

SEABEE COURIER

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May 22, 2014

NMCB 28 "Old Pros" Decommissioned



Cmdr. Curtis Smith, commanding officer, Naval Mobile Construction Battalion (NMCB) 28, and NMCB 28 Command Master Chief Corey Cain case the battalion colors during a decommissioning ceremony held on the Parade Field on board NCBC Gulfport, May 17. Originally commissioned as Mobile Construction Battalion (MCB) 28 during World War II (WWII), NMCB 28 has been headquartered at Barksdale Air Force Base, Shreveport, La. since 1978. After serving in nearly every war and conflict since WWII, the battalion recently completed its last Afghanistan deployment before decommissioning. "Today comes with mixed feelings," said Smith. "We have people here from the '80s, '90s and early 2000s, and some who recently joined 28, but all of them are a part of the 'Old Pros' family. I think the bittersweet part is saying goodbye, but we're all just coming home, and we're happy to be home after an 11-month deployment." NMCB 28, like many battalions, has been decommissioned and recommissioned several times throughout the years leaving some to wonder if the Naval Construction Force will see her colors flying again in the years to come. "The history of the Seabees is of battalions decommissioning and recommissioning, so never say never," said Rear Adm. Mark Fung, deputy for Naval Construction Forces, Navy Expeditionary Command (NECC). "Perhaps someday, in the future, the 'Old Pros' just might return for another round." (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

Bee Wash 2014



Rodney Duggins, site director and supply officer, Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Jacksonville, Mae Duke, executive assistant to the NCBC Gulfport commanding officer (CO), Cmdr. Gordie Meyer, executive officer, NCBC Gulfport, Capt. Paul Odenthal, CO, NCBC Gulfport, and Ken Armand, director, Personnel Support Detachment (PSD) Gulfport, washed the Seabee on the Parade Field on board NCBC Gulfport, May 15. The annual Bee Wash marks the end of the 2014 Navy-Marine Corps (NMCRS) Active Duty Fund Drive. Each bee washer was "nominated" through donations, raising \$1,518. In total, NMCRS raised more than \$118,700 in the Mississippi region for the Fund Drive. All proceeds go to the NMCRS, which provides financial assistance for Sailors and Marines in need. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

See page 4 for more BEE WASH photos

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.

Asian Pacific Islander Heritage Month Observance Program

The Multi-Cultural Diversity Committee will host an Asian Pacific Islander Heritage Month Observance Program, May 29, 10 to 10:45 a.m. in building 114 (Gulfport NOSC) followed by lunch. Everyone is invited to attend.

Holocaust Remembrance

The Multi-Cultural Diversity Committee will host a Holocaust Remembrance program at the Seabee Memorial Chapel, May 29, 11:30 to noon. Everyone is invited to attend.

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Navy updates enlisted advancement policy

By MC1 Elliott Fabrizio
Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- NAVADMIN 114/14 announced changes to its current enlisted advancement policy, including a new formula for the Final Multiple Score (FMS) and changes to the Command Advancement Program (CAP) May 15.

These revisions are designed to reward sustained superior performance and strengthen the role of the Command Triad (commanding officer, executive officer, and command master chief) in the advancement of their Sailors.

"This isn't the first time we've done this," said Master Chief Petty Officer of the Navy (MCPON) Mike Stevens. "Periodically we take a look at how we're advancing Sailors and how the Final Multiple Score is put together. We do that based on feedback we get from the Fleet."

The Final Multiple Score is a weight-based calculation used to rank Sailors eligible for advancement.

In the new FMS, the value of the advancement exam becomes the largest factor considered for advancement to E4 and E5, increasing in weight by eight percent, going from 37 percent to 45 percent.

For E6 and E7, Performance Mark Average (PMA) becomes the largest factor

in determining Sailors' FMS. For advancement to E6, PMA increased three percent and now counts for 50 percent of the FMS calculation. For advancement to E7, PMA increased 10 percent to count for 60 percent of the total FMS.

This adjustment changes the emphasis on how performance is measured for junior and senior Sailors.

"Leadership's expectation is that junior Sailors know their occupational skill," said Fleet Master Chief for Manpower Personnel Training and Education April Beldo. "As they rise to the level of E6 and E7, we're looking for them to be ready to be in a management and leadership role, so their performance is more weighted."

The Good Conduct Medal and the Reserve Meritorious Service Medal will no longer contribute award points in the FMS.

"We were seeing that the majority of our Sailors receive this award, and so to give a point for it was a zero sum," said Stevens. "Sailors weren't gaining anything by it."

Sailors who pass the advancement exam, but do not advance due to quotas limitations, are eligible to receive Pass Not Advanced (PNA) points; however, the new policy limits PNA points to the top 25 percent of Sailors. 1.5 PNA points go to the top 25 percent of Sailors by test



Sailors from commands attached to NCBC Gulfport take the E-4 Navy-wide advancement exam at the Old Gym on board NCBC Gulfport, March 20. As part of the final multiple, enlisted Sailors E-3 to E-6 must pass the written advancement exam in order to be advanced to the next pay-grade. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

score, and 1.5 go to the top 25 percent by Performance Mark Average.

"I believe putting this 25-percent window in place will motivate Sailors," said Stevens. "It's not just about passing the exam. It's about passing the exam with flying colors."

Total PNA points in the FMS are determined from a Sailor's last five advancement cycles for a maximum of 15 possible points.

Service in Pay Grade has been reduced from seven percent to a weight of one percent of the Final Multiple Score for advancement to E4 through E6.

Changes to the Command Advancement Program (CAP) will take effect Oct. 1 for Fiscal Year 2015.

The new policy establishes the period from July 1 to Sept. 30 as the Navy's CAP Season, and that timeframe is the only time that commands can CAP Sailors.

MCPON added that this change is designed to prevent commands from inadvertently over manning ratings by promoting Sailors after the Navy establishes the quotas needed based on vacancies.

"By capping first and then building the Navy-wide advancement exam quotas, we prevent that from happening and allows us to maintain stable rating health," said Stevens.

Commands must use their remaining quotas for CAP from the current policy prior to Sept. 30.

SEE SOMETHING, SAY SOMETHING



Report Suspicious Activity To:

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Ronald.perry1@navy.mil (228) 871-2104

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Off Base Call, 911



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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

BUZZ on the Street

By CE2(SCW) Courtney Demastus, NCBC Public Affairs

What are your plans for Memorial Day?



"Taking my family to the annual Memorial Day Ceremony at the Biloxi National Cemetery."

CE3 Dave Ball

NMCB 11

Hometown: Cuyahoga Falls, Ohio.



"Going to check out the Sounds by the Sea at Jones Park in Gulfport."

BUCN Dulce Robinson

NCBC Gulfport, CMAA

Hometown: Mission, Texas



"Going to place flags for our Veterans grave sites during the annual Memorial Day Ceremony at the Biloxi National Cemetery."

RP2 Jamie Hamm

NCBC Gulfport, Chapel

Hometown: Baltimore, Md.



Steelworker 2nd Class Siamac Moghaddam, Steelworker "C" School student, does a 6G welding test that requires him to weld an item that is immovable while standing on a 45 degree at Naval Construction Training Center (NCTC) facilities on board NCBC Gulfport, May 13. 6G welding is the hardest certification test to pass, and utilizes different positions and types of welds, earning the 6G welding certification qualifies a welder to weld pipes and plates in all positions. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Ensign Travis Clabaugh, a construction manager assigned to Naval Facilities Engineering Command (NAVFAC) Southeast (SE) Public Works Department (PWD) Gulfport, leads NAVFAC Commander Rear Adm. Katherine Gregory, PWD personnel and contractors for Satterfield & Pontikes Construction, Inc. on a tour of the Naval Branch Health Clinic project during Gregory's official visit to NCBC Gulfport, May 16. One stop during her visit to the Seabee Base was with PWD Gulfport, where she sat down for a brief with PWD leadership and toured several project sites. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Joan Hudson (in red), fitness director for NCBC Gulfport Morale, Welfare and Recreation (MWR) joined Naval Construction Group (NCG) 2 for Command Physical Training in the gymnasium at the Fitness Center on board NCBC Gulfport, May 16. After 10 years with Gulfport MWR and 14 years in civil service, Hudson will resign her position at the end of the month to pursue personal interests. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



BU3 Asia Gilchrist
NCBC Gulfport, Legal

FF: What single experience during your career stands out the most, and why does it stand out?

AG: All of my experiences are equal in importance. It's hard to choose when you meet plenty of people who make a huge impact on your life.

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

AG: My children.

FF: What advice would you give to future Seabees and Sailors?

AG: Take advantage of



By UTCN Alicia Fluty NCBC Public Affairs

Maybe not so much of the paperwork though. The experience is awesome, everyone has a great sense of humor ... the list goes on and on.

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

AG: I think Senior Chief Arrington was my most influential mentor. He's not even a builder, but he would keep me up to speed on what I need to know to advance. He took the time out to explain what I needed to know and why. Really great leader.

every opportunity to prove your self, go to college, make yourself known.

FF: What is your favorite part about being/working with the Seabees - why?

AG: Getting dirty

(laugh). I love every part of being a Seabee, from the training, to the actual construction.

Washing the Bee for NMCERS

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



Learn to be a “great dad” with FFSC’s Effective Fatherhood Program



Jim Soriano, a counselor at Fleet and Family Support Center (FFSC) Gulfport, talks to fathers as he prepares to facilitate an Effective Fatherhood Class on board NCBC Gulfport, May 12. The 8-session class is offered twice a week at FFSC, and is designed to improve the well-being of children by increasing the amount of involved, responsible and committed fathers. For more information or to register, call FFSC at: 228-871-3000. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

**By UTCN Alicia Fluty
NCBC Public Affairs**

According to the U.S. Census Bureau, 24 million children in America, or one out of three, live without their biological dad in the home. Recent research shows that reducing father absence through support, and encouraging them to become actively involved in their child’s life, helps decrease the unwanted effects of a father’s absence. In order to help fathers understand how to better navigate some of the difficulties of raising children, Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport is offering an Effective Fatherhood class. The class is part of a program from the Na-

tional Fatherhood Initiative, called “24/7 Dad.” It is for fathers who have children ages three years old and above.

The class is taught by Jim Soriano and Gerard Tarrant, both licensed marriage and family therapists, who said the primary goal of the program is to give fathers the tools needed to build a better relationship with their child. A secondary goal, and the main philosophy of the class, is to enhance the entire relationship, not only as a parent, but also as a co-parent with the child’s mother.

Soriano said that fathers receive education on various topics that include taking care of self, family roles, expectations versus reality, child development, balancing work with family life, effec-

tive discipline and strategies for getting involved in the child’s life.

“The class gives fathers a better understanding of their child’s development, and improves both communication and parenting skills,” said Soriano.

Tarrant added that fathers who have participated in the class have said the class opens their eyes on different parenting tips and ideas that they had not considered. “FFSC’s hope is that the participants go from being good dads to being great dads,” said Tarrant.

The class meets on Mondays and Wednesdays from 11 a.m. – noon. Fathers can dress casual and bring their own lunch. For more information about classes offered at the FFSC at 228-871-3000.

Southeast Region takes part in HURREX/Citadel Gale 2014



Ellis Bowler, Navy Region Southeast current operations officer, speaks to the region’s Crisis Action Team during a daily operations brief as part of HURREX/Citadel Gale 2014 on board Naval Air Station Jacksonville, May 15. HURREX/Citadel Gale is an annual U.S. Fleet Forces Command/Commander, Navy Installations Command exercise designed to test the region’s ability to track, prepare for and respond to hurricanes should they threaten installations in the Southeast. (U.S. Navy photo by Mass Communication Specialist 1st Class Greg Johnson/Released)



Low Fountain (standing), Naval Construction Battalion Center Emergency Operations manager, briefs the Emergency Operations Center team about Hurricane Preparedness as part of HURREX/Citadel Gale 2014, May 15 on board NCBC. The EOC team is comprised of personnel who are essential in keeping the installation and everyone on board safe. The 2014 hurricane season begins June 1. Now is the time to start making plans in case a hurricane or tropical storm heads toward this area. (U.S. Navy photo by Rob Mims/Released)

The 2014 hurricane season begins June 1. Now is the time to start making plans.

AFP, U.S. armed forces celebrate finished renovations with community members

By Lance Cpl. Michael Thorn

ALBAY, Philippines – Dedication ceremonies to recognize the completion of the five Engineering Civic Assistance Program (ENCAP) sites were held May 14-16 in Albay province, Philippines.

The ENCAP projects were a part of Exercise Balikatan, an annual bilateral training exercise held between the Armed Forces of the Philippines and U.S. armed forces to strengthen ties and interoperability between the two allied nations.

The sites provided additional resources to their surrounding communities in many forms. The construction done included renovations of Tamaoyan Elementary School; construction of a comfort room in Barangay Pawa; construction of classrooms and a health clinic in Malobago; and construction of classrooms at Dona Mercedes Elementary School.

"It was seamless mixing our two groups together," said Philippine Navy Lt.



Leaders of the local community, Armed Forces of the Philippines, and U.S. armed forces cut the ribbon to commemorate the completion of construction at Malobago Health Center, May 15 during a dedication ceremony in Guinobatan, Albay province, Philippines. Dedication ceremonies were held around Albay to recognize the completion of the five engineering civic assistance program sites taking place as a part of Exercise Balikatan, including renovations of a school, building of classrooms, and construction of a health center. The exercise is currently in its 30th iteration and focuses on strengthening interoperability and friendship between the two long-standing allies. (Photo by U.S. Marine Cpl. Kevin Crist)

Romel Sotero, an ENCAP officer-in-charge with Navy Combat Engineering Brigade. "Although we are from different countries, we share the same skills, work ethic and goals."

While distinguished visi-

tors, including Maj. Gens. Magnaye and Simcock, local mayors and city officials attended the dedication and ribbon cutting ceremonies, the majority of the audience was filled by locals from the com-

munity who came to watch the unveiling of new buildings and opportunities.

"It was an overall great experience for all of us," said Petty Officer 3rd Class Kevin Richards, corpsman with Naval Mobile Construction Battalion 1. "We were not only building schools and health centers, but long lasting relationships with our Filipino friends. Now that the renovations are finished, I look forward to seeing our hard work and dedication get put to good use."

The work done at the ENCAP sites will have long-lasting positive effects, not only for the children and their parents, but for the friendship of Filipinos and Americans as we continue to work to improve the future, according to Be-biano Sentillas, the Albay Department of Education superintendent.

"You're not just painting and building our classrooms," said Sentillas. "You're painting a beautiful future for our children. Balikatan will not only be written in history, but in everyone's heart."

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NMCB 11 sharpens skills at Tech Trainer

(U.S. Navy photos by Mass Communication Specialist Michael C. Barton/Released)



Engineering Aide 1st Class Keith Casey, assigned to Naval Mobile Construction Battalion (NMCB) 11, explains the Slump test, which measures the consistency and workability of fresh concrete at the Tech Trainer, May 15.

The training is a part of NMCB 11 homeport's training cycle, which heightens knowledge base, essential mobility skills and command readiness.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 spread out concrete during a training exercise that utilizes the Technical Trainer on board Naval Construction Battalion Center (NCBC) Gulfport, May 15.

Summer Sports Safety

- Stretch prior to activity
- Stay hydrated
- Wear proper gear and footwear
- Know your limits

NMCB 3 improves track for local elementary school

By MC1 Chris Fahey
 NMCB 3 Public Affairs

PORT HUENEME, Calif. - Fifteen volunteers from Naval Mobile Construction Battalion (NMCB) 3 joined staff from Port Hueneme's Richard Bard Elementary School to help repair the school's outdoor sports and recreation areas Saturday, May 17.

Used by the hundreds of Bard students, the volunteers used hand tools and wheelbarrows to hand fill and tamper down large holes throughout the school's track, baseball diamond and nearby field.

"Without their help, I don't think we would have been able to have undertaken this project," said Bard Elementary School Principal Sue Parsons. "Their support has made our track and field safer for the students and for the community members who share the fields after hours. Please accept my heartfelt thanks and that of my staff and students for all of the support."

According to NMCB 3's Equipment Operator 1st Class Manny Figueroa, the school's need for volunteers spoke to the heart of what he felt being a Seabee in the local community demanded.

"As Seabees, we are used to deploying to small islands and remote countries to help build schools, dig water wells and support all kinds of humanitarian assistance, disaster response type of operations," said Figueroa. "Providing that same style of aid to our local communities, our neighbors and of course the schools some of our children attend is exactly what we like to do - it's a no brainer. I'm happy we could help and plan to be there again if needed."

NMCB 3 is a vital component to the U.S. Maritime Strategy and provides quality construction, humanitarian assistance, disaster response and combat engineering in arduous environments across the Pacific. During their current homeport period, the battalion is conducting battalion and force-level training dedicated to preparing them for their next deployment.



Equipment Operator 1st Class Pete Izarra, left, and Engineering Aide 1st Class Joab Cowell, both from Naval Mobile Construction Battalion (NMCB) 3, use hand tampers to ensure freshly laid gravel stays in place longer while volunteering at Port Hueneme's Richard Bard Elementary School Saturday, May 17. NMCB 3 is a vital component to the U.S. Maritime Strategy and provides quality construction, humanitarian assistance, disaster response and combat engineering in arduous environments across the Pacific. (U.S. Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released)

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.

"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 without "Mississippi" after Gulfport.

Water Safety

- Alcohol and water are a dangerous combination
- Make sure lifeguards are present
- Keep a close eye on kids
- Obey signs about water conditions/rip currents



Rear Adm. Katherine Gregory, commander, Naval Facilities Engineering Command (NAVFAC), and Force Master Chief of the Seabees Christopher Levesque present Cmdr. Jeff Powell, commanding officer, Naval Mobile Construction Battalion (NMCB) 133, with the Fiscal Year 2013 Rear Adm. Eugene J. Peltier Award plaque on the Parade Field on board NCBC Gulfport, May 16. NMCB 133 has previously won the Peltier Award 10 times, most recently in 2006. (U.S. Navy photo/Released)

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Focus on Education

Reeves Elementary 3rd graders visit NCBC for a special start of summer movie



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

NCBC Gulfport Command Master Chief Mark Thomas speaks to 115 Reeves Elementary School 3rd graders as they sit down to watch a movie at the base Training Hall on board NCBC Gulfport, May 19. The morning movie at the Training Hall was a treat for the kids after finishing up state testing and leading into the summer. If your school would like to set up a special trip for the children, contact NCBC School Liaison Officer Kevin Byrd at: 228-871-1706. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

CDC preschoolers transition to kindergarten

(U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)



Five year olds attending the Child Development Center (CDC) on board NCBC Gulfport were presented "graduation" certificates during a Transition to Kindergarten Program at the NCBC Training Hall, May 16. During the ceremony, the

children recited the Pledge of Allegiance, sang songs, recited poems, demonstrated sign language and counted in Spanish before receiving their certificates. Later this year the children will attend elementary schools in the local community.

Navy Wives of America Scholarship

The Scholarship Foundation of NWCA annually gives 30 scholarships in the amount of \$1,000 to \$1,500. Applicants must be a dependent son/daughter of an active duty, retired with pay or deceased ENLISTED member of the Navy, Marine Corps, or Coast Guard with a valid Dependent ID card. Eligibility requirements and applications may be downloaded from the NWCA website - www.navywivesclubsofamerica.org or you may request an application from Linda Hedden - NWCA Scholarship Director, 1300 Hampton Drive, Summerville, SC, 29483. Scholarship applications must be postmarked by May 30.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Breaking up is hard to do

We used to be so good together. You comforted me. You made me happy. I loved you...

But after all these years, I've become too dependent. I want you too much, and I now realize, it's just not healthy. I need to strike out on my own and try new things.



and his stomach, too.

It's not you, it's me. Carbohydrates, I'm breaking up with you.

In the early days, I couldn't foresee how addicting our relationship would become. I didn't fear our love affair, because I believed the science of the 1990's, which decreed that low fat carbs were healthy fuel for my body. I was so naive, ignorantly indulging in second helpings of sticky rice, snacking on crackers, and adding a hunk of ciabatta bread alongside my pasta. Oh, the ciabatta bread!

When I gained weight, I never blamed you. I thought cheese, meat, butter, cream and nuts were my enemies. As long as I didn't put mayo or cheese on my sandwich, it was health food. As long as I ladled red sauce on my spaghetti, it was good for me. As long as I used skim milk -- a bowl of cereal, a glass of juice and a butterless slice of toast was the perfect breakfast. What a fool I was!

When I married a Navy man, you didn't leave me. In fact, our threesome was quite happy in an open relationship. Together, you and I won my new husband's heart,

While stationed in Monterey, California, you introduced us to the wiles of sourdough -- we felt so naughty as we loaded chowder into your bread bowls. While stationed in England, you never told us that the baked beans the English dollop on their breakfast plates, pour over their toast, and glob on their baked potatoes were as bad as the scones, biscuits and puddings. Excess glucose surged through our blood while we were stationed in Germany, as we washed pretzels, noodles and potatoes down with wheaty beers and sweet wines. In the South, we were so busy avoiding fried chicken, sausage gravy and bacon fat, we didn't notice that you were secretly feeding our addiction with sweet tea, sticky barbecue sauce, and starchy corn bread.

Worst of all, I could never seem to resist the chocolate with which you regularly seduced me. How could you smugly stand by while I wallowed in guilt over the fat content? Little did I know, your sugar was the culprit all along!

You betrayed me, and as hard as it is for me to

say this, it's over.

Sure, you will always be a part of my life, but I'm ready to explore the rest of the food pyramid. The rotisserie chickens with their crisp skins, the creamy camemberts, the olive oils, the avocados, and the bacon ... the glorious bacon! I don't mean to hurt you, but there are a lot more fish (like salmon with a generous slathering of creamy dill sauce) in the sea.

When we do run into each other, I hope we can be civil. I won't rudely turn away from you on special occasions (especially if you come in the form of homemade macaroni and cheese with buttered breadcrumb crumbs on top), but let's keep our contact to a minimum. Of course, the kids will still want to have you around, but during scheduled visitations, please keep your high fructose corn syrup to yourself.

One last thing before you go. If, by chance, I should have a moment of weakness over, let's say, a bag of Hershey Kisses with Almonds during a hormone spike, I can tell you right now that it will be a nothing more than a meaningless fling.

So long, Carbohydrates. It's been nice knowing you.

Get more wit and observations from Lisa at her blog: <http://www.themelandpotatoes-oflife.com>. Follow Lisa @ [MolinariWrites](#)

Intramural Softball Stats



Construction Mechanic Constructionman Teagan Lapping, Assigned to Naval Mobile Construction Battalion (NMCB) 11, prepares to hit a ball during a softball game against NMCB 133's team "Dirty Pitches." Lapping plays for the "Skull Crushers" one of three teams of NMCB 11, the other two consists of chief and above "Khaki" and E-6 and below "Others." (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

Current Standings

| Team | Wins | Losses |
|-----------------------------|------|--------|
| NMCB 74 | 8 | 1 |
| NMCB 133 (Dirty Pitches) | 7 | 2 |
| Coast Guard (Swamp Donkeys) | 7 | 2 |
| NCG-2 | 5 | 4 |
| NMCB 11 (Khaki) | 4 | 5 |
| NMCB 11 (Others) | 3 | 6 |
| NMCB 11 (Skull Crushers) | 2 | 7 |
| NCBC (Gulfport Bandits) | 0 | 9 |

May 22, 2014

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- 3 Dispose properly.
- 4 Never share.

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Seabee Courier

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.

RETIRED SENIOR VOLUNTEER PROGRAM

– A senior is in need of help moving from an upstairs apartment to a downstairs apartment on Engram Drive in Gulfport by May 27. To volunteer, contact Alandra Knight, 228-896-0412.

BOO BASH - Gulfport Leisure Services is looking for volunteers help create a haunted trail for their annual Boo

Bash at Jones Park, Oct. 25. Point of contact is Brittany Dyess, 228-868-5881.

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.

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 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 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. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org for details.

May 22, 2014

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)

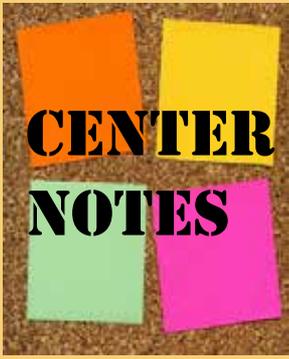
Meetings:

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.

Seabee Courier



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

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 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-

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 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, 228-871-2488 or Robert Smith at 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.

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 or call the gift store for more information at 228-871-4779.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box

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

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

Live 1-on-1 Help Confidential Worldwide 24/7

DoD
Safe Helpline
Sexual Assault Support for the DoD Community

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



**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

**BASKETBALL LEAGUE SIGNUPS
BEGIN JUNE 2**

**RACQUETBALL LEAGUE SIGNUPS
BEGIN JUNE 10**

AQUATICS

NEW POOL HOURS!

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

CDC

**WATERPLAY BEGINS JUNE 3
EVERY TUES & THURS
ALL SUMMER
(WEATHER PERMITTING)**

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: | 6-7:30a & 2:00-5:30p |
| 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 |

OUTDOOR RECREATION

**MAY SPECIAL
TURF MAINTENANCE PACKAGE
ONLY \$10/DAY**

BEEHIVE

**COME HAVE FUN AT THE BEEHIVE!
DARTS, POOL,
7 TVS, MUSIC AND MORE!**

ITT

**INFINITY SCIENCE CENTER TICKETS
ONLY \$6!**