

# SEABEE COURIER

www.cnbc.navy.mil/gulfport

Vol. 53 No. 14

Naval Construction Battalion Center, Gulfport, Mississippi

April 4, 2013

## An Easter tradition



Naval Construction Battalion Center (NCBC) was busy with Easter activities throughout the holiday weekend. Military families were treated to three Easter-related celebrations sponsored by Morale, Welfare and Recreation (MWR), Balfour Beatty Communities (BBC) and the Seabee Memorial Chapel. Families came out to Seabee Lake March 29, for BBC's Easter Egg Hunt Extravaganza, and to the athletic fields, March 29, for MWR's annual Easter egg hunt. Members of the Seabee Memorial Chapel congregation enjoyed an Easter egg hunt after services Easter Sunday. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

For more photos, see page 6 and NCBC Facebook

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### Blood Drive

April 4  
 Chapel 8 a.m. - 1 p.m.  
 Liberty Center 12:30 - 4:30 p.m.

All blood types needed!

visit [www.redcrossblood.org](http://www.redcrossblood.org) and use SEABEE or SEABEELIBERTY as sponsor code



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## CNO explains what budget changes mean for you

By Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Jonathan Greenert released a video message to the fleet recently about the passage of a Defense appropriations bill and what that means for the fleet.

In the video, the Navy's top admiral discussed the bill that the President signed last week putting legislation into effect that will restore Defense Department funds through September.

What was projected to be a \$9 billion shortfall in the Navy's operations accounts will be halved according to Greenert. He explained in the video that the Bill will take care of four and a half billion dollar shortfall in operations and that the Navy will have to adjust. He also stated, that sequestration, the reduction of spending in all accounts, remains in place.

"We're going to move ahead in a very deliberate fashion and decide what's important and fund those most important things," said Greenert. "Money will be distrib-



Chief of Naval Operations (CNO) Adm. Jonathan Greenert gives a video message to the fleet about the passage of another Continuing Resolution and what that means for the fleet. (U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor/Released)

uted to the fleet and important operations can get underway."

Among those priorities Greenert said that the Navy's bills will be paid, deployed operations will remain funded and some restoration and modernization projects will return.

"So what does this mean to you? For our Sailors, this means your pay will be stable as it has been, See **CNO** page 9

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April 4, 2013

Seabee Courier

2

# Spring into action as a Ready Navy family

## From Commander Navy Installations Command Public Affairs

For many, spring brings a resurgence of energy and activity with the milder temperatures.

It is a perfect time to practice your family emergency plan and to re-evaluate and restock your emergency supply kit for the changing season. Although winter storms are becoming a fading memory, it is important to remember that weather and other hazards can be unpredictable. So spring into action as a Ready Navy Family and be ready for any hazard.

**Be and Stay Informed:** Learn about hazards that are common in spring months and most likely to happen in your area. The Ready Navy website "Be and Stay Informed" tabs offer specific instructions, information, and resources you may need to know regarding floods, tornadoes, man-made hazards, and emergency actions. Learn what you should know if you need to evacuate or take shelter in your home.

**Make a Plan:** As a family, make and refine your emergency plan so that everyone in the family understands what to do, where to go, and what to take in the event of any emergency. Practice your plan by conducting a drill where all family

members must gather at your designated meeting place, exiting by various doors. Your emergency plan should also include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers, are out. Road conditions and other hazards can limit ease of movement. Have a contact person outside the area who each member of the family can notify that they are safe, if separated. Place a call to your designated contact person to be sure he or she is willing to serve in that role. The Ready Navy website provides printable forms and contact cards to guide you in your planning.

**Build a Kit:** The best way to prepare for the unexpected is to have on hand one or more emergency kits that include enough water and non-perishable supplies for every family member to survive at least three days. Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to any emergency more effectively. Make a game of kit building with your children. One idea is to have your children go on a scavenger hunt to find and gather necessary supplies around your house. Make note of



**An emergency kit is an effective way to prepare for unexpected events. Having the entire family prepare the kit will help children better cope with emergencies and ensures everyone knows the emergency kit contents.** (U.S. Navy photo by Chief Mass Communication Specialist Monique K. Hilley/Released)

items you are missing and shop together at your local installation commissary and NEX to complete your kit. History shows that children who are involved and informed with emergency planning are better able to react safely in an emergency.

For information about Ready Navy and tips, forms, and guidance to be prepared for and stay informed about all hazards, visit [www.ready.navy.mil](http://www.ready.navy.mil). Ready Navy is a CNIC-sponsored emergency preparedness program.

# HOLOCAUST National Days of Remembrance

NCBC Multicultural Diversity Committee presents

## HOLOCAUST DAYS OF REMEMBRANCE OBSERVANCE

Thursday, the 18<sup>th</sup> of April  
from 11:00 a.m. to 12:00 p.m.

Seabee Memorial Chapel Sanctuary

POCs CDR Goldberg at 871-4906 or Chaplain Choi at 871-2454

# NEVER AGAIN

heeding the warning signs

## Sexual Assault Awareness Month

April is designated  
Sexual

Assault Awareness  
Month (SAAM).

The SafeHelpline  
provides live, one-  
on-one crisis sup-  
port. CALL: 877-  
995-5247

CLICK: [www.SafeHelpline.org](http://www.SafeHelpline.org);  
or TEXT: 55-247

# Navy resources available for Sailors trying to trim fat

From Navy Personnel Command Public Affairs

Sailors who have hit a weight loss plateau, or can't drop the weight despite having a physically active lifestyle, may benefit from a talk with their local dietician, officials said March 28.

"There are three main reasons why increasing exercise and activity may lead to weight plateau or increased weight gain. Being more aware will help you identify and adjust accordingly," said Lt. Cmdr. Jennifer Wallinger, registered dietitian, Navy Nutrition, Navy Physical Readiness Program. "It is important to balance the nutrients that you put in your body with what you burn off in activity, whether that is normal daily activity or exercise."

One reason is that adding activity increases hunger.

"Make sure the food you eat will fill you up by choosing nutrient dense foods containing protein, fiber and healthy fats instead of calorie dense foods [including] high fat and high sugar items with few nutrients," continued Wallinger.

Another reason is choosing the wrong foods.

"The body is designed not to starve. If you do not choose lower calorie, filling food, you will naturally compensate for the extra calories burned from daily activity and exercise," said Wallinger. "Try filling up on vegetables before or as part of your meal."

Lastly, exercising can provide a false sense of entitlement.

"People may think, 'I worked out, so I can have or deserve that burger, cheesecake, nachos' . . . whatever," said Wallinger.

Activity helps you burn calories, but only if you do not eat all of those calories back.

# Around the



# Center

**Chief Steelworker (SCW/EXW/AW/FPJ) Christen Allgood was commissioned a Chief Warrant Officer (CWO) 2 during a ceremony held at the Training Hall on board Naval Construction Battalion Center (NCBC), April 1. CWOs are technical specialists who perform with the knowledge and skills of a specific occupational field at a level beyond what is normally expected of a Master Chief Petty Officer. Allgood was one of two selected for CWO during fiscal year 2013 in the Naval Construction Force. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)**



**Boatswain's Mate 2nd Class Christopher Stamps, NCBC Gulfport Master-at-Arms (MAA) Office, leading petty officer, and Steelworker Constructionman Cassandra Null, assigned to the MAA Office, raise an Air Force two-star flag in preparation for a distinguished visitor on board NCBC Gulfport, March 29. Traditionally, each military installation flies a flag from their headquarters flagpole of the appropriate color for service and stars for rank when receiving officers O-7 and above. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)**

**Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 conduct command level physical training on Naval Construction Battalion Center (NCBC) Gulfport in the early morning, March 22. NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)**



April 4, 2013

Seabee Courier

3



# As Earth Day is April 22 BUZZ on the Street asks:



## *"What can we do to conserve energy on board NCBC?"*



**"Shortening the work week."**

**EA3(SCW) Sam Poling**  
NMCB 11  
Hometown: Sparta, Mich.



**"Car pooling. It saves gas and money."**

**Rhea Kiuluul**  
Hometown: Guam



**"Automatic shut offs on things like computers."**

**Jessica Watkins**  
MWR  
Hometown: Lima, Ohio



**"Turn off power to unoccupied buildings on base and convert heavy vehicles into hybrid or bio diesel."**

**Demetrius Baldwin**  
Fire Inspector, NCBC  
Fire Department  
Hometown: Gulfport, Miss.



**"Limit water usage, especially when it comes to showers."**

**CM3(SCW) Calvin Bookwalter**  
NMCB 1  
Hometown: Millstown, Pa.



**"Turn off anything that uses energy when it isn't being utilized."**

**BUCR Caitlynn Crow**  
NMCB 133  
Hometown: Georgetown, Texas



**"Invest in more solar panels and maybe even wind turbines for smaller facilities."**

**Brian Webb**  
Assistant Fire Chief  
NCBC Fire Department  
Hometown: Baton Rouge, La.



**"Turning off lights when no one is using them."**

**CMCA Brandon Thomas**  
NMCB 133  
Hometown: Ocala, Fla.

# Easter is twice the fun with MWR & BBC special events



Military families turned out March 29, for the Balfour Beatty Communities (BBC) Easter Egg Hunt Extravaganza and March 30, for the Morale, Welfare and Recreation (MWR), Easter Egg Hunt. BBC's afternoon of fun at Seabee Lake featured egg hunts, pony rides, a petting zoo, crawfish boil and a DJ to play music for the crowd. Guests were also asked to join in and help celebrate Sparky

the Fire Dog's 62nd birthday. Patrons at MWR's morning event enjoyed multiple egg hunts, children's games, a climbing wall, bounce house and free food and drinks. The day was capped off by special guest appearances by the Easter Bunny and McGruff the Crime Dog. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

## Home at last . . . NMCB 133 returns



Family and friends welcomed home more than 180 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133, Delayed Body, at the Training Hall on board NCBC Gulfport as they returned from deployment, April 1. For more than six months The Runnin' Roos have been operating forward deployed to the U.S. Central Command area of responsibility (AOR) in support of construction operations throughout Afghanistan. NMCB 133 is returning home as the last active duty Seabee battalion to deploy to Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

For more return photos see NCBC Facebook

## Underwater Construction Team (UCT) ONE

UCT 1 is searching for highly motivated Seabees and CEC officers looking for a career and lifestyle change.



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team at 757-462-3988/4313 or Email YNC Aberle at [christopher.aberle1@navy.mil](mailto:christopher.aberle1@navy.mil); SW1 Dohse at [ryan.dohse@navy.mil](mailto:ryan.dohse@navy.mil) or visit [www.facebook.com/seabee.diver](http://www.facebook.com/seabee.diver) for more information.

## NCBC FRAMES

Culinary Specialist 1st Class (SCW)

Shameka Danell Hooker

NCBC Gulfport

Warehouse Supervisor

By CM3(SCW) Katchen Tofil  
NCBC Public Affairs

## FREEZE FRAME



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

**CS1: The day I graduated from boot camp. I think it was the first time I had ever seen my mother cry over being proud of me.**

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

**CS1: The fact that one day I would like to make it so my mother would never have to work or at least not**

**work as hard as she does right now. She is honestly the reason that I work so hard to make it and be successful in everything that I do.**

FF: What advice would you give to future Sailors?

**CS1: Stay focused. Do not let the joy of finally being free from your families watching eye make you do things that would go against your character. Never or at least try to keep them**

**proud to say that you are a U.S. Navy Sailor.**

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

**CS1: I am probably one of the only fleet rate personnel that can honestly say that I love my Seabees. The members I worked with in NMCB 7 were some of the greatest people I have ever met in my life. They taught me so much and for that I am very grateful.**

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

**CS1: My greatest mentor would have to be CSCS(SW/SCW) Virgilio Figuerus was at the time my CSC in NMCB 7. That man pushed me harder than I have ever been pushed in my life because he had so much faith in me. To this day I believe he will always be my greatest motivator. If and when I retire, he has to be my guest speaker.**

# NMCB 5 Jungle Warfare Training



**OKINAWA, Japan - Equipment Operator 2nd Class Kendrell Dale fast-ropes out of an MV-22 Osprey, assigned to Marine Medium Tilt-Rotor Squadron (VMM) 265, during a Jungle Leaders Course. Kendrell is assigned to Naval Mobile Construction Battalion (NMCB) 5, which enrolled six Seabees in the Marine Jungle Leaders Course at the Jungle Warfare Training Center. The course is designed to teach small unit leaders all aspects of small unit jungle operations and general survival skills for the jungle.** (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)



**Patiya Cherry, a housekeeper for Navy Gateway Inns and Suites (NGIS) Gulfport, Miss. and Commander, Navy Installations Command (CNIC) Navy Lodging Program 2012 Housekeeper of the Year, makes her rounds preparing rooms after guest check-outs, April 1. The CNIC Navy Lodging Program recognizes installations, lodging operations and individual accomplishments by presenting the Adm. Elmo R. Zumwalt Five, Four and Three Star Accreditation Awards, and the Manager, Supervisor, Associate and Housekeeper of the Year awards.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

## NGIS Gulfport employee is Housekeeper of the Year

**By MCC(SCW/SW/AW)  
Ryan G. Wilber**

NCBC Public Affairs

Patiya Cherry, a housekeeper for Navy Gateway Inns and Suites (NGIS) Gulfport, Miss., was announced as the 2012 Housekeeper of the Year during a Commander, Navy Installations Command (CNIC) Navy Lodging Program Appreciation Day Ceremony held at the Rhodes Hall Conference Room on board Naval Construction Battalion Center (NCBC) Gulfport, March 27.

The CNIC Navy Lodging Program recognizes installations, lodging operations and individual accomplishments by presenting the Adm. Elmo R. Zumwalt Five, Four and Three Star Accreditation Awards, and the Manager, Supervisor, Associate and Housekeeper of the Year awards.

In addition to Housekeeper of the Year, a world-wide competition, Cherry was also named NGIS Gulfport's Employee of the Quarter, 1st quarter and Employee of the Year. Simone Tomlin, NGIS Gulfport general manager, said it was her industriousness, hard work and pleasant attitude that put her over the top

among 34 employees.

"She always goes above and beyond the call of her position by acting as an outstanding example to her peers. She sets the bar high and motivates others to follow. On numerous occasions, Patiya has volunteered to perform additional duties when we were short-staffed. She has acted as a common area cleaner and as Housekeeping Lead, when needed. Without her dedication and "can do" attitude, our operation would not function as required," said Tomlin in her award write-up.

Cherry, a native of Moss Point, Miss., has been commuting 45 minutes to work in the hospitality service on the Seabee base for the past three years. She said she does it because she simply enjoys the work.

"I love the environment. I love the job. It's worth the drive," said Cherry. "I like meeting new people, and making them happy and smile. When they come into a clean room it makes their day. And, it makes my day to make their day."

See **AWARD** page 11

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## Revival of the fittest: Marriage and the common cold



I'm about to make a highly inflammatory, clearly sexist, certainly offensive generalization. Readers will undoubtedly gasp at my insensitivity, and offer a myriad of anecdotal evidence to the contrary.

But deep down in the recesses of our hearts and minds, in the spaces not corrupted by contrived societal notions of "equality" and "fairness," we all secretly know these words to be true: Men are total wimps when they get sick.

Several years after getting married, I began to notice a recurring behavioral pattern every time my husband caught a cold. Unnecessary sniffing, dramatic coughing, flamboyant sneezing — each occurrence followed by a moan, groan or whimper, along with a pitiable declaration such as "I don't feel so good."

My husband's pathetic actions while sick did not appear to be natural and spontaneous, but seemed intended to garner the maximum amount of attention (also known as "milking it"). Additionally, when he got sick, my husband would never simply approach me directly and say,

"Honey, I think I'm coming down with something, and would appreciate you making me some chicken soup while I

take it easy for the next couple days."

Instead, my husband would put on a dramatic display in hopes of indirectly compelling us all to run and get him a blankie and a fudgesicle.

"Why would my otherwise responsible, straightforward, masculine military husband resort to such childish passive aggressive tactics?" I wondered.

At first, I thought his germ-induced plea for attention might have something to do with him having grown up in a big family. One of five siblings, my husband was flanked by the smartest kid and the funniest kid in the family, so he had to do whatever he could to get his parent's attention.

Occurrences which might otherwise seem unfortunate to a child were savored in my husband's large family. For example, normally a kid would hate going with their mother to get orthopedic shoes, a tonsillectomy, allergy testing, and speech therapy; however, these were precious moments in my husband's childhood when mom showed him special attention and bought him ice cream.

My "big family" theory seemed to explain my husband's theatrical reaction to the common cold, but then I started talking to other wives. Apparently, my husband isn't the only one — every man on the planet exhibits pathetic, overly dramatic, attention seeking behaviors when ill.

Ironically, just as otherwise strong husbands become groveling weaklings when stricken with the sniffles, their otherwise nurturing wives universally roll their eyes and find it impossible

to muster sympathy.

We wives feel guilt and wonder why we find our husbands' childish ploys for attention so patently unattractive. We wish our natural nurturing instincts would kick in, but instead of making soup, we find ourselves muttering insensitive remarks under our breath such as, "He should get an Oscar for that sneeze" or "Building the groundwork for another afternoon nap, are we?" or "Grow a pair, would ya?"

But perhaps all this irony and marital discourse during illness serves a higher purpose. Consider this: if sick males were babied by their female companions, the males might find it so enjoyable, there would be no reason to get back to the work of hunting, gathering, and mating to keep the tribe strong.

So, nature has built in an automatic trigger — men who get sick become so pathetic, their women find them repulsive and cannot produce sympathy. This motivates the men to recover quickly so that they will become attractive to women again and can thereby resume their main goal in life: mating.

So when my husband recently came down with a case of bronchitis, I decided that it was my wifely duty to be repulsed, to show no sympathy and to roll my eyes as much as humanly possible. It wasn't easy to completely ignore my husband's childish pleas for attention, but, I figured, it's the least I could do.

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



**Capt. Kyle Perry, 81st Inpatient Operations Squadron, reviews a patient's chart at the Intensive Care Unit nurses' station March 6, at the Keesler Medical Center. Perry was selected to be part of the White House clinic and reports in October for a three-year assignment.** (U.S. Air Force photo by Steve Pivnick/Released)

## Keesler medic to serve in White House clinic

By Steve Pivnick  
81st Medical Group Public Affairs

One 81st Medical Group nurse will soon join an elite medical staff when he becomes a member of the White House clinic.

Capt. Kyle Perry, a critical care nurse in the 81st Inpatient Operations Squadron intensive care unit, was notified of his selection for the post in February and reports there in October for the three-year assignment.

"I didn't hear anything for three months, then I received an email telling me I had been selected for an interview," Perry said. "I went to Washington for a two-day interview process in early February. Once completed, the entire staff (of 40-45 physicians, physician assistants, nurses and medical technicians) votes and the next day the applicants were called to let them know whether they'd been chosen."

Three other nurses were competing for the three Air Force positions.

He added, "To say the least, I was pretty surprised that I got the job. When I left for the interview, I wasn't at all certain I would be selected. Everyone was very friendly and I'm excited about working with them. The entire staff is outstanding and they've been working together for some time. They truly rely on one another."

The staff is led by the president's physician, a Navy captain, and is comprised of medics from the Army, Navy and Air Force.

The medical unit cares for the president, his family, the White House staff and visitors and the job requires two to three weeks of travel each month. The clinic is located on the grounds adjacent to the White House and five to six staff members provide care in the clinic.

Perry said, "When the president travels, the clinic staff goes in advance to establish emergency medical services."

Before leaving Keesler, Perry will attend flight nurse training at Wright-Patterson Air Force Base, Ohio, and survival school at Fairchild AFB, Wash. He anticipates further training after he begins his new duties.

# Focus on Education

## Month of the Military Child salutes children for contributions, sacrifices and support

By Terri Moon Cronk

American Forces Press Service  
During April's Month of the Military Child, the Defense Department recognizes the support provided by and sacrifices made by military children, said Barbara Thompson, director of DOD's office of family policy/children and youth.

Since 1983, DOD has recognized military children for the support they provide to their families. There are now 1.8 million children in the military system, Thompson said.

"Military children, youth and teens are an integral part of their military parent because they stand by them, they're proud of them, they recognize their sacrifices and they take on additional responsibilities to meet the needs of their families," she said.

Military children also receive national-level recognition, Thompson said. Following a presidential study directive in January 2011, she said, the cabinet secretaries signed a letter of support from their departments to military communities.



Children at the Naval Construction Battalion Center (NCBC) Child Development Center (CDC) use their imaginations to express themselves during an indoor art session on a rainy April morning. The CDC has several special activities planned to celebrate the Month of the Military Child, including a picnic with parents and a cardboard ship building project. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Based on that directive, DOD has partnered with the Department of Agriculture and Health and Human Services to increase the availability

of high-quality child care off the installation, she said, adding that 66 percent of military families live off base.

Thompson said she hopes civilian communities will also reach out to military children.

"Our military children are embedded in their school systems and their neighborhoods," she said. Military installations will celebrate the Month of the Military Child with activities such as parades, face painting, carnivals and other events that children enjoy, Thompson said. Activities information, she said, will be available through base newspapers, youth centers, child development center and family support centers.

Even though the number of children with a deployed parent has decreased because of the U.S. military's drawdown in Afghanistan, military families continue to face deployments, humanitarian missions and training, Thompson said.

Regardless of the mission, military families are separated during times of holidays and children's birthdays, she said.

"That's why we recognize that children serve, too," Thompson said.

### Coastline Community College to hold early summer registration

Coastline Community College will hold early registration for their summer term (June 18 - Aug. 11) from April 9 - May 28. For additional information, contact Dr. David Drye in the Navy College Officer, building 60, room 239 or at 228-871-3439/2785 or at the website, <http://military.coastline.edu>

### NCBC School

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

**Communicating In Your Child's Love Language Workshop**  
Open to all parents and expecting parents...  
April the 11<sup>th</sup> from 6:00 p.m. to 7:30 p.m. at the Base Chapel

Come & strengthen your relationship with your child by learning how to communicate in your child's "love language"...and for the children, there will be:

- \*FREE childcare for ages 6 and under
- \* an Interactive FOCUS Workshop for ages 7 to 12

FREE dinner for participants!

To sign-up, please contact CDR Goldberg at 871-4906 or Bet Ramsey of FOCUS at 822-5736.

From CNO page 1

our manpower accounts have been stable throughout this turmoil," said Greenert. "We're going to get our family readiness programs and MWR programs back on track where they need to be. PCS will remain stable throughout all this, so moves should continue apace."

Despite other branches reducing access to tuition assistance, Greenert stated that he will fight to keep education benefits for Sailors intact.

"Tuition assistance is still at 100 percent, and I'm working to keep it at that level," said Greenert. "That's where I think we need to be."

Greenert thanked the Navy civilian workforce for their patience during the turmoil of the last couple of months. "Remember we're a team here and we can't function

without your dedication," said Greenert.

"As you may know our furloughs are being reduced from 22 to 14 days," said Greenert. "The Secretary of the Navy and I are working with the Department of Defense staff to keep that as low as possible."

Greenert stressed that with a balanced approach to spending, careful planning and the dedication of all hands, the Navy will be able to successfully navigate these tumultuous fiscal times.

"I want you to remember to focus on Warfighting First, Operate Forward and Be Ready," said Greenert. "Thank you for your patience, thank you for your professionalism, thank you for your service."

Greenert's video can viewed at in its entirety on his blog: <http://cno.navylive.dodlive.mil/>



**FREE Movie Program** at the Training Hall: 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

**Friday**, "The Hobbit: An Unexpected Journey," PG13, 6:30 p.m.  
**Saturday**, "Cirque Du Soleil: World's Away," PG, 11 a.m.;

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!

"Parental Guidance," PG, 1 p.m.; "Zero Dark Thirty," R, 3:30 p.m.  
**Sunday**, "The Hobbit: An unexpected Journey," PG13, 2 p.m.

**Fitness**

CDC Fitness Intramural sports makes working out fun. This season, sign up for softball or three on three lunchtime basketball. Get a group together and motivate each other to push that work out a little further with some healthy competition. Sign up today at the Fitness Center. Call 228-822-5109 for details.

Want an alternative work out? Try swimming laps. Swimming is excellent for cardio and toning. Come before work or on lunch. The pool is open Monday – Friday, 5:30 a.m. – 1:30 p.m. If you or the little ones don't know how to swim, don't worry. The Fitness Center offers swimming lessons, too.

Summer is right around the corner. Are you ready for the beach? The CDC Fitness Center has everything you need to help lose pounds, tone up target areas or just plain feel better. The Center has top of the line cardio and strength training equipment and plenty of it - so you don't have to stand around waiting for machines. There are also racquetball and basketball courts, softball and soccer fields, and a running track. Equipment is available for rental at the front desk. And don't forget to finalize that healthy routine with a relaxing visit to the sauna.

**Information, Tickets and Travel**

On a budget? No worries - you can still afford to get away with ITT's military discounted prices that aren't available anywhere else – not even online. Design a fun-filled, high quality custom trip for you and your crew. Whether you have a day or a week, there is fun around the corner at the local breweries, beaches and hotels. Mobile, New Orleans and Pensacola are only a short distance away. Stop by today to design your worry free adventure.

Visit Disney World or enjoy an exciting Disney Cruise where dreams come true! Stop by ITT beside the NEX and receive a FREE child's Disney growth chart the last Wednesday of every month.

Active Duty, Reservist, National Guard, USCG and Retirees are now eligible for a complimentary Universal 3 Day Park-to-Park ticket and Blue Man Group Ticket at children's price! All dependents and DOD personnel are eligible for discounted Universal 2 Day, with Third Day Free tickets! Call 228-871-2231 for more information!

**Liberty Center**

The Liberty program offers multiple recreation opportunities

for the single sailor or unaccompanied active duty personnel of NCBC Gulfport. This FREE facility has Wi-Fi, pool tables, individual TVs with headphones that play cable or movies, a big screen with recliners, computers and a fully equipped video game room. Liberty also provides FREE shuttles to shopping and dining areas and an exciting monthly calendar of trips offered at discounted rates. Call or visit NCBC Liberty on Facebook for hours of operation and additional details. Search NCBC Liberty.

Getaway with friends and enjoy the ambiance of the big screen. Take the Liberty Center's FREE shuttle to Cinemark Theater this Friday at 6 p.m.

Sign up for Paintball with the Liberty Center on Sunday. Get a group together for an afternoon of fun starting at 1 p.m. and only costing \$10 per person; supplies included!

**Navy Outdoor Rec**

You can be sure to find the best prices around at NOR. Stop by and pick up a price list for all of your spring outdoor plans from boats and camping gear to party favorites like bounce houses. NOR's pricing can't be beat. NOR is open Monday, 8 a.m. – 1 p.m., Thursday and Friday 10 a.m. – 6 p.m. and Saturday 7 a.m. – 1 p.m.

**Food and Beverage**

Don't sit around in your room bored when you could be having fun with friends at the Beehive. Sit back and enjoy the flat screens, play a little pool, and just have fun! With an excellent beverage selection, you are sure to find your preference. Call 228-871-4009 for info.

Don't let a busy work week ruin your eating habits. The Grill has healthy food options on the menu. Just look for the apple! Need a menu for your office or want to place a delivery order, call 228-871- 2494. The Grill is open Monday - Friday from 6:30 a.m. - 1:30 p.m. and offers lunch delivery 11 a.m. - 1 p.m.

Got a morning meeting scheduled? Why not meet over breakfast at The Grill. The Grill is open as early as 6:30 a.m. and offers a variety of tasty options

**Building:**  
397  
**Phone number:**  
(228) 871-2804

# AUTO SKILLS CENTER

We have the location for your auto hobby needs!

## Offered

- Tire mounting and balance
- Rotor and drum resurfacing
- Technical assistance
- Full tool room access

- Free waste oil collection!
- Vehicle resale lot, high visibility!
- Car wash and vacuum facility!
- Also ask about our storage lots, fenced and locked! 25ft and 40ft available!

<b>Pricing</b>	
Stall w/ lift	\$6.00/hr
Stall w/o lift	\$4.50/hr
Stall outside	\$2.50/hr
Weekly rates available	
Tire machine \$3.50/wheel	
Tire balance \$6.50/wheel	
Turn rotors \$8.00/ea	
Turn drums \$7.00/ea	
Engine storage \$15.00/week	

from French toast plates to breakfast burritos or traditional eggs and bacon. The Grill is located at the corner of Colby and 7th Street.

Anchors & Eagles: Great service and good times are what you can expect at Anchors & Eagles. Open Tuesday - Thursday 2 - 9 p.m. and designated for Chiefs and Officers. Stop by and shake off the day with comrades.

**Youth Activities**

Be a part of something important and sign up to for the Youth

& Teen Desoto National Forest Cleanup Trip with the Youth Activities Center this Saturday from 8 a.m. – 3 p.m. Cost is only \$4 and includes lunch.

On Tuesday join the YAC for Smart Moves: Learn to Be Stress Free! The program is completely FREE and runs from 5:30 – 8:30 p.m.

If you haven't taken the opportunity to check out the YAC's Before and After School Program Power Hour, then you are missing out. Stop by Monday from 2 – 5:30 p.m. and see for yourself.

<b>MWR Program contact information</b>	
Anchors & Eagles	228-871-4607
Auto Skills Center	228-871-2804
Beehive All Hands Club	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	228-871-2127
Shields RV Park	228-871-5435
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

**DISABLED COUPLE NEEDS HELP** - A disabled Gulfport couple is looking for volunteers to repair their fencing and do other minor projects. If you can help, please call Edward Austin at 228-596-8565.

**RESTORE COASTAL ALABAMA PARTNERSHIP** - RCAP is looking for 100 - 1,000 volunteers to create four reefs at Pelican Point in Fairhope, 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 April 6 at 8 a.m., at Pelican Point, Baldwin County, Alabama, near the mouth of Weeks Bay, 10299 County Road 1, Fairhope, Ala. Sign up for this opportunity at [www.100-1000.org](http://www.100-1000.org) or call Kandice O'Grady at 251-990-6002 for info.

**2013 ZOMBIE RUN** - Ten volunteers are

needed for the 2013 Zombie Run April 6, 10 a.m. - 4 p.m. at the Harrison County Fairgrounds. Proceeds raised during the race will help cover the cost of surgery for 15 children in need of cleft lip and palate repairs. Although there is a lot of fun and play throughout the race/obstacle course, the benefits are life changing. Contact

[kirsty\\_cullumber@navyfederal.org](mailto:kirsty_cullumber@navyfederal.org), or stop by the Orange Grove Navy Federal Credit Union branch located in the Crossroads Shopping Plaza to sign up.

**GULFPORT CENTRAL MIDDLE**

**SCHOOL - GCMS**, 1310 42nd Ave, Gulfport is asking for 10 proctor/hall monitors April 10, from 7:30 - 11:30 a.m. Contact Erwin Gilliam, Guidance Counselor, 228-870-1020.

**FLORENCE GARDENS 5K RUN** - Flo-Volunteers are needed for the Florence Gardens 5K Run April 13, 4 p.m. All proceeds will benefit Make a Wish. Twelve

volunteers are needed to assist with parking, registration, water stations and other key components of the race. Florence Gardens is located at 12321 Preservation Drive Gulfport. If you are interested in volunteering, please contact Vicki Parkhill, 228-539-5039, ext. 6 or email [www.florencegarden.com](http://www.florencegarden.com).

**SMOKIN' THE SOUND AND SMOKIN' THE LAKE** - Smokin' the Sound and Smokin' the Lake, April 26 - 28, and Smokin' the Lake, May 4 - 5, are returning to the Mississippi Gulf Coast. Race organizers are asking for volunteers to sell and attach wrist bands to event spectators, director spectators to viewing areas and perform other volunteer services. Volunteers will be provided with a meal. If you are interested in volunteering, please contact Chief Ryan Wilber at [ryan.wilber@navy.mil](mailto:ryan.wilber@navy.mil) or stop by the NCBC Public Affairs Office, building 1,

room 205, no later than April 10 to sign up.

**PASS CHRISTIAN BOYS & GIRLS CLUB SOFTBALL BENEFIT** - Four volunteers 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. If you are interested in volunteering or entering a team, please contact Leah Ladner, Balfour Beauty Communities, 228-863-0424 or [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com)

**LONG BEACH SCHOOL DISTRICT** has requested proctors for the May State tests. Contact Christ Spinks, Assistant Superintendent, 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.

**COAST SALVATION ARMY NEEDS VOLUNTEERS** - Volunteers are needed for various projects throughout the year. Contact Shawna Tatge for info, [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org)

**USO GULF COAST** - Get involved with USO Gulf Coast. Thanks to dedicated volunteers, our USO Gulf Coast Centers operate to provide a place to unwind, to connect to families back home or whatever else is needed to ease the burden. Even if you are not able to volunteer on a regular basis, our local USO Gulf Coast Centers often have programs and events that need your support. Interested in becoming a USO volunteer? Visit [usovolunteer.org](http://usovolunteer.org).

## Seabee Memorial Chapel



### 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:

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

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

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

**Divine Worship: Sunday, 10:30 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.

### From AWARD page 7

Cherry said she was "caught off track" when announced the winner, but was happy to be acknowledged by her supervisors.

"I was honored and excited. I am happy to be recognized. It just makes me want to work harder," said Cherry.

Vice Adm. William French, commander, Navy Installations Command, took time to deliver a special message via video to the Appreciation Day award winners, along with all who

work for NGIS worldwide.

"As a frequent visitor to Navy Gateway Inns and Suites, I couldn't be happier with the type of quality service that you provide. ... I know now that wherever I go worldwide I will get a quality night's stay as a result of your efforts. Congratulations on a great day. I wish I could be there with all of you, but all the winners ought to be very proud of standing out in a great crowd of folks who are very professional, delivering quality service every day," said French.



## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the first Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Mary Belanger, 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.

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

**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 pro-

vided. 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/NMCB133\\_FSG/133frg](http://www.wix.com/NMCB133_FSG/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.navywivesclubs-ofamerica.org](http://www.navywivesclubs-ofamerica.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., building 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.seabeeemuseumstore.org](http://www.seabeeemuseumstore.org) or call the gift shop at 228-871-4779 for information on all that is available.

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

From **TRIM** page 3

Sailors can track their food intake to ensure they are maintaining a calorie deficit to promote their weight management goals.

SuperTracker is available at <http://www.choosemyplate.gov/supertracker-tools/super-tracker.html>.

While many may think consuming fewer calories is the key to weight loss, that method can backfire. According to Wallinger, a very low-calorie diet will ultimately slow your metabolism and weight loss and will encourage rapid weight regain when

higher calorie consumption is resumed. The calories individuals need to lose or gain weight varies based on factors such as weight, age and activity level.

"There is a lot of information out there, some good and some bad," said Wallinger. "Speaking with a dietician can help Sailors identify and navigate the best method for their needs."

Sailors may learn more about healthy eating, nutrition and how to locate a dietician at the Navy Nutrition web site at <http://www.public.navy.mil/bu-pers-npc/support/navynutrition/Pages/default2.aspx>.

### Armed Forces MC 2013 Navy-Marine Corps Relief Fund Poker Run . . .

A poker run to benefit the Navy Marine Corps Relief Society(NMCRS) is scheduled for April 20 at the AFMC Clubhouse, 11007 Wolf River Road, Gulfport. Registration is at 10 a.m., first bike out at 11 a.m. and last bike in at 4 p.m. For more information, contact call 228-229-2816.

# Spring Southern Region Military and Civilian Job Fair

**April 9, 9 a.m. - 2 p.m.**

Biloxi Civic Center, 950 W. Howard Ave., Biloxi

Dress as you would for an interview and bring a resume

No admission fee - meet employers with job opportunities in many different fields

Please make child care arrangements before the job fair

**For additional information or help with your resume, call 228-388-7997 or 888-844-3577.**

**For a list of registered employers, visit [jobfairs.ms.gov](http://jobfairs.ms.gov)**

## Fraud, Waste and Abuse Hotline:

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotlines 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).