

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

February 28, 2013



Capt. Rick Burgess, commanding officer, Naval Construction Battalion Center (NCBC) Gulfport/commander, 20th Seabee Readiness Group (SRG) and 20th SRG Command Master Chief Duane Sharp pause for a photo with Logistics Specialist 1st Class Latoya Rogers, 20th SRG, R4, leading petty officer, in recognition of Rogers' recent selection as U.S. Navy Expeditionary Combat Command (NECC) 2012 Shore Sailor of the Year (SOY), Feb. 20. Rogers was previously selected as 20th SRG SOY and First Naval Construction Division (1 NCD) Shore SOY before competing at NECC, and will go on to compete for U.S. Fleet Forces Command (FFC) Shore SOY later this year. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NECC announces 2012 Sailors of the Year

By MC3 Heather M. Paape
Navy Expeditionary Combat
Command Public Affairs

Navy Expeditionary Combat Command (NECC) announced its 2012 Sea Pacific (PAC) and Atlantic (LANT), Shore PAC and LANT, and Reserve Sailors of the Year (SOY) during a luncheon at the Westin Town Center, Virginia Beach, Va., Feb. 13.

Master Chief Jeffrey Covington, NECC force master chief, announced Builder 1st Class (SCW/EXW) Alfred Fehling, assigned to Explosive Ordnance Disposal Group (EODGRU) 1, as

Sea PAC SOY; Electronics Technician 1st Class (EXW/SW) William Hicks, assigned to Coastal Riverine Group 2, as Sea LANT SOY; Explosive Ordnance Disposal 1st Class (EWS/SW) Jacob Shearman, assigned to EODGRU 1, as Shore PAC SOY; Logistics Specialist 1st Class (SCW) Latoya Rogers, assigned to FIRST Naval Construction Division (1NCD), as Shore LANT SOY; and Utilitiesman 1st Class (SCW) Richard Bloomberg, assigned to 1NCD, as Reserve SOY.

See **SOY** page 4

Day of Transition



A historic realignment ceremony was held at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, Feb. 26. During the event, the 25th Naval Construction Regiment (NCR) and 20th Seabee Readiness Group (SRG) combined to make a new organization, Naval Construction Group (NCG) 2. The 22nd NCR was also aligned within NCG 2 and assumed the roles and responsibilities of the 25th NCR. NCG 2 will continue the mission formerly performed by 20 SRG. Top left: Capt. Jeff Borowy, chief of staff, First Naval Construction Division, (NCD), right, Capt. Darius Banaji, 25/22 NCR commander, and 25/22 NCR Command Master Chief Mark Kraninger case the 25 NCR command colors. Top right: Capt. Darius Banaji, left, transfers the 22 NCR command colors to Capt. Stephen Revelas, 22 NCR incoming commander, as Kraninger stands fast. Above: Capt. Rick Burgess, left, commanding officer, NCBC, Capt. Darius Banaji, 20 SRG commander, and 20 SRG Command Master Chief Duane Sharp unfurl the NCG 2 colors. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



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Navy Legal

Correcting credit report errors

By Cynthia L. Catalan

Civilian Legal Assistance
 Attorney, RLSO SE

Are you thinking about borrowing money to buy a home or car? Do you need a line of credit to make home repairs? Have you applied for a new credit card? If your answer to any of these questions is "yes," it is important to make sure information on your credit report is accurate and up to date.

Even if you are not planning on borrowing money, your credit report has special importance if you are an active duty military member, DoD civilian employee or contractor who requires any level of security clearance. If you fall into any of these categories you must undergo a security clearance background investigation which is subject to periodic review. The investigation will identify any adverse information contained in your credit report such as judgments; property repossession; or delinquencies on debts (90 days delinquent or more on current debts and/or 180 days delinquent or more on debts in the previous 7 years).

You should review your credit report before you submit any credit applications and well before your security clearance is up for renewal. Reviewing your credit report in advance will provide an opportunity to correct information. Since September 2012, the federal government, through the Consumer Financial Protection Bureau, has been actively monitoring and conducting on-site investigations to assure that the credit reporting agencies are complying with the law. Previously, there was not much federal oversight. Now may be the best time to correct any inaccurate information on

your credit report.

How do you go about correcting errors on your report? You need not hire a "credit repair" company! The first step is to obtain a credit report from each of the three major nationwide credit reporting agencies: Equifax, Experian, and Trans Union. Each maintain your personal information and individual credit history.

Under the Fair Credit Reporting Act (FCRA), you are entitled to receive a free report from each credit reporting agency once a year. Since creditors are not required to submit information to all three of the agencies, your credit report from one agency will likely contain different information from the others. Initially, you should request a report from all three. Afterwards, you can stagger your request once every four months to take full advantage of the free report allowance (for example, you can request a report from Equifax in January, Experian in May, Trans Union in September and Equifax again the following January and so on). To obtain your free report, request it online through www.annualcreditreport.com (a central website maintained by the three agencies), call 1-877-322-8228, or request it by mail by filling out the Annual Credit Report Request form and mailing it to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

Once you receive your reports, closely inspect your personal information and each entry.

Although you can make corrections or submit a dispute online, it is recommended that you submit a dispute in a written letter to the credit reporting agency clearly explaining

the dispute and requesting the inaccurate information be removed, corrected or updated. It is in your best interest to also include supporting documentation.

The following are the addresses for the three credit reporting agencies:

~ Equifax, 1550 Peachtree Street, NW, Atlanta, Ga 30309-2468

~ Experian, 701 Experian Parkway, Allen, Texas 75013

~ TransUnion, 555 West Adams Street, Chicago, Ill. 60661

After receiving your letter, the agency must initiate an investigation and notify the entity that provided them the information of your dispute with a copy of the information you provided. When notified, the entity must conduct its own investigation. Once complete, that entity must provide the credit reporting agency with a report of the outcome. If your dispute results in a change, the agency must provide you with the results along with a free copy of your credit report. If your dispute is not resolved, you can place a statement of the dispute in your credit file.

Taking the time to review your credit reports can save you from a headache down the road. If you would like help with this process, you can meet with an attorney at the Region Legal Service Office Southeast. Please visit us at http://www.jag.navy.mil/legal_services/rslso/rslso_southeast.htm for more information.

This article is not intended to substitute for the personal advice of a licensed attorney. Contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment.

Recycling Saves! Recycling Pays!



It's all about the green! Did you Know . . .

~ The average American uses 650 pounds of paper each year – 100 million tons of wood could be saved each year if all that paper was recycled.

~ Americans use 2.5 million plastic bottles every hour.

~ A typical family consumes 182 gallons of soda, 29 gallons of juice, 104 gallons of milk, and 26 gallons of bottled water a year. That's a lot of containers that can be recycled!

~ Every month Americans throw out enough glass bottles and jars to fill up a giant skyscraper (think: Empire State Building), but all of these jars are recyclable!

~ More than 20 million Hershey's Kisses are wrapped each day, using 133 square miles of aluminum foil. ALL that foil is recyclable, but not many people realize it so most of it goes in the trash!

Questions about recycling? Call 228-871-4031/3336 or 228-871-3001.

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 United States Navy

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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.

Buzz on the Street

By CECN Lucinda Moise
NCBC Public Affairs

"What do you think about the U.S. Postal Service no longer delivering mail Saturdays?"



"Receiving mail on Saturdays is pretty important; having that extra day . . . gives us the opportunity to receive any letters, cards or important documents that may be time sensitive."

UT3(SCW) Jewel Hunter
NMCB 74
Hometown: Mobile, Ala.



"I can understand why they would stop delivering mail on Saturdays, because a lot of federal employees have weekends off."

EACN(SCW) David Boyd
NMCB 74
Hometown: Atlanta, Ga.



"I think that it will be an inconvenience for those who utilize the mail as a way to communicate and share things with their families."

UTCN(SCW) Jolisa Collins
NMCB 74
Hometown: Augusta, Ga.

Around the Center



Supply Corps Birthday Colmer Dining Facility personnel prepared a special meal followed by a cake cutting in celebration of the Supply Corps birthday on board NCBC Gulfport, Feb. 22. Supply officers from several commands in the Gulf Coast area came together to celebrate their **218th year**. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Rear Admiral Mark A. Handley, commander, First Naval Construction Division (1NCD), presents Charlotte Williams, executive assistant to commanding officer, Naval Construction Battalion Center (NCBC)/commander 20th Seabee Readiness Group (SRG), with the Meritorious Civilian Service award in recognition and appreciation of 24 years of exemplary service on board NCBC. Williams has 35 years of federal service. (U.S. Navy photo by Rob Mims/Released)



Svana Kulefza, lead tailor for the Gulfport Navy Exchange (NEX), tailors a dress blue uniform in the Tailor Shop on board Naval Construction Battalion Center Gulfport, Feb. 25. Items to be tailored can be picked up and dropped off during NEX normal operating hours, Monday - Saturday, 9 a.m. - 8 p.m. and Sunday, 10 a.m. - 6 p.m. The tailor is available for consultations Monday - Friday until 5 p.m. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NMCB 11 Seabees take part in boot study

By MCC(SCW/SW/AW)
Ryan G. Wilber
 NCBC Public Affairs

Personnel from the Navy Clothing and Textile Research Facility (NCTRF) issued Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 two new pairs of boots for wear with the Type III uniform as part of a boot study involving several Navy Expeditionary Combat Command (NECC) units, Feb. 19 - 21.

The study is a follow-on phase of the Type III rollout and includes five styles of boots from three manufacturers, Rocky Brands, the Belleville Boot Company and Bates. NMCB 11's Seabees will officially begin the study March 1, using boots "A" and "B," both steel-toed versions.

The Seabees will wear each version for three months, and afterwards give feedback through a boot usage log and online surveys.

NCTRF Footwear Product Manager, James Martin, said the purpose of the study is not to choose a specific boot for issue,

but to identify the features an authorized boot should contain.

"At the end we are not looking to pick one boot. We're looking to identify the features that people prefer, and what things are acceptable, so when we go out to certify boots we can give SUPPOs (supply officers) and other folks ideas like these are boots that are authorized, these are boots that can be certified for safety and other salient characteristics. We are trying to generate those characteristics with this test," said Martin.

20th Seabee Readiness Group (SRG) Supply Officer Lt. Zach Guthrie said he sees the study involving Seabees as a benefit to the construction units due to their unique mission in the NECC and the demanding physical duties they perform.

"I think it is a tremendous benefit, because our Seabees I think work the boots as much or more than any of the other NECC commands. With the construction projects, with the digging, with the cement work, with everything that they do they need a boot that will last and be comfortable, because



Representatives from Navy Clothing and Textile Research Facility (NCTRF), Rocky Brands and the Belleville Boot Company assist Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 trying on boots at Supply Warehouse building 225 on board Naval Construction Battalion Center (NCBC) Gulfport as they begin a six month boot test, Feb. 21. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

they are wearing them in some pretty harsh areas," said Guthrie.

Martin said he welcomes both good and bad feedback from the Seabees on the boots they are testing, and feels that they are in a good position to make rec-

ommendations that can positively affect the future of their force as regards footwear.

"We are looking for open honest feedback. If they don't like we want to hear that. If they love it we want to hear that as well. If there are things they

think we missed the buck on, and other features they've seen in other boots they have the chance to provide that feedback. The Seabees and Sailors really have a good opportunity to shape the future of footwear for their commands," said Martin.

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From **SOY** page 1

"It's a very humbling experience to be here," said Fehling. "To have won and go on to represent your command at the highest level this program has, really makes you think about where you came from and all the people who helped you get here. There is no way I could have ever gotten here if it wasn't for the people who worked with me."

Earlier in the week, each of the 10 candidates attended an interview board before eight master chief petty officers where they were asked scenario-based leadership questions and judged on their professionalism, military bearing, evaluations and SOY package.

"I was nervous through the whole process of my board," said Rogers. "It wasn't because

I was in front of a bunch of master chiefs, but because I was giving them my whole heart and trying to convey to them everything in me and where I was coming from."

Shearman, Rogers, Fehling and Hicks are now in the competition for Sea and Shore United States Fleet Forces (USFF) Direct Reporting Activities (DRA) SOY where they will continue to compete at the Chief of Naval Operations competition. Bloomberg will move on to the Commander Navy Reserve Force (CNRF) competition. Winners of USFF DRA and CNRF SOY will be meritoriously advanced to the rank of chief petty officer.

"I am very proud of each Sailor and their accomplishments," said Rear Adm. Michael P. Tillotson, commander of NECC. "They all have demonstrated the great-

est level of initiative, innovation and devotion to not only themselves, but also to their shipmates, units and Navy. I am confident each one of them will advance to chief, senior chief and even master chief."

These Sailors represent NECC's enduring force providing capability across the full ranges of military operations in the maritime strategy to include forward presence, humanitarian assistance and disaster response, seas control, power projection, and deterrence, now and in the future.

The Navy's SOY program was established in 1972 and recognizes one Sailor from each command who demonstrates sustained superior performance, proven leadership, outstanding professionalism and dedication to self-improvement.

VITA - Volunteer Income Tax Assistance



The VITA office is open to help with your tax preparation. VITA is located in building 60, room 265. Appointments for self-service tax preparation are being offered Tuesdays, Wednesdays and Fridays, and appointments for full-service for certain circumstances are being offered Mondays - Thursdays, 9 a.m. - 2:30 p.m., and Fridays, 9 a.m. - 1:30 p.m. For general questions or to make an appointment call 228-822-5131.



SEABEE DAY 2013



Naval Construction Battalion Center
Gulfport, Mississippi



MYLES SHARP BAND
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9 a.m. to 4 p.m.

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SEABEE DAY 2013



Time	Event	Location
6 a.m.	Gates open for vendors	
9 a.m.	Seabee Day 2013 opens	
10 a.m.	Opening Ceremony	On Stage
	Rob Mims, NCBC Public Affairs Officer	
	National Anthem by LNC Tracey Mitchell	
	Invocation by Chaplain Smith	
	God Bless America by Lt. Cmdr. Hawthorne	
	CAPT. Rick Burgess, NCBC Commanding Officer	
	Weight Loss Challenge Winner Presentation	
	Zumba Demonstration by Luana Flint	
	Convoy Security Team Demonstration	Parade Field
10:30 - 11:30 a.m.	Jennifer Donovan (Pop/country)	On Stage
11:30 - 11:45 a.m.	Hooters Chicken Wing Eating Contest	In Front of Stage
11:45 - noon	Convoy Security Team Demonstration	Parade Field
noon - 1 p.m.	Myles Sharp w/Rebecca Powers	On Stage
1 - 1:15 p.m.	Zumba Demonstration by Luana Flint	On Stage
1:15 - 2:15 p.m.	Myles Sharp w/Rebecca Powers	On Stage
2:15 - 2:30 p.m.	Convoy Security Team Demonstration	Parade Field
2:30 - 4 p.m.	Myles Sharp w/Rebecca Powers	On Stage
4 p.m.	Seabee Day 2012 closes - Rob Mims	On Stage
4-5 p.m.	Vendors Depart	
All Day Events		
Time	Event	Location
Starts at 9 a.m.	Free Carnival Rides and Free Kids Play Area (Petting Zoo, Pony Rides, Moon Bounce, Rock Climbing Wall, Carnival Games, etc.)	Parade Field/Youth Activities Center Ball Field

SEABEE BALL



MARCH 23 AT 7 P.M.

COCKTAILS AT 6

MISSISSIPPI

COAST COLISEUM

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MARCH 23/24 5 P.M. TO 7 A.M. W/ PURCHASE OF TICKET!**

COMMAND POINTS OF CONTACT FOR TICKET SALES/INFORMATION:

NMCB 1: CUCM JOSH SCHLEGEL, (UNTIL AP/MB RETURN)
NMCB 11: BUC ANTHONY BOLDREY
NMCB 74: CM1 JOSEPH SHIMKO
NMCB 133: EAC BRANDON HILL
NCTC: BUC MARIO SOLARES AND EOC JOSH BRAND

22/25NCR: CECS CLINT RAINEY AND HMC CHARLOTTE REIJO
20SRG/LDO & CWO: ENSIGN MATT CATANESE AND BU2 KATHERINE RUBIO
AFRH: EAC BRANDON HILL
VIP: CHARLOTTE WILLIAMS

**TICKETS: E-7 AND ABOVE: \$40,
E-6 & BELOW: \$20, CIVILIANS: \$40**

NMCB 15 solves Final Evaluation Problem (FEP)



CAMP SHELBY, Miss. - Builder 2nd Class Felicia Roddey of Naval Mobile Construction Battalion (NMCB) 15, works to deconstruct a sea hut during their Final Evaluation Problem (FEP) before deployment. FEP is used to train and evaluate Seabees on various scenarios they may face. NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that act as combat engineers and support various units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)



CAMP SHELBY, Miss. - Builder 1st Class Lincoln Ryan of Naval Mobile Construction Battalion (NMCB) 15, helps to remove the A-frames from a sea hut during their Final Evaluation Problem (FEP) before deployment. FEP is used to train and evaluate Seabees on various scenarios they may face. Personnel from ten detachments in five states, (Missouri, Kansas, Iowa, Nebraska, and South Dakota) make up NMCB-15. The battalion's Readiness Support Site and Headquarters is located in Belton, Mo., where the property was developed and the facilities constructed by the battalion's Seabees. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)

Exercise to impact NCBC . . . Due to Exercise Citadel Shield 2013, Broad Ave. gate will be closed Feb. 28, from 12:45 to 1:45 p.m. Use 28th Street and Pass Road gates to enter and exit the base. In addition, buildings 1, 114, 119, 120 and PSD, will suspend all operations during that time. We apologize for any inconvenience this exercise may cause. Your patience and understanding is greatly appreciated. This annual training exercise will be conducted on naval bases and installations throughout the continental United States. For more information about Exercise Citadel Shield 2013, contact NCBC Public Affairs, 228-871-2699.

Course cancellation . . . Due to budgetary constraints, Human Resources Service Center (HRSC) Southeast has advised Introduction to Supervision, April 29 is cancelled.

Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

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COROZAL, Belize (Feb. 20, 2013) Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 202 and members of the Belize Defense Force build a shower unit at a base camp in Corozal, Belize. The Seabees are participating in Southern Partnership Station 2013 in the U.S. 4th Fleet area of responsibility. (U.S. Air Force photo by Staff Sgt. Ashley Hyatt/Released)

Southern Partnership Station building skills, structures in Belize

By Staff Sgt. Ashley Hyatt
Southern Partnership Station
Public Affairs

Navy Construction Battalion Maintenance Unit 202 (CBMU) Seabees and the Riverine Squadron 2, Det. 2 (RIVRON 2) arrived here to set up for the start of Southern Partnership Station 2013 Feb. 19.

This was the first stop in a multi-country deployment in the U.S. Navy's 4th Fleet area of responsibility. Both units will stay remain in Belize and work hand-in-hand with their Belize Defense Force counterparts for nearly three weeks to build

partnership and interoperability.

Seabees will work to build a multi-purpose open bay structure, known as a seahut, and provide the materials for up to two additional buildings.

"We are here not only to build a seahut with the Belizean Defense Force, but also pass on our knowledge so they can accurately and efficiently build more in the future," said Builder 2nd Class Nathaniel Devinentis, CBMU 202.

RIVRON 2 will share their expertise with the Belizean Defense Force and help them

improve their skills in areas such as interdiction and inserts and extracts of security teams on the water.

"Our end goal is to give the Belizean Defense Force what they need to succeed. If they learn it and implement it, then it's a good day for us," said Chief Boatswain Mate Jason Hatfield, RIVRON 2.

The two units have separate missions but share a common purpose; to maintain a strong relationship with the Belizean Defense Force and share ideas, experience and technology.

Navy Seabees, Air Force compete in annual Seabee Olympics

By MC3 Dustin Sosco
Joint-Base Pearl Harbor-Hickam
Public Affairs

Sailors from Construction Battalion Maintenance Unit (CBMU) 303, Naval Facilities Engineering Command (NAVFAC) Pacific Seabee Self-help, NAVFAC wardroom, and Air Force engineers competed in the Seabee Olympics held at Quick Field Joint Base Pearl Harbor-Hickam Feb. 22.

The events are held annually one week prior to the Seabee Ball to build camaraderie between the different Seabee commands with a series of events that test building skills, strength, speed and coordination.

"It goes before the Seabee Ball in celebration of the Seabee birthday," said Construction Mechanic 2nd Class Vincent Pasetes, assigned to CBMU 303. "Once a year, we do games that promote camaraderie, but they also reflect what we do as far as the construction side and engineering side. It's a little fun thing every year."

This year also marks the 71st anniversary of the Navy Seabees and the 161st anniversary of the Civil Engineer Corps.

The competition included a nail-drive rally race, ultimate frisbee,

flag football and a humvee push. The teams also competed in a building project in which each team was given a limited amount of materials to design and build something that was functional, durable and creative.

Steelworker 2nd Class Jeff Conmy remarked upon the significance of the Air Force participating in the Seabee Olympics and how the event might be with the involvement of other branches of the military.

"It's great to get the other branches out here," Conmy said. "It would be awesome if we could get some Army engineers and maybe even some Marine Corps combat engineers out here. It's always good to just bring everybody; every branch has their specialty. Just seeing that, what they bring to the table, always makes everybody stronger," Conmy concluded.

The mission of CBMU 303 is to provide the Navy and Marine Corps with technically trained personnel and specialized equipment to perform public works functions at advance bases of a contingency construction nature and to backfill Public Works organizations of existing bases or civilian facilities with imminent danger or other emergency situations.



Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 303 participate in a humvee push during an annual Seabee Olympics at Quick Field on Joint Base Pearl Harbor-Hickam. The events, a tradition held before the annual Seabee Ball, are held to build camaraderie amongst the different construction battalions in Hawaii. (U.S. Navy photo by Mass Communication Specialist 3rd Class Dustin W. Sisco/Released)

Environmental Quality Board to meet . . . The NCBC Environmental Quality

Board will meet Feb. 28 at 2 p.m., in the building 1, commanding officer's conference room. For more information, please call 228-871-2026.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

Confectionary Comforts



Running my fingertip along the wrinkled peak of thin, gold foil, I find an edge. I insert a nail under the delicate lip and lift the sheet, hearing it crinkle as it expands like an accordion. I pause a moment, just long enough to pinch the end of the tiny paper strip, and tug it free from its host.

Satisfied that the sheath has been removed intact, I crumple the shiny square of foil and paper strip into a ball, and discard it. Popping the freed morsel into my mouth, I let it sit on my tongue for a few seconds, and feel my body's heat react with the sugary drop. As it melts, a fragment of almond is revealed. In a sudden movement of tongue and teeth, I swipe the nut between my molars and feel it crack under pressure.

As I swallow the delicious mixture, my fingers search the bag for my next Hershey Kiss with Almonds. . . .

More than I should, I find myself reaching for chocolate. One might think the rich texture and undeniably delicious flavor of this popular confection tempts me, but I have a different motivation for eating chocolate.

Like a baby, I crave something

soothing and repetitive when I'm stressed, tired or bored. Since Gerber doesn't make pacifiers for 46-year-olds, and my husband isn't inclined to rock me in a rocking chair, I opt for sweet treats.

I'm not talking about gorging on devil's food cake, or slurping up Hot Fudge Brownie Delights. While I have been known to indulge in those delicacies from time to time, I find more comfort in chocolate treats that lend themselves to a prolonged ritualistic enjoyment of the process of eating chocolate.

Stressing over deployments, PCSes, and new orders always causes a flare up in my need for comfort, so during these military events, I hit the chocolate pretty hard. Hershey Kisses with Almonds have been my recent remedy of choice, mostly because eating each tiny morsel involves several repetitive steps that I find quite soothing.

When I can't get my hands on those, Girl Scout's Thin Mints Cookies are a reasonable substitute for my chocolate therapy. Regardless of the nutrition label, I've found that, an entire sleeve of these delectable disks may be needed to calm the nerves.

Extracting a cookie from the top of the stack, I place it on my tongue and allow it to steep. The chocolate coating slowly melts, and then my saliva soaks into the crisp center, dissolving it into a mouthful of minty mush. I chew any remaining crunchy bits and swallow, as I lift another disk from the sleeve.

Even as a child, I remember ritualizing my consumption of

treats. I never understood a kid who could take a bag of M&Ms, tear open the top, and pour the whole thing into his upturned mouth. What a waste!

I, on the other hand, would maximize my enjoyment, spreading the contents of each bag out, and separating the candies out into their colors (which were, back then, orange, green, yellow, dark brown and light brown.) I would then analyze each pile, eating only the most flawed morsels. Those that were misshapen or had an imperfect "M" were goners. I continued this process until I had whittled the lot down to one of each color. Those five, the Chosen Ones, would be scooped up together and ceremoniously sacrificed in one final chomp.

This may all sound nuts, but in times of stress, everyone turns to something for relief, and I figure that three-quarters of a bag of Hershey Kisses with Almonds is measurably better for one's mental and physical health than three packs of Camels and a pint of Jose Quervo.

So why not dissect a dozen peanut butter cups, nibble the chocolate off the nougat center of a Three Musketeers Bar, or methodically pick apart a pair of Little Debbie Swiss Cake Rolls? It tastes good, it feels good, and stress melts away as fast as a chocolate Kiss on your tongue.

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

Navy updates hazing reporting policies

From Chief of Naval Personnel Public Affairs

The Navy initiated new measures to track and prevent cases of hazing, as announced in Naval Administrative message 137/13, released Feb. 20.

Hazing occurs when a service member causes another to be exposed to cruel, abusive, humiliating, oppressive, demeaning, or harmful activities. Hazing can be physical, verbal, or psychological in nature. This behavior is contrary to the Navy's core values of honor, courage, and commitment, as expressed by Adm. Scott Van Buskirk, chief of Naval Personnel.

"Hazing has no place within the Navy's culture of dignity and respect for every Sailor," said Van Buskirk. "It diminishes our Sailors' trust in their Shipmates, their unit and our organization, it affects readiness, and it will not be tolerated. It is the responsibility of every Sailor and deckplate leader to both reject and report hazing."

The NAVADMIN establishes the Navy Office of Hazing Prevention (OPNAV N137) as the lead entity for hazing policy and tracking substantiated cases. Within each command, hazing is tracked by assigned command managed equal opportunity (CMEO) program managers, equal opportunity advisors, and equal opportunity program managers, who will then work with commanding officers to ensure timely reporting of incidents.

Reporting procedures are outlined in the NAVADMIN.

The Navy Office of Hazing Prevention is working to expand the Military Equal Opportunity Network (MEONet) database to include tracking information on hazing incidents. MEONet is a standalone online web-based program that standardizes, tracks and reports administrative actions associated with the primary duties of EO advisors and CMEO program managers.

Tracking substantiated hazing events is vital to determining the extent to which these events are occurring and the nature of such events, as well as analyzing trends. Incidents of hazing will be reported by the Navy Office of Hazing Prevention to the Chief of Naval Personnel quarterly.

The full Department of Navy policy on hazing can be found in SECNAVINST 1610.2A.

For more news from the Navy Office of Diversity and Inclusion, visit <http://www.public.navy.mil/bupers-npc/support/diversity>

Update NFAAS information: All military personnel and civilian employees are required to complete a semi-annual update/verification of personnel information in Navy Family Accountability and Assessment System (NFAAS.) To complete your update/verification, please utilize the NFAAS site at <https://navyfamily.navy.mil>. Log in and update member information under the "my info" tab, "contact information" section. Update family member information under the "my info" tab, "family member info" section. Edit member and family member information as necessary and verify as current.

Focus on Education

Representatives of William Carey University . . . William Carey University representatives will be in the Navy College Service Office (building 60, second floor) March 6, 10 a.m. - 2 p.m., to answer questions and provide information on available degree programs that are offered the University's campus in Biloxi. For more information, call 228-702-1847 or visit www.wmcarey.edu.

Navy Announces Conversion Opportunities to Navy Counselor . . .

The Navy is seeking motivated first and second class petty officers with Career Counselor experience to consider applying for a rating conversion to Navy Counselor (NC). Complete eligibility and application guidance is outlined in MILPERSMAN 1440-020 available from the Navy Personnel Command web site at www.npc.navy.mil

Navy 311 Has Answers to Your Questions . . .

NAVY 311 is ready to help Sailors answer any question, anywhere, anytime. NAVY 311 is the single point of entry for help desk support across the Navy. Ask NAVY 311 about systems, equipment, training, personnel, facilities, career, IT, medical, logistics, quality of life and more. Whether you're at sea, in port, on duty or liberty, NAVY 311 is available 24/7 via phone (855-NAVY311), email, web, text, chat and more.



NMCRS Thrift Shop Annual Seabee Ball Gown Fashion Show

March 1, 6 - 8 p.m.
NCBC Training Hall
Light refreshments
will be served



The gowns worn at the Fashion Show will be available for purchase March 2 from 10 a.m. - 1 p.m. at the base Thrift Shop, building 29.



FREE SUMMER CAMP

FOR MILITARY KIDS



The National Military Family Association's *Operation Purple*® camps offer a free week of fun for military kids with parents who have been, are currently, or will be deployed. Visit MilitaryFamily.org for registration information or additional locations and dates.

**SIGN UP TO ATTEND
THE CAMP IN YOUR AREA.**

WHERE: YMCA CAMP CHANDLER
WETUMPKA, AL

WHEN: JUNE 17-21, 2013

Applications accepted until March 4



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



Fitness

After a good work out, what better gift to the one you care about than a massage! All massages offered through the CBC Fitness Center for the month of February are \$5 off. Surprise the one you love with something healthier and more rewarding than sweets! Call Julie at 228-297-5601 for rates and to schedule an appointment today!

It's time for Command Intramural Softball. Doing the same old work out can get boring. Make it fun and add in that healthy competition that pushes you just a little bit further. The CBC Fitness Center offers great intramural sports opportunities. Intramural sports vary seasonally and have a limited time for sign up. Call today for details 228-822-5109.

Recreation

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 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, Movies cancelled due to special event. **Saturday,** "Monsters Inc," G, 11 a.m.; "Ice Age" PG, 1:15 p.m.; "Playing for Keeps," PG13, 3:30 p.m.; "Skyfall," PG13, 5:45 p.m. **Sunday,** "Wreck It Ralph," PG, 2 p.m.; "Life of Pi," PG, 4:30 p.m.

Information, Tickets and Travel:

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 3rd Day Free tickets! Call for info.

Getting ready for a Spring Break Getaway? Get up to 60 percent off lodging rates for military and DOD personnel at more than 450 hotels, resorts, condominium resorts, vacation homes, log cabin rentals and Bed & Breakfast Inns throughout the US. Available at ITT through the Military Ticket Voucher program! Call 228-871-2231 for more information.

Liberty Center

Stop by the Liberty Center on Friday at 6 p.m. for a FREE Ping Pong tournament. Show everyone you came to win.

On Saturday, get ready for some fine dining! Take Liberty's FREE Downtown Dinner Dash shuttle - departs at 6 p.m.



Navy Outdoor Recreation:

March is here and NOR has the best deal for you on camping equipment: With a 20 percent discount, get two sleeping bags, one lantern, one 12 x 10 tent and two folding chairs for just \$12.80. No one else can touch these prices!



"Military Saves" Poker Run

- ♥ Start Date/Time - March 5, 2013 @ 0900
- ♣ End Date/Time - March 6, 2013 @ 1700
- ♦ Start/End Location - The Liberty Center
- ♠ Participate individually or in groups of four

Open to all Service Members
Prizes will be awarded for the best Poker Hand

For more information, contact:

Kirk Kelly at MWR (228) 822-5172 or Saudi Rodgers at FFSC (228) 871-3000

Food and Beverage:

The Beehive is now open every day of the week! Watch the game on one of our seven flat screens, play a little pool, and enjoy good times with friends! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Don't want to get out in the cold for lunch? Let The Grill bring it to you. The Grill offers lunch delivery Monday - Friday from 11 a.m. - 1 p.m. Call

228-871-2494 to place your order. Fight that early morning chill by getting a hot breakfast. The Grill is open as early as 6:30 a.m. Take your pick 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 Offi-

cers. Stop by and shake off the day with comrades.

Youth Activities

Become an ALL-STAR! Sign up today for Iddy Biddy T-Ball, from now until March 29. Children must be age three or older by April first to be eligible. The program is open to youth ages three-four. A \$35 fee includes uniform, participation award and end of season banquet expenses. Call J.J. Atkinson, Youth Programs Supervisor, at 228-871-2251 for more information.

For more

MWR

program

information

contact:

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	228-871-2127
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



RIDE2RECOVERY GULF COAST

CHALLENGE - R2R will be traveling on the Gulf Coast, from New Orleans to Tallahassee March 4 - 8 with over 200 Wounded Warriors participating. March 4 in Mobile, Ala., the USO Gulf Coast will be hosting a Casino Night from 6 - 10 p.m. and needs 20 volunteers to assist with this event and to volunteer as amateur dealers (no experience necessary.) For more info please contact usogulfcoast@uso.org

SMOKIN' THE SOUND AND SMOKIN' THE LAKE - Smokin' the Sound and Smokin' the Sound, April 26 - 28, and Smokin' the Lake, May 4 - 5, are return-

ing 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 or stop by the NCBC Public Affairs Office, building 1, room 205, no later than March 30 to sign up for a shift.

LONG BEACH ALTERNATIVE

SCHOOL SEEKS MENTORS - Long Beach Alternative School on Old Pass Road in Long Beach is looking for men-

tors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison, 228-865-1956 if interested.

WOOLMARKET ELEMENTARY

SCHOOL SEEKS MENTORS - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information or to volunteer.

COAST SALVATION ARMY NEEDS

VOLUNTEERS - Volunteers are need for

various projects throughout the year.

Contact Shawna Tatge for info, Shawna_Tatge@uss.salvationarmy.org

VOLUNTEER WITH USO - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit

<http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMP5 2nd Floor, NCBC and Gulfport Biloxi International Airport.)

PROFESSIONAL GOLF ASSOCIATION

NEEDS VOLUNTEERS - Volunteers are needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman,

Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the week, meals during shift, six good-any-day tickets, a free round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

DRIFTWOOD NURSING HOME

- Want to make a difference in the life of the elderly then volunteer with Driftwood Nursing Home located right outside the Broad Avenue gate. Contact Christina to volunteer, 228-243-3421.

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.

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.



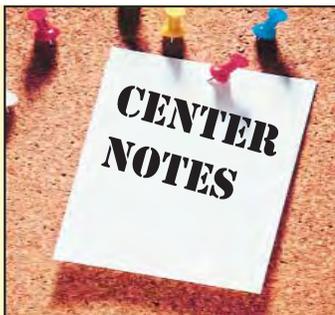
To report information by Cell text:

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, 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.



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 the FRG and Ombudsman website at <http://nmcb11.webs.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 provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, http://www.wix.com/NMCB133_FSG/133frg.

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. 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 and will be hosting a meeting for new member Feb. 16. 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 for more info 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 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 information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was 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 or log onto 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 and all that is offered to members.

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 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

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Monday-Friday, 8 a.m. - 4 p.m.