Engineer Corps Lt. Cmdr. Ryan P. Carey, a Williamsburg, Va., native for "inspirational leadership and unsurpassed professional expertise as he led engineering operations across the entire country of Afghanistan."

"Unquestionably, his superb leadership in combat coupled with understanding of NCF and MC/Joint Doctrine were absolutely critical to NMCB ELEVEN's support of the Marine Corps, Army and Special

Forces throughout Afghanistan," said Cmdr. Lore Aguayo, commanding officer of NMCB 11.

Carey earned his commission in September 2000 after attending Officer Candidate School in Pensacola, Fla., and he earned his Master's degree in Civil Engineering from the University of Maryland.

His duty stations include Marine Corps Base (MCB) Camp Pendleton, California, NMCB 1 in Gulfport, Miss., Eighth Engineer Support Battalion, MCB Camp Lejeune, N.C., Naval Facilities Engineering Command, Marianas, Guam, and his current assignment, NMCB-11 in Gulfport, Miss.

Carey's deployments include Guam, the Philippines, Iraq, and Afghanistan.

The Moreell Medal is named for Adm. Ben Moreell who, as the Chief of the Bureau of Yards and Docks and the Chief



Lt. Cmdr. Ryan P. Carey

of Civil Engineers of the Navy, was granted permission in 1941 to form Naval Construction Battalions thus earning the distinction of being called the father of the U.S. Navy Seabees.

For more news from NMCB 11, visit [www.navy.mil/local/nmcb11/](http://www.navy.mil/local/nmcb11/)

## Keep Family Care Plans up to date

From Navy Personnel Command Public Affairs

One way Sailors can honor their children during the Month of the Military Child is to review their Family Care Plan and update as required, officials said April 19.

A Family Care Plan is a group of documents, including a Family Care Certificate (NAVPER 1740/6), Family Care Plan Arrangements (NAVPER 1740/7), and legal documents such as custody or separation agreements, custody and support orders, divorce decrees or related written agreements.

"Due to the nature of naval service, Sailors must be ready to deploy throughout the world, on short notice, and be able to fully execute their military duties," said Bill Harris, Navy Family Care Plan program manager. "Maintaining a current Family Care Plan for your children and adult dependents reduces stress and strengthens a deployable asset for the command."

The NAVPER 1740/6 must be signed by the Sailor, the Sailor's spouse if dual military, caregivers and the commanding offi-

cer.

Each Sailor who is part of a married, dual-military couple must provide a Family Care Plan that is consistent with their spouse's plan. Both service members shall maintain a copy of their family care plan with their respective command.

Formal documentation of a Family Care Plan is required under any of the following conditions:

\* A Sailor with primary or shared physical custody of a minor child or children who is not married to the other natural or adoptive parent of the minor child or children.

\* Both members of a married dual-military couple where one or both have primary or shared physical custody of a minor child or children.

\* Sailors who are legally responsible for an adult family member who is incapable of providing for themselves in the absence of the Sailor.

\* Certain family circumstances or other personal-status changes resulting in a Sailor becoming legally and primarily responsible for the care of another person.

Commands should review Family Care Plans annually with their Sailors, perhaps during annual Career Development Boards, validating the adequacy of the current plan to cover all reason-

See **CARE** page 12

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [seabeecourier@navy.mil](mailto:seabeecourier@navy.mil).

April 25, 2013

Seabee Courier

6

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# Old meets new: NAVFAC Southeast digitally preserves historical documents

By Sue Brink

NAVFAC Southeast Public Affairs Status of the Phase I scanning effort for the Naval Facilities Engineering Command (NAVFAC) Southeast Cadastral Modernization Program (CMP) will be presented April 25 when NAVFAC Southeast holds its annual CMP meeting on base.

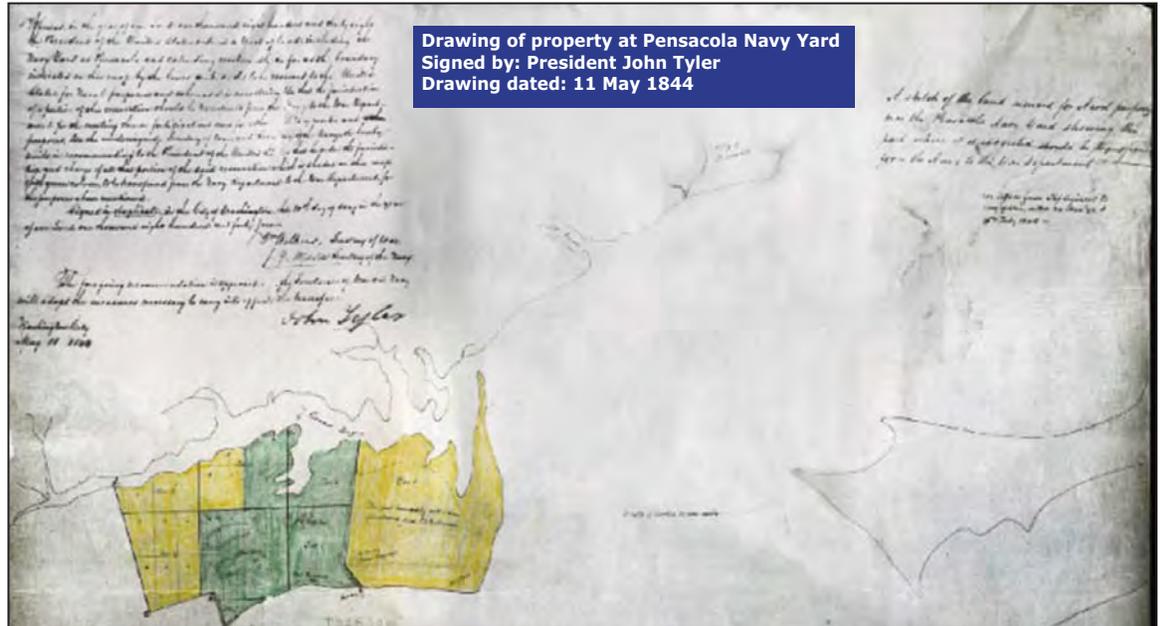
Cadastral documents are public real estate records, surveys or maps showing ownership, boundaries or value of a property. The NAVFAC Cadastral staff at each Facilities Engineering Command (FEC) is the official custodian of the Navy and Marine Corps real estate records for its area of responsibility. The team will review the way ahead, the importance of the new process in preserving historical records, and any process improvements at the annual CMP meeting.

The CMP project is divided into five phases, with each phase being piloted at NAVFAC Southeast before being used to support other Navy regions. As each phase is successfully completed, a new region will adopt the change. NAVFAC Southeast Real Estate Cartographer and Geographic Information Systems Specialist Jill Rose keeps the project on task by coordinating meetings with other FECs and engaging with the Naval Air Station Jacksonville Defense Logistics Agency (DLA) and contractor ICM Document Solutions to implement any process improvements.

"Results of these meetings show just how big the project is and the importance of sharing information as we push this program out for others to use," said Rose. "This project will provide access to their legal documents in real time creating a process that allows them to be able to enter the coordinates of a location and learn everything about the transaction."

Rose explained that the team used available technology to make the work flow easier and the Phase I pilot served as the research and development phase before it was launched to other regions in the Navy.

"We had to let go of the way we used to do things and focus on how we could make our process better for everyone who needs the infor-



**This hand drawn map of St. Helen Island along the Beauvoir River that dates back to June 5, 1884. Historical records such as this are being digitized and preserved through**

**Naval Facilities Engineering Command Southeast's Cadastral Modernization Program. ( U.S. Navy photo by Sue Brink/Released)**

mation," said Rose.

Bob McDowell, NAVFAC Southeast real estate branch head, stated that the project was implemented because a customer requested time-sensitive real estate information. As the team researched and was able to provide the documents within one and a half days, McDowell thought that it should be done more quickly and began researching new ways to improve the response time.

"The needs of our internal and external customers were crucial to this project to provide information as soon as possible," said McDowell. The team recognized the need for change and came up with innovative ways to be better at what they do.

Rose met with the NAVFAC Southeast real estate team and other stakeholders to decide the best plan of attack for the real estate files.

With Commander, Navy Installations Command (CNIC) and NAVFAC Headquarters supporting the ideas of the team, they started to focus on bringing their cadastral documents into the digital age.

In a search for these types of

records, the NAVFAC Southeast Real Estate team discovered many historical documents along the way some historical treasures were discovered buried in boxes. "We have deed transfers with 'wet' signatures from Presidents Tyler, Polk, Bush, as well as Robert F. Kennedy and the Spanish Governor of Florida," said Rose. "Some of the documents are so old and fragile, they needed to be handled with extra care."

The historical discoveries brought immediate attention from the National Archives and Records Administration (NARA) who visited NAVFAC Southeast to review some of the documents stored in their file system. Finding out the documents have such a historical importance confirmed the need to duplicate and secure the documents.

NARA is an independent agency of the U.S. government assigned to preserve and document government history. Historical data contained in the files at NAVFAC Southeast provide a glimpse into the former way of transferring, disposing or acquiring land.

"The fact we have documents signed by a Spanish leader transferring property to us is very cool," said Jake Walls, NAVFAC Southeast land surveyor. "History lessons are all around us."

"This project is going to make retrieving information easier," said Walls. "Although it is a huge undertaking, it will be well worth it for our customers and the preservation of important documents."

The project fixes many issues in the old process and now includes electronic conversion, retrieval, output, and distribution of digital and hardcopy information in the form of original deeds, maps, and real estate working files.

"Partnering with DLA resulted in a reduction in costs for scanning and file storage, and DLA's global presence has been vital for accomplishing this effort NAVFAC-wide," said Rose. DLA provided secure access to the files, storage and retrieval capabilities which were critical components for the project. NAVFAC has multiple surveying and CMP contracts in place which provide access

to electronic Cadastral files for various contractors at each FEC.

DLA provides the scanning and retrieval portion of the project and ICM provides the additional staff required to roll out the new program at each FEC. ICM also developed a customized database program used for tracking the location of the original documents; automated the process for manifesting and book-marking the pdf documents; and developed a color-coded labeling program for categorizing the different types of interests that are maintained by Cadastral.

"When I first came to NAVFAC Southeast, I began this effort working on a conference room table using a standalone laptop computer on loan by DLA," said Leola Hall, DLA office service assistant.

The team thought it was important to test the methodology as the project continually changes. New ideas are discussed, implemented and outcomes are documented to provide lessons learned before other FECs are brought in.

See **HISTORY** page 12

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## Expect the unexpected when you're expecting



April is the month of my son's birth. But don't worry, I won't bore you with a dreaded "child-birth story."

Everyone thinks their account is unique, but all the stories are basically the same: The Pre-Labor Part, The Decision to Go to the Hospital Part, The Agonizing Pain Part, The Rationale for Using/Not Using Pain Meds Part, and The Actual Birth in Excruciating Detail Part.

After listening to a few of these tedious chronicles, I'd rather endure a grade three episiotomy than hear another one.

Back in the day, I surely annoyed a few friends with the bothersome tales of the births of my three children, but I've learned my lesson. Nowadays, I only tell the parts of my childbirth stories that were totally unexpected.

For instance, while pregnant and stationed in Monterey, I religiously read my "What to Expect" book, meticulously recording my weight, circumference, bowel movements, mood swings and gas bubbles in the spiral-bound pregnancy journal.

Somewhere around the 35th week, I read that my obstetrician would likely perform a "breast check" to be sure that I would be

able to breastfeed my newborn. I waddled off to my monthly appointment, fully prepared.

At my scheduled visit with Doc Walker, an old-fashioned obstetrician who'd seen it all before, he performed his normal evaluation. He asked me to sit up, and as I started to reach around to undo my bra for the breast check, he patted me on the knee, and started to leave the room.

"But wait!" I shouted, "Aren't you going to check my breasts?!" With a smirk, he turned and said, "Have you been reading that book again?"

Completely embarrassed, I nodded. "Alright then, let's see em." Mortified, I had to submit to the unnecessary exam that I had demanded, and worried that Doc Walker thought I was either a hypochondriac or a pervert.

Despite that shameful scene, I was still determined to have the perfect birth experience. Like many first-time-soon-to-be-parents, my husband and I attended birthing classes together, eager to learn the LaMaz methodology. When my labor started on the evening of April 3, 1993, my husband rose to the occasion, coaching me through multiple "hee-hee-hoos" and holding my hand. But by the seventh hour in the hospital, he was getting tired. And besides, I was delirious.

An orderly brought a dinner tray into our room, but I was forbidden to eat anything but ice chips in the event that emergency surgery was needed. My husband graciously "jumped on the grenade" and ate the meal himself. As my husband finished his last morsel of carrot cake, a slender young redheaded nurse saun-

tered in to take her shift on the ward; and our forgotten camcorder which had been placed in the corner of the room to record the labor, regrettably memorialized the following on film:

My husband stands, glances at me on the right side of the screen -- apparently asleep -- and then begins to engage in seemingly flirtatious chitchat with the nurse to the left of the screen.

"So, where do single folks like you hang out around here?" he says. The nurse smiles, checks some medical equipment, and begins to tell him about the local bar scene. As they casually converse, the "bum-bum" of the heartbeats monitor grows faster. My eyes open. I reach for the bedrail. Still delirious, I huff and puff alone through waves of painful contractions, unaware that my husband is discussing the best night club for dancing only a few feet away.

At the left of the screen, one sees the attractive nurse obliviously throw her head back in laughter at something witty my husband has said, while at the right of the screen, I maintain a death grip on the bedrail.

Although I faithfully read my "What to Expect" book, our childbirth stories include some unexpectedly embarrassing twists and turns to include unscheduled breast checks, delirium, and labor room flirtations. Despite it all, I delivered a beautiful baby boy in the month of April, which was exactly what we were really expecting all along.

*Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesoflife.com>.*

## VA launches hotline for resources available to women veterans

### From Department of Veterans Affairs News Release

The Veterans Affairs Department has launched a new hotline -- 1-855-VA-WOMEN -- to receive and respond to questions from veterans, their families and caregivers about the many VA services and resources available to women veterans.

The service began accepting calls March 27.

"Some women veterans may not know about high-quality VA care and services available to them," VA Secretary Eric K. Shinseki said. "The hotline will allow us to field their questions and provide critical information about the latest enhancements in VA services."

The hotline is staffed by VA employees who can provide information about benefits, including health care services for women, officials said. Callers can be linked to information on claims, education or health care appointments, as well as information about VA cemeteries and memorial benefits. Staff members can answer urgent questions and provide referrals to mental health and homeless services and Vet Center information.

Women make up nearly 15 percent of today's active duty military and 18 percent of National Guard and Reserve forces. The number of women

using VA health care was nearly 160,000 in 2000, and that number more than doubled to 354,000 in 2012. Based on the upward trend of women in all branches of military service, VA officials said, the number of women veterans using VA services will keep climbing.

As part of its commitment to making improvements for the growing population of women veterans, officials noted, VA established an outbound call center in 2010 to contact women veterans and encourage them to enroll in VA health care.

"In VA health care alone, women constitute only 6 percent of VA patients, but those veterans have a high perception of the quality care they are receiving," said Irene Trowell-Harris, director of VA's Center for Women Veterans.

"Many women who served don't self-identify as veterans, and therefore don't think they qualify for VA benefits. We need to correct existing misinformation and misperceptions so we can serve more women veterans with the benefits they've earned."

Women veterans are entitled to apply for the same benefits as their male counterparts, which include health care and pharmacy benefits as well as education benefits, disability compensation, home loans, employment assistance and more.

The 1-855-VA-WOMEN hotline joins numerous other VA hotlines that provide critical information and assistance to veterans, such as those for veterans in crisis and in danger of becoming homeless.

Veterans also can receive information and apply for benefits online at <http://www.eBenefits.va.gov> and manage their health care at <http://MyHealthVet.va.gov>, officials said.

**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, E-mail: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil).

# Focus on Education

## Scholarship News You Can Use

### Society of American Military Engineers (SAME) scholarship

Information and the application for the SAME Scholarship is available at <http://posts.same.org/gulfcoast>. Simply click the "Scholarship Application" link on the lower left hand side of the webpage. Scholarship requirements are very simple:

1. Applicants must be graduating high school seniors or have a freshman or sophomore undergraduate status and reside in one of the Coastal counties of Mississippi.
2. Applicants must have an overall grade point average of 3.0 on a 4.0 scale or 80 on a 100 percent scale. An official transcript of grades 9 through 12 or current college transcript must be submitted with the application.
3. Two character reference letters are required. One letter may be from a teacher and the second from an adult in the community (other than a relative).
4. A brief essay on near term and future engineering goals is required.
5. All attachments and supporting documents must accompany the application and be submitted as a single package. Applications are due June 1, for the 2013-2014 academic year.

\*\*Support the SAME Scholarship by participating in the bi-annual SAME Scholarship Golf Tournament! This spring's tournament is at Keesler AFB's Bay Breeze Golf Course May 17 at 1 p.m. Register your foursome at: <http://www.samegulfcoasttournament.com/>.

### Balfour Beatty Communities Foundation scholarship deadline extended

The deadline has been extended to April 30 for this year's Balfour Beatty Communities Foundation Scholarship for housing residents.

High school seniors and undergraduate students attending accredited educational/technical institutions of our military family housing residents are encouraged to apply. Applications must be postmarked by April 30. Visit [bbcommunitiesfoundation.org](http://bbcommunitiesfoundation.org) for more information.

## Ocean Springs Upper Elementary School students celebrate Earth Day with Seabees



Fifth graders from Ocean Springs Upper Elementary participate in a "Watershed Harmony" puppet play, provided by the Mississippi Department of Environmental Quality and Bayou Town Productions during Naval Construction Battalion Center's Earth Day Celebration, April 22. After the play, the students joined service members, employees and family members at the Fitness Center track for a tour of the environmental displays and attractions provided by organizations such as Mississippi Museum of Natural Sciences, Mississippi Power, NOAA Fisheries and Wild at Heart Rescue. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

**Coast Episcopal School** - Now offering extended day options for students 12 months and up. Options vary from 7:30 a.m. to 5:30 p.m. Military families receive a 20 percent discount. For more information visit [www.coastepiscopalschool.org](http://www.coastepiscopalschool.org).

**NCBC School Liaison Officer Kevin Byrd**  
Building 352, 1706 Bainbridge Ave., 228-871-2117 or email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## Coast schools are looking for volunteers

**NORTH GULFPORT SEVENTH GRADE PROCTORS** - North Gulfport Seventh Grade, 4715 Illinois Avenue, Gulfport is in need of proctors for the state MCT2 testing. If you are available to act as a proctor, please attend one of the following training sessions: April 30, at 9:15 a.m.; May 1, at 3:30 p.m. and May 2 at 9:15 a.m. Training will be provided the day of testing at 7 a.m. Contact Mrs. Henderson at 228-324-2570 to help.  
**NORTH GULFPORT 8th GRADE PROCTORS** - North Gulfport 8th Grade,

4715 Illinois Avenue, Gulfport is looking for test proctors for May 1, 14, 15 and 16. Proctor training sessions will be April 24 - 30 in the Counselor's office. If you are unable to attend proctor training on the dates listed, other arrangements can be made. To volunteer, please contact Sherry Johnson, 228-864-8944 or [Sherryjohnson@harrison.k12.ms](mailto:Sherryjohnson@harrison.k12.ms).  
**WEST HARRISON HIGH SCHOOL** - WHHS, 10399 County Farm Road, Gulfport, is in need of 13 volunteers to assist in proctoring and monitoring the hall-

ways May 6-10 and May 13 from 7:15 a.m. - 3 p.m. (possibly earlier), during the administration of the MS SATP tests. Volunteers should dress comfortably as they will be walking and standing the majority of the time. If you are interested, please reply to Julie Hadley [jhadley@harrison.k12.ms.us](mailto:jhadley@harrison.k12.ms.us).  
**LONG BEACH SCHOOL DISTRICT** has requested proctors for the May State tests. Contact Christ Spinks, at 228-864-1146 for information.  
**ORANGE GROVE ELEMENTARY** - Or-

ange Grove Elementary, 11391 Old Highway 49, Gulfport is in need of six volunteers May 1, to serve as test proctors and 35 volunteers, May 14, 15 and 16 to serve as proctors. Volunteers are asked to report to the school by 7:30 a.m. Please contact Stephanie Schepens, 228-365-0204 for more information.  
**CENTRAL ELEMENTARY SCHOOL** - Volunteers are needed to serve as proctors at Central Elementary School, 1043 Pass Road, Gulfport, for state testing May 14 - 17. If you are able to help, please

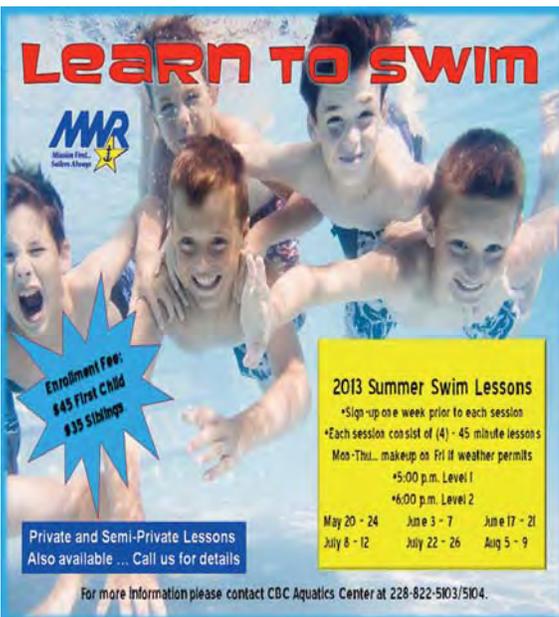
contact Jessica Mitchell at [jessica.clincy@gulfportschools.org](mailto:jessica.clincy@gulfportschools.org) or 228-865-4641.  
**BEL-AIRE ELEMENTARY** - Bel-Aire Elementary School, 10531 Klien Road, Gulfport is asking for 40 volunteers to help out at the school's Field Day May 17, 7 a.m. - 2:30 p.m. Volunteers will assist with running the games, helping out at the concession stands and supervising the bounce house. If you are interested, please send an email to [ctclemons@bell-south.net](mailto:ctclemons@bell-south.net).




**FREE Movies at the Training Hall are Back!**

Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

**Friday:** *Django Unchained*, R, 6:30 p.m.; **Saturday:** *Parental Guidance*, PG, 11 a.m.; *Jack Reacher*, PG13, 1:30 p.m.; *The Hobbit: An Unexpected Journey*, PG13, 4 p.m. **Sunday:** *The Perks of Being a Wallflower*, PG13, 2 p.m.; *Zero Dark Thirty*, R, 4 p.m.



# LEARN TO SWIM

**Enrollment Fee: \$45 First Child \$35 Siblings**

**2013 Summer Swim Lessons**  
 \*Sign-up one week prior to each session  
 \*Each session consist of (4) - 45 minute lessons  
 Mon-Thru... makeup on Fri if weather permits  
 \$5.00 p.m. Level 1  
 \$6.00 p.m. Level 2

May 20 - 24    June 3 - 7    June 17 - 21  
 July 8 - 12    July 22 - 26    Aug 5 - 9

Private and Semi-Private Lessons  
 Also available ... Call us for details

For more information please contact CBC Aquatics Center at 228-822-5103/5104.

 <b>Naval Construction Battalion Center Gulfport</b> <b>APRIL 2013</b> Phone: (228) 871-2538						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spring Break Camp - M-F Strength Cardio; Water Low Impact Aerobic; Zumba 1	Torch Club & Newcomers Orientation Yoga & Cycling 2	Homemade Chalkboard and Rec Room Fun Strength Cardio; Water Low Impact Aerobic; Zumba 3	Creative Arts & Poetry Writing Red Cross Blood Drive Yoga & Cycling 4	Big Screen Movie Night & Hotdogs Crawfish Cook-Off & Jazz Festival The Hobbit: An Unexpected Journey 5	Desoto National Forest Cleanup Walnut Shuttle Cirque Du Soleil: World's Away; Parental Guidance; Zero Dark Thirty 6	Paintball The Hobbit: An Unexpected Journey 7
Before & After-school & Power Hour HCAA Championship Game Strength Cardio; Water Low Impact Aerobic; Zumba 8	Smart Moves: Learn to be Stress Free! March Madness Bracket Winners Yoga & Cycling 9	Homemade Sock Bubbles & Outdoor Fun Gulfport Dragway Strength Cardio; Water Low Impact Aerobic; Zumba 10	Pool & Foosball Tournaments Edgewater Mall Yoga & Cycling 11	Big Screen Movie Night & Popcorn Downtown Long Beach Dinner Dash Les Miserables 12	Scavenger Hunt Django Unchained Ralph; Cirque Du Soleil; World's Away; Rise of the Guardians 13	Crossroads Mall Parental Guidance; This is 40 14
Before & After-school & Power Hour Strength Cardio; Water Low Impact Aerobic; Zumba 15	Scooter Races & Basketball Hotshot Challenge Ping Pong Tournament Yoga & Cycling 16	Image Makers Photography & Drawing Lessons Strength Cardio; Water Low Impact Aerobic; Zumba 17	Weird Science: Light; Pasta Skeletons Cypress Lanes Bowling Yoga & Cycling 18	Big Screen Movie Night & Popcorn 21 <sup>st</sup> Annual Crawfish Fest Promised Land 19	Mobile Bay Bays Baseball Game & Dinner O'Berleville Shopping & Restaurants The Hobbit: An Unexpected Journey; Gull Trip; Zero Dark Thirty 20	Ship Island Excursion Cirque Du Soleil: Worlds Away; Silver Linings Playbook 21
Before & After-school & Power Hour Strength Cardio; Water Low Impact Aerobic; Zumba 22	Triple Play Cooking Club: Let's Make a Dirt Cake! Yoga & Cycling 23	Helmutz Technology Night Pool Tournament Strength Cardio; Water Low Impact Aerobic; Zumba 24	Zumba Fitness Challenge Fund Yoga & Cycling 25	Big Screen Movie Night & Nachos Django Unchained 26	Bowling at Guide Lanes UAB vs. Southern Miss College Baseball Game Parental Guidance; Jack Reacher; The Hobbit: An Unexpected Journey 27	21 <sup>st</sup> Annual Crawfish Fest The Perks of Being a Wallflower; Zero Dark Thirty 28
Before & After-school & Power Hour Strength Cardio; Water Low Impact Aerobic; Zumba 29	Bonus Buck Auction Incentive Night Cornhole Tournament Yoga & Cycling 30			Youth Activities Liberty Fitness Free Movie		

<b>For more MWR program information contact:</b>	Anchors & Eagles	228-871-4607
	Auto Hobby	228-871-2804
	Beehive	228-871-4009
	Child Development Center	228-871-2323
	Fitness Center	228-871-2668
	Information, Tickets & Travel	228-871-2231
	Liberty Center	228-871-4684
	Seabee Heritage Center	228-871-3619
	Navy Outdoor Recreation RV Park	228-871-2127
	The Grill	228-871-2494
Training Hall	228-871-4750	
Youth Activities Center	228-871-2251	
Main Office	228-871-2538	

# NCBC Helping Hands volunteer opportunities

**RAMP FOR DISABLED CHILD** - There is an urgent need for three volunteers to construct an ADA compliant ramp in Gautier for a child with disabilities. If you can help, please contact Cynthia Singletary, 228-388-2401 or singletary.life@gmail.com.

**USO GULF COAST** - The USO Gulf Coast needs 14 - 16 volunteers to work at the USO information at the Gulfport - Biloxi International Airport. The desk will be staffed seven days a week between 8 a.m. - 6 p.m. Volunteer shifts will be five hours long (8 a.m. - 1 p.m. and 1 p.m. - 6 p.m.) Volunteers are responsible for greeting guests, directing them to the USO lounge and answering general questions about local hotels, restaurants, casinos, and events in the area. Resources will be provided to volunteers to assist with recommendations. To register to volunteer please visit [www.USOVolunteer.org](http://www.USOVolunteer.org).

**NORTH GULFPORT SEVENTH GRADE**

**PROCTORS** - North Gulfport Seventh Grade, 4715 Illinois Avenue, Gulfport is in need of proctors for the state MCT2 testing. If you are available to act as a proctor, please attend one of the following training sessions: April 30, at 9:15 a.m.; May 1, at 3:30 p.m. and May 2 at 9:15 a.m. Training will also be provided the day of testing at 7 a.m. If you are available, please call Mrs. Henderson at 228-324-2570.

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**PASS CHRISTIAN BOYS & GIRLS CLUB SOFTBALL BENEFIT** - Four volun-

teers are needed to serve as umpires at the "Bases Loaded for Boys and Girls Club Adult Co-ed Softball Tournament," May 4. The tournament will be held at Klondyke Road Fields, Long Beach. Teams are also welcome - fee is \$150 per team. Parties interested in volunteering or entering a team can contact Leah Ladner, Balfour Beatty Communities, 228-863-0424 or lladner@bbcgrp.com.

**RESTORE COASTAL ALABAMA PARTNERSHIP** - Restore Coastal Alabama Partnership needs volunteers May 4, 8 a.m. - 4 p.m. to deploy interlocking 35-pound blocks to finish Pelican Point Living Shoreline which is near the mouth of Weeks Bay in Baldwin County, Ala. Once constructed, the reefs will protect the adjacent shoreline and enhance habitat for fish, shellfish and birds, providing opportunities for fishing, bird watching and sightseeing from land, kayak or boat. Volunteers will meet at Pelican Point, Baldwin County, Alabama, near the mouth of

Weeks Bay, 10299 County Road 1, Fairhope, Ala.. If you are interested, please contact Kandice O'Grady at volunteer@100-1000.org or 251-990-6002 or Sign up at <http://100-1000.org/pelican-point-living-shoreline-volunteer-sign-form>

**LONG BEACH SCHOOL DISTRICT** has requested proctors for the May State tests. Contact Christ Spinks at 228-864-1146 for information.

**ORANGE GROVE ELEMENTARY** Orange Grove Elementary, 11391 Old Highway 49, Gulfport is in need of six volunteers May 1, to serve as test proctors and 35 volunteers, May 14, 15 and 16 to serve as proctors. Volunteers are asked to report to the school by 7:30 a.m. Please contact Stephanie Schepens, 228-365-0204 for more information.

**WEST HARRISON HIGH SCHOOL** West Harrison High School, 10399 County Farm Road, Gulfport, is in need of 13 volunteers to assist in proctoring and monitoring the hallways May 6-10 and May 13

from 7:15 a.m. - 3 p.m. (possibly earlier), during the administration of the MS SATP tests. Volunteers should dress comfortably as they will be walking and standing the majority of the time. If you are interested, please reply to Julie Hadley jhadley@harrison.k12.ms.us.

**CENTRAL ELEMENTARY SCHOOL** Volunteers are needed to serve as proctors at Central Elementary School, 1043 Pass Road, Gulfport, for state testing May 14 - 17. If you are able to help, please contact Jessica Mitchell at [jessica.clincy@gulfportschools.org](mailto:jessica.clincy@gulfportschools.org) or 228-865-4641.

**FIELD DAY VOLUNTEERS** - Bel-Aire Elementary School, 10531 Klien Road, Gulfport is asking for 40 volunteers to help out at the school's Field Day May 17, 7 a.m. - 2:30 p.m. Volunteers will assist with running the games, helping out at the concession stands and supervising the bounce house. If you are interested, please send an email to [ctclemons@bell-south.net](mailto:ctclemons@bell-south.net).

## Seabee Memorial Chapel



**NCBC Center Chaplains:**

**Lt. Cmdr. Paul Smith, Protestant Chaplain**

**Lt. Yoon Choi, Protestant Chaplain**

**For information concerning other faith groups, call the chapel office at 228-871-2454**

**Services: Sunday Gospel Service: 8 a.m.**

**Sunday Catholic Mass: 9:30 a.m.**

**Sunday Protestant Divine Worship: 10:30 a.m.**

**Weekday Catholic Mass: Tuesday, 11:15 a.m.**

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs. Protestant Services include a Gospel Service at 8 a.m. and Divine Worship Service at 10:30 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also Catholic Mass Tuesdays at 11:15 a.m.

### Seabee Pantry

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. The Seabee Pantry is for anyone affiliated with NCBC.

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 10:30 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

### Women's Bible Study

Women's Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. Free child care is available. For more information on all offerings that are available, contact the chapel at 228-871-2454.

## LADD . . . Leaders Against Drunk Driving

LADD is a program sponsored by the NCBC/20th First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol.

~ LADD is strictly confidential. NO REPRISAL!  
~ LADD will take individual

home only, no stops.

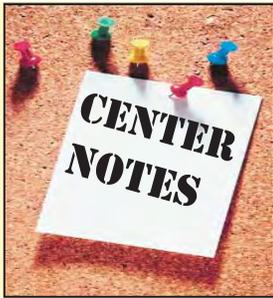
~ Volunteers who stand the watch are on call 24/7.

~ It is always important to have a plan in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!

**100 percent confidential, zero reprisal!**

**Call 228-239-9007**





#### SUPPORT

##### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit [www.facebook.com/nmcb11frg](http://www.facebook.com/nmcb11frg) or email us at [nmcb11frg@gmail.com](mailto:nmcb11frg@gmail.com).

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email [nmcb74fsg@yahoo.com](mailto:nmcb74fsg@yahoo.com) or visit our Facebook page at "NMCB74 Fearless FRG" for more in-

formation.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com). Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

#### FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate & 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

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@yahoo.com](mailto:goscgulfport@yahoo.com). We hope to see YOU soon!

##### Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit

[www.navywivesclubsofamerica.org](http://www.navywivesclubsofamerica.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, Wednesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

##### Gamblers Anonymous

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

#### TRAINING

**Naval Sea Cadets** The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., build-

ing 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or [coachcb@yahoo.com](mailto:coachcb@yahoo.com) for details.

#### 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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact

BU1 Jerma Cloude, 228-871-2454 for details.  
**VFW Post 3937 Long Beach** is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All

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

##### NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites. Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or [elevenoaks58@cableone.net](mailto:elevenoaks58@cableone.net) or log onto [www.nsva.org](http://www.nsva.org) for information.

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

#### 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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeeuseum-store.org](http://www.seabeeuseum-store.org) or call the gift shop at 228-871-4779 for information on all that is available.

To publicize your organization, send info to [seabeecourier@navy.mil](mailto:seabeecourier@navy.mil)

#### From CARE page 6

able contingencies.

"There has been a rise in Sailors listing other Sailors on the NAVPERS 1740/6 as the Caregiver," said Harris. "While this is not specifically prohibited, the use of fellow service members of the active and Reserve component to serve as caregivers in a Family Care Plan is inherently risky. This category of caregiver is subject to the same obligations as the service member creating the family care plan."

If the active or Reserve component service member acting as a caregiver is deployed, mobilized or recalled, the children or adult family member/dependent could be left without a caregiver and a Sailor's care plan could be invalid.

"It is strongly recommended that only non-service members

serve as caregivers," said Harris.

Sailors must submit a new or updated Family Care Plan upon reporting to a new duty station, change in caregiver circumstances, or change in personal or family circumstances, such as birth or adoption of a child, or assumption of sole care for an elderly or incapacitated family member.

"Failure to maintain an adequate Family Care Plan may result in administrative separation from the naval service," said Harris.

A command Family Care Plan Coordinator can assist Sailors in developing a care plan. The coordinators act as the commanding officer's designated representative with regards to the Family Care Plan instruction, OPNAVINST 1740.4D, however only the commanding officer may sign as the command certi-

fying official.

Sailors may find additional assistance in completing a care plan from the Fleet and Family Service Center FFSC and base legal assistance office.

Sailors are responsible to provide their designated caregiver with all information and documentation needed to execute the Family Care Plan and provide for the Sailor's minor children or adult family members/dependents.

Family Care Plans are subject to inspection by the Immediate Superior in Command and Inspector General.

More information can be found in the Family Care Plan instruction, OPNAVINST 1740.4D and at the Navy Personnel Command web site's Family Care Plan section at <http://www.public.navy.mil-BUPERSNPC/SUPPORT/READINESS/Pages/FamilyCarePlan.aspx>

#### From HISTORY page 7

By creating standard operating procedures (SOP), the team ensured each file was handled correctly and followed a process to prepare the documents for scanning and conversion. SOPs were designed to ensure consistency and uniformity across NAVFAC. The goal is that all cadastral files are scanned and retrieved in the same way for Navy and Marine Corps interests.

"Discovery of missing documents highlights the need for a better record

keeping process going forward," said Shenita Brown, ICM scanning document specialist.

Brown has seen firsthand, the number of incomplete files entered in the database. The team is working on the next phase (Phase II) of the effort which includes standardizing the contents of all new files stored by Cadastral.

The team from DLA and ICM has processed more than 200,000 pieces of documentation since September 2010 for the NAVFAC Southeast.

## SAME Scholarship Golf Tournament

The Society of American Military Engineers (S.A.M.E.) is holding a scholarship fund raiser golf tournament May 17, at 1 p.m., at Bay Breeze Golf Course, Keesler Air Force Base. Lunch will be served at noon and is included in the \$75/player fee or \$260/4 person team fee. The event features a \$40K Shootout from mulligan participants. Mulligans will be available for purchase for \$5 or 3/\$10. To register, go to <http://www.samegulfcoasttournament.com>.

