

# SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

May 15, 2014

## NCBC Celebrates Military Spouses

By UTCN Alicia Fluty  
NCBC, Public Affairs

It is often heard what an honorable job military personnel do on a daily basis; however, all too often it is forgotten that the ones they leave at home share equally in their military duties. They are moms and dads, the pillars of strength in their families who serve as steady and supportive partners to the heroes in uniform who protect and defend this country.

To honor those military spouses, Families Overcoming Under Stress (FOCUS) and Naval Construction Group (NCG) 2 hosted a Military Spouse Appreciation Day event at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, May 14. The guest speaker for the event was 2014 Armed Forces Insurance (AFI) Navy Spouse of the Year Tammy Meyer.

Meyer, an Inc. 500 Grow Co Military Entrepreneur special delegate, certified life coach, yoga instructor, personal trainer and Seabee spouse, shared her experience and strategies on navigating the unique demands of a military lifestyle, encouraging other military spouses to pursue their passions, dare to dream and to keep their own iden-

tity while supporting their spouse and family.

"There are so many different roles, titles, labels that we have when it comes to being a military spouse, because there are so many things we can be involved in," said Meyer. "Sometimes some people don't have anything; they are really trying to find their place, trying to find those connections. This self-discovery journey is an opportunity to get back to who you are and what it is like just to be you, because it gets lost along the way. We lose our identity slowly or quicker through the PCSs and deployments."

Military spouses make numerous sacrifices, from willingly becoming "single parents" the moment their husband or wife's plane or ship departs for deployment to moving from duty station to duty station, picking up their families and careers whenever their country asks. They keep their households running, while dealing with the strain of military life.

"Being a military spouse is very challenging," said Joana Alvarez, Navy Exchange (NEX) sales associate and Navy wife. "It is a lot to take in, but there are a lot of benefits to it as well. When my husband deploys

See **SPOUSE** Page 6

## NMCB 74 pushes dirt in HOA



**CAMP LEMONNIER DJIBOUTI, AFRICA - Equipment Operator Second Class Johnathan Hattula attached to Naval Mobile Construction Battalion (NMCB) 74 Detail (DET) Horn of Africa (HOA) operates a 120 Grader to level ground for a project in a remote area. NMCB 74 DET HOA is deployed Camp Lemonnier, Djibouti Africa (CJDL) in support of Combined Joint Task Force (CJTF) HOA. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships. (U.S. Navy photo by Equipment Operator Constructionman Chelsey Blasko)**

See more NMCB 74, Det. HOA photos on Page 6



## NMCB 28 Decommissioning Ceremony

Everyone is invited to the NMCB 28 decommissioning ceremony May 17, 3 p.m., NCBC Gulfport Parade Field. Reception to follow ceremony. Inclement weather site: Training Hall, building 446 -Outgoing CO, Cmdr. Curtis L. Smith, CEC, USNR

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# CNO explains Navy's compensation reform at congressional hearing

By MCC Julianne Metzger

WASHINGTON (NNS) -- Chief of Naval Operations testified before the Senate Armed Services Committee (SASC) encouraging Congress to accept and implement the Department of Defense budget proposal recommendation to slow growth of service members' pay and compensation.

"We cannot sustain our current personnel cost trajectory," said Greenert. "We need to address this problem sooner rather than later."

Greenert stated both he and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens heard in their travels around the fleet, a vast majority of Sailors and families believe that their compensation matches well with their civilian counterparts.

Since 2001, Navy manpower has shrunk significantly due to the elimination of 25 ships from the fleet. Meanwhile rising personnel costs have spiked which have been a burden on the Navy's ability to balance investments, said Greenert.

"Our Sailors and families are not enthusiastic about compensation reform," said Greenert. However, he added, "they were clear that their quality of service - their work environment - needs to improve."

The DOD proposed compensation reforms are estimated to generate a savings to the Navy of \$123 million in fiscal year 2015 and \$3.1 billion over the Future Years Defense Plan (FYDP).

"I intend to reinvest any and all of these savings into Sailor Quality of Service enhancements," Greenert said.

Greenert said quality of service enhancements resulting from proposed budget savings include: increasing sea pay, critical skills incentive pays; improving and constructing barracks, training buildings, MWR and fitness centers; providing school and trainings; purchasing tactical trainers and simulators; purchasing spare parts, tools and providing more maintenance opportunities.

"All of these reinvestments address

'dissatisfiers' in our Sailors' quality of service," said Greenert. "These enhancements help Sailors get their jobs done effectively and safely, while addressing our critical manning, training and equipping challenges."

If Congress denies authority for the DOD compensation savings proposals, the Navy would be unable to enact Sailor quality of service improvements.

There would also be an additional bill of \$4 billion resulting from pay raises. Greenert said that would compel the Navy to reduce readiness, shipbuilding and aircraft procurement even further.

"Our Navy would be less ready, less modern and less able to execute the missions outlined in the Defense Strategic Guidance," said Greenert.

During the hearing it was evident these budget decisions are tough but necessary, Greenert explained. Under the current budget these choices are necessary to better balance Sailors' needs to ensure the Navy remains forward and ready, he said.

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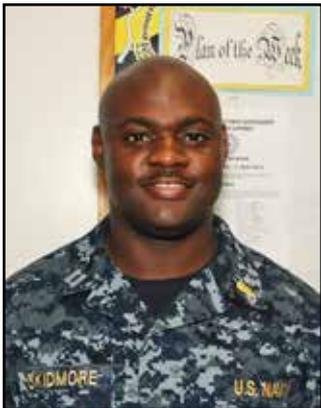

**Fraud, Waste and Abuse Hotline**

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, Email: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil)

# BUZZ on the Street

By CE2(SCW) Courtney Demastus, NCBC Public Affairs

Did you donate to the NMCRS Bee Wash? Who's your lucky vote?



"I plan to make a donation and select Cmdr. Meyer and BMC Stanley Weaver."

**Lt. Terrance Skidmore**  
NCBC Gulfport, FFSC  
Hometown: Plaquemine, La.



"A group of us at the Chapel are donating and plan to vote for Chief Butucel."

**BUCN Jessica Jones**  
NCBC Gulfport, Chapel  
Hometown: Fayetteville, N.C.



"I plan to donate and nominate EQCM Burkert."

**BU2 Wyman Tolbert**  
NMCB 11  
Hometown: Clarkston, Ga.



Rear Adm. (Sel) Louis Cariello, deputy commander, Navy Expeditionary Combat Command (NECC), speaks with Builder 3rd Class David Gobel, front right, assigned to Naval Mobile Construction Battalion (NMCB) 133, during a visit with NMCB 133 Seabees at the Technical Trainer on board NCBC Gulfport, May 6. During his tour of the Seabee Base, Cariello held office calls with base leadership, spoke during a Junior Officer Symposium at the Naval Construction Group (NCG) 2 Tactical Training Facility and set down for a special lunch with junior troops at the Colmer Dinning Facility. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Construction Mechanic 2nd Class Michael Weston, left, Builder 1st Class Kyle Saylor, middle, Steelworker 1st Class Richard Tidrick, instructors at Contingency Construction Crew Training (CCCT), clean up the facilities yard and store materials to be used on Field Exercises (FEXs) on board NCBC Gulfport, May 7. Training offered by CCCT prepares battalions for Field Training Exercises (FTXs) and deployments. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Contractors for Kalman & Company, Inc., Joseph King, front left, and Alphonso Roundtree, assist Equipment Operator Constructionman Albert Purvis, front right, and Equipment Operator Constructionman Ellis Hansell, assigned to Naval Mobile Construction Battalion (NMCB) 11, with Personal Gear Issue (PGI) turn-in and refresh on board NCBC Gulfport, May 9. The Supply Warehouse PGI Department services preserve mission readiness by providing deployable personnel with proper gear. Hours of operation are Mondays - Fridays, 7 a.m. - 4 p.m., Saturdays and Sundays, closed. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



# Mother-child tea at CDC

Mothers joined their children at the Child Development Center (CDC) for a snack, popsicles and tea on board NCBC Gulfport, May 9. Each year the CDC hosts

a mother-child social to honor the moms for Mother's Day. (U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)



## FOCUS/NEX Coloring Contest Winners



Kindall (left) Hope (middle) and Kayla, winners of the Families OverComing Under Stress (FOCUS) and Navy Exchange (NEX) sponsored coloring contest display their art following the judging at the Gulfport NEX. They each received a \$20 NEX gift card as their prize. The contest was part of the Month of the Military Child activities on board NCBC Gulfport. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

## Victim advocates wrap up SAAM



Victim advocates (VAs) attached to commands on board NCBC Gulfport and Stennis Space Center came together at the Seabee Memorial Chapel for a Pot Luck lunch signifying the completion of Sexual Assault Awareness Month (SAAM) on board NCBC Gulfport, May 8. During the event, Sexual Assault Response Coordinator (SARC) Michael Jordy and Sexual Assault Prevention and Response (SAPR) Victim Advocacy Specialist Shannon Harden expressed their appreciation for the VAs, and several Sailors were recognized by Capt. Paul Odenthal, commanding officer, NCBC Gulfport, for performance beyond the scope of their required duties. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

## NEW NMCRS HOURS



The Navy-Marine Corps Relief Society has new hours. The NMCRS office is now open Monday, Tuesday, Wednesday and Friday 8 a.m. - 3 p.m. On Thursdays, the office is open 8 a.m. - 6 p.m. Thrift Shop hours are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. Open Thursdays, 4 - 7 p.m. Drop by for some good deals!

## Stay up to date on all that is happening on board NCBC

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [seabecourier@navy.mil](mailto:seabecourier@navy.mil) and check out the new and improved website at: [http://www.cnrc.navy.mil/regions/cnrse/installations/nbc\\_gulfport](http://www.cnrc.navy.mil/regions/cnrse/installations/nbc_gulfport).

# Navy Public Works professionals recognized

## Courtesy of NAVFAC HQ Public Affairs

WASHINGTON – Approximately 10,000 Naval Facilities Engineering Command (NAVFAC) public works professionals are celebrating National Public Works Week, which began yesterday, May 18 and runs through May 24.

National Public Works Week started in 1960 as part of a public education campaign by the American Public Works Association (APWA). The week-long event seeks to raise the public's awareness about public works issues and public works employees who are dedicated to improving the quality of life for present and future generations. This year's theme is "Building for Today, Planning for Tomorrow."

"We are fortunate to have a great team of Civil Engineer Corps (CEC) officers and NAVFAC civilians, along

with our contractor partners, providing full-service public works and energy support to Navy and Marine Corps commanders around the world," said NAVFAC Commander Rear Adm. Kate Gregory.

NAVFAC has provided management and leadership of Navy public works for more than 170 years. As the Navy's public works officers, CEC officers lead Navy and Marine Corps public works departments (PWD) around the globe in providing comprehensive shore installation facility engineering, acquisition, environmental, and transportation services. A lot of this essential work goes unnoticed, but the behind-the-scenes effort performed in providing vital public works services such as electricity, water, and wastewater management is a central enabler for a lot of what happens on Navy and Marine Corps bases worldwide.



**Scott Cornell, pest control operator at NCBC Gulfport Public Works Department (PWD), mixes fire ant pesticides at the pesticide facilities to later be spray around the buildings on board NCBC Gulfport, May 13. One of the Navy policies to pest management is safeguard human health, morale and quality of life by controlling pests that transmit diseases, annoy personnel, or represent a hazard to public health, safety or quality of life.** (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

NAVFAC's public works professionals are at the forefront of executing cutting-edge energy projects for Commander, Navy Installations Command to

help meet the Secretary of the Navy's energy goals. Advanced metering, renewable energy, and residential energy conservation projects are helping to reduce the

demand for energy on and off base.

PWD personnel are always some of the first at the pier when a ship returns to base, providing utilities and hotel services that include electrical hookups to shore. They also enable Navy warfighters to conduct their missions by ensuring runways are in good working order and are clear of any foreign object debris, which can cause damage to planes and injury to personnel.

Last year NAVFAC PWDs helped keep naval facilities and infrastructure around the world well maintained and managed, as more than 480,000 service calls and 51,000 emergency calls were recorded and completed in 2013.

"The men and women who work at our PWDs often don't get the recognition they deserve," Gregory said. "But they are essential for those they serve and for any base to run smoothly."

**Base Housing**  
**Yard Sale**  
**May 17**  
**8 a.m. - 1 p.m.**

All residents may put their sale items in their front yard.

## Military Family Appreciation Day event

There will be a Military Family Appreciation Day from 11 a.m. to 4 p.m. May 17 at the Trent Lott Air National Guard Base off Hewes Ave. in Gulfport.

The event will be in the Community Center (building #5) and feature free grilled chicken, hamburgers, hot dogs, corn dogs, soft drinks and much more. This free event will also feature bouncy houses, children's movies, games and children's door prizes. A paleontologist will help the first 250 children dig for and take home a real piece of dinosaur bone. This free event is open to all active duty, Reserve, National Guard, retired members and their families.

May 15, 2014

Seabee Courier

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## Underwater Construction Team

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 Dive Motivators at 757-462-4313/3982 or email swc Bryans at sean.bryans@navy.mil and SW1 Hefner at christopher.hefner@navy.mil.



**NCBC GULFPORT**  
**SEABEE VOLKSLAUF**  
**MUD RUN**

**SATURDAY, OCTOBER 4 AT 8AM**

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**April 15 AT**  
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[www.seabeevolkslaufmudrun.com](http://www.seabeevolkslaufmudrun.com)

# NMCB 1 Helps Build a Better Future for Students in Cebu



**Seabees from the Naval Mobile Construction Battalion (NMCB) 1 Civic Construction Action Detail (CCAD) Philippines construct two classrooms onto an existing schoolhouse with soldiers from the Philippine Army during their 2014 Pacific Deployment to the Pacific. The humanitarian work of NMCB 1 in Carcar City exemplifies the ongoing commitment of the U.S. to help the Philippines continue to rebuild its infrastructure, lending to increased stability and prosperity in the Asia-Pacific region.** (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

**By MCC Kim Martinez  
NMCB 1, Public Affairs**

Seabees from Naval Mobile Construction Battalion 1 Construction Civic Action Detail Philippines are conducting humanitarian assistance and construction operations in Cebu City and Carcar, Philippines, as part of their 2014 deployment to the Pacific.

In the spirit of "tapat na kalooban," the Tagalog phrase for goodwill, the Seabees and soldiers from the Philippine Army are building a two-classroom extension to a local school, which will accommodate more students.

"This project is important and very much appreciated by the local population since this school's total population

is about 400 high school and 200 lower level students," said Capt. Espargia, Philippine Army 53rd Engineering Construction Brigade team leader for the Bayanihan Carcar City, Cebu. "If you see the make-shift building that the high school is currently using, it is not conducive to learning, so the population is very thankful for the Seabees upcoming project."

Espargia said that the team's impact will not only be from the actual work completed at the school, but also through their presence and interaction with the local Filipinos.

"Our team is very willing to assist the U.S. Navy Seabees in order to bring these projects to the city of Carcar, Cebu." The population of people in the area notices our relationship between the U.S. Navy and the Philippine Army working together and is much appreciated," said Espargia. "The populace around here, from time to time, come onsite just to see our personnel and the Seabees working together. The people of the community are excited to see the structures rise. The school and the structures will be-

come a memorial gift to us from the U.S. Navy."

NMCB 1 is also partnering with the Cebu City Police to make additions to their marksmanship course by constructing training concealment barriers at their Cebu City base.

"We focus on intelligence security operations for our area. Our partnership with the Seabees will benefit us a lot because the tactics and techniques will help enhance our training," said Police Senior Inspector Joeson Parallag from Regional Public Safety Battalion 7. "For us in the military and the police, we see our support from [Seabees] and how it will help us to improve at our job and what we do for our people."

"It is a privilege for us to work with the Americans for the betterment of the nation of the Philippines, especially since like president Obama said, we have historically worked together for the greater good of our nations," said Police Inspector Irvin Vellen, Company Commander and Officer-in-Charge of Regional Public Safety Battalion 7. "Your work on our base will help us acquire knowledge from

your style of marksmanship and we are thankful for your help."

NMCB 1 CCAD Philippines Sailors share their host nation's excitement about the opportunity to work together and aims to achieve common goals through its partnerships and collaborations.

"I think it's important for us to be here in the Philippines because we don't get the opportunity to work with different country's militaries often or to interact with people from the host nation," said Builder 3rd Class Eric Millisor, NMCB 1 CCAD Philippines. "On this deployment, we get to show the people of the Philippines that we are not only military members, but that we are compassionate people as well," said Millisor. "On our COMREL project here, we have the opportunity to work and interact with some of the local villagers and they help us when we are sifting sand or carrying materials. They get to see what hard workers we are, how much we care about the well-being and success of their community and through it all, they are right out there with us."

## Det. HOA moves Earth to pave way for partnerships

(U.S. Navy photos by Equipment Operator Constructionman Chelsey Blasko/Released)



**Equipment Operator Second Class Elijah Godbold attached to Naval Mobile Construction Battalion (NMCB) 74 Detail (DET) Horn of Africa (HOA) operates a D8 dozer in support of a project in a remote location.**

**NMCB 74 DET HOA is deployed Camp Lemonnier, Djibouti Africa (CJDL) in support of Combined Joint Task Force (CJTF) HOA. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships.**



**Equipment Operator Constructionman Jeff Olaszewski attached to Naval Mobile Construction Battalion (NMCB) 74, Detail (Det.) Horn of Africa (HOA) operates a 924 loader to clear rocks and excess dirt for a project.**

**Drunk  
Driving .  
. . Drive  
Sober or  
Get Pulled  
Over!**

Use a Designated Driver!  
Keeping Safety a #1 Priority!  
*A message from  
NCBC Security*



From **SPOUSE** Page 1 is the hardest part, because I'm left alone to take over everything. I become the mom, dad, disciplinarian, and at the same time I have to be there for my kids and my husband."

In recognition of their hard work, Fleet and Family Support Center (FFSC) Gulfport showed their appreciation to military spouses with a sweet treat at their facility, May 9.

"On behalf of the entire Fleet and Family Support Center staff, I can tell you that words cannot express our gratitude for what military spouses, both past and present, have done for our nation. Throughout the day, as we see them, we are saying 'thank you,'" said Paula Ingram, a FFSC staff member.

Military Spouse Appreciation Day started in the United States in the course of the 1980s, during the peak of the Cold War. President Ronald Reagan acknowledged the significant

importance of spouse commitment to the readiness and well-being of military members and declared May 23, 1984 the first Military Spouse Day. The U.S. Secretary of Defense Caspar Weinberger standardized the date by declaring the Friday before Mother's Day as Military Spouse Day.

Meyer finished her speech with a "10-Steps of Self-Discovery Journey" as a military spouse message through the acronym APPRECIATE (Appreciate, make a Plan, give yourself Permission to Prepare for it, navigate Re-integration, Exercise, send yourself or kids a Care package, reclaim your Identity, Awareness, Tandem bike, Employment.)

"There is no way you [military spouses] can be really appreciated for all of the many things, big or small that happen before 8 a.m. or in one duty station," said Meyer. "On this journey of self-discovery and exploration I want you to figure out what, makes you feel appreciated."

## Lt. Cmdr. McBee and Lt. Albers Complete Turnover



**Lt. Cmdr. Angelique McBee, Naval Mobile Construction Battalion 74 Detail Northern Command (Det. NORTHCOM) addresses her detail during a Transfer of Authority ceremony on the main grinder on board NCBC Gulfport, May 9. McBee's follow-on assignment is as deputy commander, Southern Partnership 2014.** (U.S. Navy photo/Released)

### Courtesy of NMCB 74

Lt. Cmdr. Angelique McBee was relieved as Officer-in-Charge (OIC) of Naval Mobile Construction Battalion (NMCB) 74, Detail Northern Command (NORTHCOM) by Lt. Marvin Albers during a Transfer of Authority ceremony on board Naval Construction Battalion Cen-

ter (NCBC) Gulfport, May 9.

McBee addressed the assembled detail and thanked them for their hard work before passing on the Detail's guidon, signifying the transfer of authority.

The change comes as the result of LCDR McBee's recent assignment as Deputy Commander, SOUTHERN PARTNERSHIP 2014, a

continuation of the annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean, Central America, and South America. This year, the mission will take place from May to October.

Reporting to NMCB 74 in June of 2013, LCDR McBee has served as both the Training Officer and the Air DET OIC. She became the OIC of DET NORTHCOM at the beginning of the current deployment in January 2014, in charge of four DET sites and over 220 troops.

"It has been a privilege and honor to serve with the men and women of the FEARLESS SEVENTY FOUR. Thanks to the officers, chiefs and troops who have made this my most interesting and enjoyable tour yet. Your dedication to our Country, our Navy ideals, and your fellow Seabees has been inspiring and I am grateful for the opportunity to have served alongside you. HOO-RAH Seabees!"



**2014 Armed Forces Insurance (AFI) Navy Spouse of the Year, Tammy Meyer, speaks to the attendees of a Military Spouse Appreciation Day event hosted by Families Overcoming Under Stress (FOCUS) and Naval Construction Group (NCG) 2 at the Training Hall on board NCBC Gulfport, May 14. The event featured light breakfast, hand and back massages and free door prizes.** (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

### Camp David Command/Applicant's Brief

May 19-21, Bldg 433, Room 156, 8 - 11 a.m. and 1 - 3 p.m.

Camp David recruiters are looking for ambitious, career-oriented Enlisted Sailors of all pay grades within the following ratings: ABH, ABF, BU, CE, CM, CS, DC, EA, EM, EN, EO, ET, HM, IC, IT, LS, MC, NC, PS, RP, SH, SW, UT and YN

**NCBC'S FIRST CLASS PETTY OFFICER ASSOCIATION**

**WHEN: FRIDAY, 16 MAY 2014**  
**WHERE: NEX GAS STATION**  
**TIME: 1030 - 1330**

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# Focus on Education

## NCBC Sailors take part in Navy Voluntary Education "My 5 Words" campaign

(U.S. Navy photos by Utilitiesman Constructionman Alicia Fluty and Chief Mass Communication Specialist Ryan G. Wilber/Released)



Chief Mass Communication Specialist Ryan Wilber and Ship's Serviceman 3rd Class Joseph Gause, assigned to NCBC Gulfport participate in Center for Personal and Professional Development's (CPPD) My 5 Words campaign, celebrating the 40th anniversary of its Voluntary Education program. The campaign gives Sailors the opportunity to express why they have participated in voluntary education while on active

duty through five words. For more information about the Center for Personal and Professional Development (CPPD), visit <https://www.netc.navy.mil/centers/cppd/> and [www.navy.mil/local/voledpao/](http://www.navy.mil/local/voledpao/).

For more information on the Navy College Program, visit: <https://www.navycollege.navy.mil/> and [www.navy.mil/local/voledpao/](http://www.navy.mil/local/voledpao/).



### Chief Petty Officer Association CAR WASH



**Date: Saturday 17 May 14**  
**Location: Ashley's Furniture**  
**Time: 1000- 1400**




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

### Tips for Parents

#### Help Your Child Succeed in School

- Educational research makes it clear. All parents can help their children achieve more in school—even parents who have little formal education. To help your child do well in school:
- ~ Let your child know what you expect him or her to achieve. Set high, but realistic, goals.
  - ~ Establish a daily routine for family meals, homework and chores.
  - ~ Stress that school success comes with hard work. Don't let your child blame teachers or bad luck for poor grades.
  - ~ Monitor your child's after-school activities.
  - ~ Make time for reading with your child every day.
  - ~ Keep in contact with your child's teachers.
  - ~ Be respectful when talking with or about teachers.
  - ~ Volunteer to help in your child's classroom.
  - ~ Encourage and reward your child's school efforts and progress.
  - ~ Be available. Spend time with your child. Offer your help.
  - ~ Be firm. Set clear rules and consequences for breaking them.
  - ~ Respect your child's ideas. Take time to listen. Share your values with your child.

### Coastline Community College registration

Registration for Coastline Community College's summer term is now open until June 9. The summer term begins June 15 and ends August 10. Additional information can be obtained by calling Dr. David Drye at: 871-3439, [ddrye@coastline.edu](mailto:ddrye@coastline.edu) or visiting the Navy College Office in building 60, room 239.

### Military Sealift Command veteran's Career Fair

May 22, 1 – 3 p.m.  
FFSC – Naval Construction Battalion Center Bldg. 30, 5301 Snead Street

MSC is actively recruiting for: First Officer, First Assistant Engineer, Unlicensed Junior Engineer, Deck Engineer Machinist, Refrigeration Engineer

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Finding freedom while stuck in Philly

I used to have a little Last week, in an ironic twist of fate, I spent Military Spouse Appreciation Day stuck in the Philadelphia Airport for hours trying to get back to Rhode Island.

It all started when I flew to Norfolk to be the keynote speaker at a luncheon honoring the nominees for 2014 Military Spouse of the Year. Arriving early to find my bearings, I couldn't help but notice that emblazoned on every banner, place card, nametag, balloon, gift bag and program was the phrase "Heroes at Home."

As I found my seat at the head table, I wondered if anyone thought it was inappropriate to use the term "hero" in connection with the husbands and wives of military service members.

After all, it is the men and women in uniform who follow orders, report for duty, and put themselves in harm's way to serve this country. The soldiers, sailors, airmen and marines are obviously heroes. But we military spouses are at home leading everyday lives. Does everyone appreciate the heroism in that?

Hoping the Caesar salad from lunch wasn't lodged between my two front teeth, I took my place behind the podium after being introduced. The crowd of over 250 -- military spouses and their active duty mates - looked to me with hope in their eager eyes.

Will she make us laugh? Will she inspire us? Will she make us feel like heroes? Will she bore us to tears? The pressure was on.

Hiding my trembling hands behind the podium, I began the speech that I'd rearranged at least a dozen times in the weeks leading up to the event. Rehearsing alone in my shower



had not given me any idea of how this crowd might receive my words. I hoped it wouldn't be a flop.

A few giggles erupted in the back when I threw out my first joke. They weren't sure if I had intended to be funny. The second joke prompted an even rumble of chuckles. By the third joke, I heard undeniable belly laughs.

Like a shot of adrenaline, the crowd's laughter fueled my desire to make these military folks -- my folks -- feel good about themselves. I had relied heavily on my scribbled notes when rehearsing, but now that we trusted each other, I didn't even need to glance down. I've got this.

We all laughed a while longer, about the little things we military spouses do to cope with managing the home alone: chocolate, bad reality television, spontaneous driveway happy hours, and -- my personal favorite -- secret cans of Pringles stashed under the seat of the minivan.

But I knew I had to get serious.

"Each military spouse copes with stress in his or her own way, but we all have one very important thing in common," I said as a hush fell over the room, "we all love a military service member. We love that our spouses sacrifice to serve their country. We get misty when we hear the national anthem or see a flag unfurl. We live this life with a common sense

of patriotism, and we know that despite the inevitable hardships, military life is worth living because, not only is it an 'adventure,' it is honorable."

"The sense of duty that drives active duty service members also drives their spouses. Regardless of the hardships, we are deeply proud to be military spouses and honored to live this uniquely challenging way of life."

"Certainly, the men and women in uniform here today are heroes. But," I continued, gesturing out over the podium to my fellow spouses, "it is because of your dedication, your hard work, your uncommon strength, and your service to this country, that all the military spouses here today are undoubtedly 'Heroes at Home.'"

The next day, after missing my connecting flight in Philly and being told that I was not guaranteed another flight out for over eight hours, I saw a sign for the airport USO. Isn't that just for service members? Will I be allowed in?

Lugging my bags through the maze of corridors and moving walkways, I followed the signs. "Welcome to the Liberty USO!" an elderly volunteer blurted as I entered their office space. After checking my military dependent ID, the friendly retiree explained to me that I was welcome to home cooked food, lounge furniture, movies, and Wi-Fi.

"Everything is free," he said with a smile. Despite the fact that I was stuck in Philly, I found a place where I belonged, and it felt great to be appreciated.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @MolinariWrites

# Three options for tricare transfers

Courtesy of NBHC Gulfport

If you are moving to a new location, you can transfer your TRICARE Prime enrollment by phone, online or by mail.

### Phone

If you are an active duty service member or active duty family member, the easiest way to transfer your TRICARE Prime enrollment is to call Humana (1800-444-5445) to begin the process. If you are moving within your current region, Humana will help you transfer to a new primary care manager (PCM). If you are moving to a new region, Humana will send your information to your new regional contractor, who will follow up with you to complete the enrollment transfer after you arrive at your new location. If you wish, you can also call your new regional contractor after you move to transfer your enrollment. Your new regional contractor will work with you to assign a PCM best suited to your needs and the location of your work or home and can inform you if the US Family Health Plan (USFHP) is available in your new area.

If you are a non-active duty TRICARE Prime enrollee moving within your region, Humana will help you find a new PCM. If you are moving to a different region, call your new regional contractor upon arrival at the new location for your enrollment transfer. Your new regional contractor will process your transfer, assist you with your PCM assignment and inform you if USFHP is available where you live.

If you need care before your transfer is processed, contact Humana—the regional contractor for the region you are moving from—for referral and prior authorization information. For stateside regional contractor contact information, see the chart on page two. For overseas contact information, visit [www.tricare.mil/overseas](http://www.tricare.mil/overseas).

### Online

If you are a stateside TRICARE Prime beneficiary, you may also transfer your enrollment online using the Beneficiary Web Enrollment (BWE) web site. For more information or to access BWE, visit [www.tricare.mil/bwe](http://www.tricare.mil/bwe) and use one of the following to log on:

- Valid Common Access Card
  - Defense Finance and Accounting Service myPay PIN
  - Department of Defense Self-Service Logon
- Note: TRICARE Prime enrollment through BWE is only available to beneficiaries in the United States.

### Mail

You may transfer your TRICARE Prime enrollment by completing the TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876) and mailing it to your new regional contractor. To download DD Form 2876, visit [www.tricare.mil/forms](http://www.tricare.mil/forms). For mailing addresses, visit [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account ([www.relay-health.com](http://www.relay-health.com)) to contact or follow-up with your provider.

## Armed Forces Day Blood Drive

There will be a blood drive May 17 in honor of Armed Forces Day at the Orange Grove Masonic Lodge on Dedeaux Road north of Catfish Charlies, 9:30 a.m. - 3:30 p.m. For more information contact Geoff McClure at: 228-869-3615

# NCBC Helping Hands

## PASS CHRISTIAN ELEMENTARY SCHOOL CAREER FAIR

– Pass Christian Elementary School, 270 West Second Street, Pass Christian is holding a Career Fair for 5th grade students May 27, 8:30-11 a.m. The school is asking professionals in the engineering, medical and weather fields to attend the fair and speak about their profession, educational background and challenges that students who follow a similar career path may encounter. Point of contact is Stacy Necaie, 228-452-4200 or [snecaie@pc.k12.ms.us](mailto:snecaie@pc.k12.ms.us). **DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or [office@disabilityconnection.org](mailto:office@disabilityconnection.org).

**VETERAN NEEDS CONSTRUCTION ASSISTANCE** – The wife of a veteran has had a stroke and is now bedbound. He needs assistance enlarging a door opening and/or creating a concrete pathway at 10660 Sharp Blvd. off Dedeaux Rd. To help with the project, contact Richard, 228-731-1440.

**BOOST READING PROGRAM** - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteer's time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. Point of contact is Samantha Benson, 228-867-2140.

**LONG BEACH HIGH SCHOOL MENTORSHIP INITIATIVE** - Long Beach High School is seeking 200 volunteers to serve as mentors

at LBHS by May 2015. Mentor training will take place at the end of this school year and each volunteer will receive a Mentor Handbook to assist in preparing students for success. To participate in this project please complete a Long Beach High School Volunteer Application and e-mail the school at [vivian.robinson@lbsdk12.com](mailto:vivian.robinson@lbsdk12.com) or contact LBHS Principal Peter Dabbs at 228-863-6945 for more information.

**GULFPORT SCHOOLS NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no

prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

**HELP SENIORS AND DISABLED CITIZENS** Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

**NAVY-MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call

228-871-2610. **USS ALABAMA ALWAYS LOOKING FOR HELP**

The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**USO GULF COAST** Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org) for details.

## Place Flags on Veteran's grave sites

Join military members, veterans and civilians of the Gulf Coast community at the Biloxi National Cemetery to place flags on the grave sites of veterans, 8 a.m., May 24. The cemetery's Memorial

Committee will have more than 18,000 flags on hand, and encourages families to come out together and honor the past veterans. For more information contact Liz Burchett at: 228-871-2427.

## Seabee Memorial Chapel

### Religious Services

Sunday:  
Catholic Mass: 9:30 a.m.  
Protestant: 10:30 a.m.  
Weekday Mass:  
Tuesday: 11:15 a.m.



### NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

## What's happening at the Chapel?

### Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

### Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m.

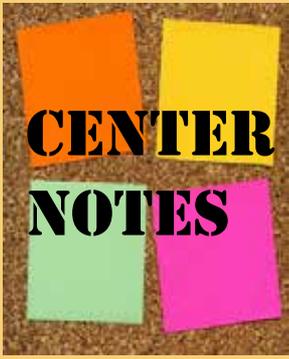
(childcare available via volunteers)

### Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

### Meetings:

*Chapel Council meetings*  
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis. *Quarterly "State of the Chapel" meetings*  
The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Aug. 4 and Nov. 3.



**SUPPORT**

**Family Readiness Groups**

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

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, 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 details.

**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 Cen-

ter. 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/NMCB133FSG/133frg>.

**FOCUS**

**Families OverComing**

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

**Gulfport Officer's Spouse**

**Club** 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@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

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

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.navywi-](http://www.navywi-)

[vesclubsof-america.org](http://vesclubsof-america.org) for more information on NWCA.

**NMCRS** The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

**Gamblers Anonymous**

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 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 nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**SOCIAL**

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center class-

room. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee**

is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 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.

**The Ladies Auxiliary to the VFW Post 3937 Long Beach**

would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

**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 at-

tend. 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.

**D.A.V. - Disabled American Veterans, Chapter 5**

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

**Navy Seabee Veterans of America (NSVA) Island X-1**

Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

**HERITAGE**

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeemuseumstore.org](http://www.seabeemuseumstore.org) or call the gift store for more information at 228-871-4779.



GULF COAST USO  
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Building 114  
228-575-5224

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228-575-5225, Copies,  
United Through Reading program, Computers with web cams, Internet/email access, X-Box

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

**AUDRA**  
**SEXUAL ASSAULT SUPPORT GROUP**  
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

**"Like" Naval Branch Health Clinic Gulfport on Facebook!**

The page is frequently updated with medical news and information, upcoming events, TriCare updates and other interesting Navy news.

Please go to Facebook, search "Naval Branch Health Clinic Gulfport", click "LIKE."

Note: If two pages come up in search results, it will be the one

**SEABEE GIFT STORE**

Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday - Friday, 10 a.m. to 4 p.m.



**FITNESS CENTER  
EXTENDED POOL HOURS!**

Call (228) 871-2668  
for more information.  
Monday-Friday  
5:30 a.m. – 7 p.m.  
Saturday-Sunday  
9:30 a.m. – 4 p.m.

**AUTO HOBBY SHOP  
6 NEW OPERATIONAL LIFTS**

Call (228) 871-2804  
for more information.

**VEHICLE STORAGE  
11 NEW 40' SPOTS!**

Call (228) 871-2804  
for more information.

**FITNESS CENTER**

**POWERLIFTING COMPETITION  
5/17/14 10:00 A.M.**

**AQUATICS**

**NEW POOL HOURS!**

**SWIM CLUB  
MONDAY-THURSDAY  
11 A.M. – 1 P.M.**

**CDC**

**TRANSITION TO KINDERGARTEN  
5/16 @ 9:30AM  
TRAINING HALL**

**CONTACT US!**

**Program Telephone Numbers & Hours**

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

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