

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 54 No. 02

Naval Construction Battalion Center, Gulfport, Mississippi

January 16, 2014

Welcome Home 'Lucky ELEVEN'



Friends and family members welcomed home almost 100 Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 in a reunion on board Naval Construction Battalion Center, Jan. 11. The Seabees arrived back from

their most recent six-month deployment to Rota, Spain and the Horn of Africa. NMCB 11's Guam detachment is expected to return in February. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
 Editor
 Bonnie L. McGerr
 Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
 Special Contributors
 CECN(SCW)
 Lucinda Moise
 UTCN Alicia Fluty
 EOCN Kia Skinner

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy, and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy, and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy and does not imply endorsement thereof. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but he Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone 228-871-3662, email: seabecourier@navy.mil.

By Lt. Cmdr. Ammie Davis, CHC
 NCBC Chaplain

"If a [person] is called to be a street sweeper, [they] should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. [They] should sweep streets so well that all the host of heaven and earth will pause to say, here lived a great street sweeper who did [their] job well."

Dr. Martin Luther King Jr.

Dr. King's quote has inspired people for many years. It reminds us of our own commitment to God and Country. Whether we are enlisted or officer, recruit or master chief, ensign or captain; we can strive to become the best "street sweeper" of our military. We can write the words of Dr. King on the bulkhead of our hearts, so that when our colleague or our superior speaks of us, these words should be heard—"here [served] a great [Sailor] who did [his/her] job well."

We are "free to believe" in the relationship between self-image and images of God. Can we focus on the psychological, cultural and religious influences that have created a sense of inequality between us? Well, Dr. King profoundly answered this

question by eloquently introducing "a dream"—a great dream. It wouldn't take us long to discover the freedom to believe in dreams. It is found in those majestic words of the Declaration of Independence, words lifted to cosmic proportions: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by God, Creator, with certain inalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness."

In response to words of the Declaration of Independence, King wrote, "[t]he first saying we noticed in this dream is an amazing universalism. It doesn't say **some** . . . it says **all** . . . It doesn't say "all white men," it says "all men," which includes black men. It does not say "all Gentiles," it says "all men," which includes Jews. It doesn't say "all Protestants," it says "all men," which includes Catholics. It doesn't even say "all theists and believers," it says "all men," which includes humanists and agnostics."

We are facing some hard times but we are "free to believe" in our units, our leaders and ourselves. We are "free to believe" in victory. We are free to believe in dreams. We are free to believe as Dr. King believed when he said, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin,



Chaplain Ammie Davis

but by the content of their character."

We are free to believe in the content of every Seabee's character. Our character, our moral fiber must demonstrate - - Honor, Courage and Commitment. We are "free to believe" that God is with us in Afghanistan, Djibouti and Iraq. Let us believe in the dreams that Dr. Martin Luther King, Jr., shared and join together in the same freedom—Freedom to Believe in Love rather than hatred, our **Strengths** rather than our weakness and **Justice** instead of injustice.

Fire Warden Training
 Jan. 29 2 - 3 p.m.
 Building 60, Room 105

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.Safe-Helpline.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.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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

Want to save some money this year?

Use this tool to figure out how much you may spend on alcohol:
<http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/AlcoholSpendingCalculator.asp#drinkresponsibly>

Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"If you could visit one place you've never been, where would you go?"



"Italy. I love the language and would love to try the food."

BUCR Alexandria Hornof
NMCB 133
Hometown: Merville, Iowa



"Africa. I've always wanted to go on a safari."

BUCN Logan Klatt
NMCB 133
Hometown: Adell, Wis.



"I would like to go to Europe to see the Eiffel tower."

BUCN Melvin Taylor
NMCB 1
Hometown: Portsmouth, Va.



Dentist James Bounds and dental assistant Keith Wenzel give Hospital Corpsman 3rd Class Warren Watkins a dental checkup at the Naval Branch Health Clinic (NBHC) on board NCBC Gulfport, Jan. 13. Operating hours for Dental are Monday-Friday, 7 a.m.-12:30 p.m. and 1 p.m. - 3:30 p.m. For more information, call: 228-871-2606. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)



Navy Exchange (NEX) employees, Tina Davis Dowdy and Racheal Mahurin, look over sales in the jewelry department on board NCBC Gulfport, Jan. 9. The NEX hours of operation are Monday - Saturday, 9 a.m. to 8 p.m., and Sunday, 10 a.m. to 6 p.m. For more information call: 228-864-1514. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)



Naval Construction Battalion Center (NCBC) Gulfport Commanding Officer Capt. Paul Odenthal presents Charlotte Williams with a gift at her retirement ceremony Jan. 10. Williams retired after 36 years of government service. She spent the last 25 years on NCBC Gulfport as the executive secretary for the base commanding officer and transferred to Naval Construction Group TWO last July. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

NCBC Frames

Construction Mechanic 2nd Class Andrew Puissegur, Shop Supervisor
Naval Construction Group (NCG) TWO

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs



FF: What single experience during your career stands out the most, and why does it stand out?
AP: The single experience that stands out for me was when I was stationed with Special Boat Team Two Two and we were deployed to Cameroon. It was a very tropical area and I had a chance to climb Mount Cameroon and live it up in a very nice hotel, but it was not all fun and games. There was also a lot of hard work that made a positive impact on the relations we [now]

have with Cameroon.

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

AP: My biggest motivation I would say is my children. They look up to me and are very proud of what I do. My children are always telling everyone they meet that their father is in the military and they want to be in the military when they get older. Their lives depend on me and my outcome, so yes I strive to be the best and al-

ways put the best foot forward in my career.

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

AP: The best advice I would give to the future Seabees and Sailors is to stay positive and know that no matter what you do in the Navy as a job you have had an impact on someone that is in the general population. There is always someone looking up to you because you serve in the greatest military in the world. There are also a lot of kids that would love to be a Sailor; so always try to do your best and strive to be the best even when you are having a rough day.

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

AP: My favorite part about being a Seabee is wearing that patch that we have on our



right pocket. I enjoy telling people what the Seabee's are all about.

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

AP: The most influential mentor that I have in my life and career is my father in law. He

served in the Marine Corps for 32 years and had an amazing career. He has the most unforgettable stories about Vietnam and how he moved up through the ranks. I would say he has helped me greatly on my career and how I look at the military.

Think Green! When stopping for coffee in the morning bring a reusable mug. Refills are cheaper and there is no trash to throw away!

Navy Victims' Legal Counsel program stands ready to help Navy Region Southeast

From Navy Region Southeast Victim's Legal Counsel

The Navy Victims' Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault; advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the court-martial process; and provide other legal advice and assistance connected to the sexual assault. It is never

too early or too late for an eligible victim to seek the assistance of a VLC. All communications between eligible victims and VLCs are confidential.

Navy judge advocate attorneys assigned to VLC Program offices at NAS Jacksonville, NS Mayport, NAS Pensacola, NCBC Gulfport, and Joint Base San Antonio will provide these legal services throughout Navy Region Southeast.

Capt. Karen Fischer-Anderson, JAGC, USN, Chief of Staff for the VLC Program, reports the program is off to a fantastic start. "Our VLCs are operational across the globe and are actively promoting and protecting their client's rights and interests as crime victims. On a daily basis, VLCs are making sure our clients

understand the legal process, make informed legal decisions, and are treated with respect and dignity."

Active duty Sailors, adult dependents, and certain reservists are eligible for the program. Victims of sexual assault are encouraged to contact the local Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the nearest VLC Program office. You may also contact the VLC Program directly. A list of VLC Program offices and more information can be found at www.jag.navy.mil. To reach the VLC who supports NCBC Gulfport, please call Lt. Marcus Lawrence at 850-452-5760 or via e-mail at marcus.s.lawrence@navy.mil.

Carbon Monoxide a Hidden Danger

By Lucinda L. Moise
NCBC Public Affairs

One of the many hidden poisonous gases is carbon monoxide (CO). It is colorless, odorless and tasteless and is extremely toxic to humans and animals. Proper awareness on the symptoms or signs of CO exposure is necessary to reduce the risk of fatal CO poisoning.

CO may be undetectable, but it is often combined with gases that do have smell. So, it can be inhaled along with gases that do have an odor without being noticed. CO is a common industrial hazard resulting from the incomplete burning of natural gas and any other material containing carbon such as gasoline, kerosene, or wood. Forges, blast furnaces and coke ovens produce CO; however, one of the most common sources of exposure in the workplace is the internal combustion engine. CO is harmful when breathed because it displaces oxygen in the blood and deprives the heart, brain and other vital organs of oxygen. Large amounts of CO can overcome a person in minutes

without warning--- causing loss of consciousness and suffocation.

Symptoms of CO poisoning may include headache, fatigue, dizziness, drowsiness or nausea. Sudden chest pain may occur in people with angina. Prolonged or high exposures may worsen symptoms and include vomiting, confusion and collapse in addition to loss of consciousness and muscle weakness. Symptoms vary widely from person to person. CO poisoning may occur sooner in those most susceptible: young children, the elderly, people with lung or heart disease, people at high altitudes, or those who already have elevated CO blood levels, such as smokers. Also, CO poisoning poses a special risk to fetuses.

When CO poisoning is suspected, promptly taking the following actions can save lives:

- ~ Move the victim immediately to fresh air in an open area.
- ~ Call 911 for medical attention or assistance.
- ~ Administrator 100 percent oxygen using a tight-fitting mask if the victim is breathing.
- ~ Administrator cardiopulmonary resuscitation if the victim has stopped breathing.

Exposure to fatal levels of CO poisoning in a rescue attempt is possible. Rescuers should be skilled at performing recovery operations and using recovery equipment. Employers should make sure that rescuers are not exposed to dangerous CO levels when performing rescue operations.

Employees should do the following to reduce the chances of CO poisoning in the workplace:

- ~ Report any situation to employer that might cause CO to accumulate.
- ~ Be alert to ventilation problems---especially in enclosed areas where gases of burning fuels may be released.
- ~ Report promptly complaints of dizziness, drowsiness and nausea.
- ~ Avoid overexertion if CO poisoning is suspected and leave the contaminated area.
- ~ Inform doctor if exposed to CO and sickness occurred.
- ~ Avoid the use of gas powered engines, such as those in powered washers as well as heaters and forklifts, while working in enclosed spaces.



Household appliances such as furnaces, generators, stoves, hot water heaters, and grills can emit dangerous carbon monoxide (CO) gas. To prevent CO poisoning, install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. Carbon monoxide detectors can be purchased at area stores for less than \$20.
Note: This article was compiled from information obtained in an Occupational Safety and Health Administration (OSHA) fact sheet.

January 16, 2014



SEABEE DAY 2014



**Naval Construction Battalion Center
Gulfport, Mississippi**

Food	Exhibits	Games
	<div style="background-color: #4a86e8; color: white; padding: 10px; border-radius: 10px;"> <h3 style="margin: 0;">Saturday March 8, 2013 9 a.m. to 4 p.m.</h3> <p style="margin: 0;">Free Community Event Open to the Public</p> <p style="margin: 0;">www.seabee.org</p> </div>	
	<p style="color: red; font-weight: bold;">Fun for the whole family!</p> <p style="font-size: small; color: red;">Join us for Free Carnival Rides, Great Food, Mountains of Military Displays, Free Kids Play Area, Petting Zoo, Music and More!</p>	
<p style="color: red; font-weight: bold;">Enter the base via the Pass Road or Broad Ave. Gate and follow the signs to free parking.</p>		
		

**NCBC Pass and ID
now open**

Monday - Friday:
7 a.m. - 3 p.m.

Closed on weekends and holidays.

NCBC Post Office Note: The Contract Post office and the NAVSUP Official Mail Center will close for maintenance Jan. 17 at 11 a.m. All mail will close out at 10 a.m. at the NAVSUP Official Mail Center. Point of contact for further information is LS1(AW) Lester Hurst, 228-871-2259.



NAVY-MARINE CORPS RELIEF SOCIETY

GOT
DONATIONS?



Call 871-2610
and donate to the
BASE THRIFT SHOP

Seabee Courier

NMCB 74 'lifts' expectations for final deployment

By EO3(SCW) Laura Trommer
NMCB 74 Public Affairs

For the past six months, the crane crews of Naval Mobile Construction Battalion (NMCB) 74 have been training vigorously in preparation for their 2014 deployment. After the completion of their third lift, Equipment Operator 1st Class Jason Bertalotto, crane supervisor of one of the "Fearless" crews believes that his team is more than prepared for their upcoming deployment.

The month of December was particularly busy for the crane crews. Throughout the month, the crews safely and successfully lifted a total of 71,850 pounds utilizing a 40-ton hydraulic crane.

While supporting Naval Construction Group (NCG) 2, the crew lifted a 25,000-pound dozer at a Defense Reutilization Marketing Office (DRMO) auction, assisting the buyer in preparation for transport. Additionally, a couple weeks later, the crew assisted NCG 2's Contingency Construction Crew Training (CCCT) School in the lift of four 3,200-pound sections of K-Span material, taking place while students were instructed on how to use the Ultimate Building Machine (UBM). Following that, the crane crew supported NCG 2 in lifting a 34,050-pound armory box to be transported to Camp Shelby, Miss.

"Training has been spectacular," said Equipment Operator 2nd Class, NMCB 74 EUCOM Det. crane operator. "I am excited to go back to Spain. We are ready!"

For more news and information on NMCB 74, visit the Command Facebook page at:
<https://www.facebook.com/#!/FEARLESS74>



Naval Mobile Construction Battalion (NMCB) 74 Europe Command (EUCOM) Detachment crane crew assists Naval Construction Group (NCG) 2 in lifting a 34,050-pound armory box to be transported to Camp Shelby. (U.S. Navy photo by Equipment Operator 1st Class Jason Bertalotto/Released)



Construction Electrician 2nd Class Michael Finn attached to Naval Mobile Construction Battalion (NMCB) 74 takes a break to make a donation to the south Mississippi blood supply as part of a command wide donation day. (U.S. Navy photo by Builder Constructionman Alexa Trafton/Released)

NMCB 74 donates more

By NMCB 74 Public Affairs

Every two seconds, someone in the United States needs blood, amounting to more than 41,000 donations needed every day. With the demand for blood being so high, the American Red Cross was more than happy to schedule a blood drive at Naval Mobile Construction Battalion (NMCB) 74 work spaces, Dec. 19.

The Red Cross staff set a goal of 28 donors prior to their visit. Despite the typical battalion member's hectic schedule filled with General Military Training (GMT), formal classes, and construction projects, NMCB 74 was able to round up 32 participants.

The event was coordinated through the battalion's Religious Ministry Team (RMT).

Lt. Christopher Sutton, NMCB 74's battalion chaplain, called the drive a success, saying, "Although we had

some difficulties with the spaces that we were in, with no temperature control, the event itself was successful under the circumstances. It was a big lesson learned and our next one, we will most likely have in the 'Blood Mobile.'" Despite being chilly outside, heat in the work spaces was roaring and because blood needs to be kept cool after a donation, workers had to quickly move it to the Red Cross Blood Mobile. Another issue was caused by vaccines that battalion members had received in preparation for the upcoming deployment. Several members were ineligible to donate due to the specific type of live virus they received.

People came to the classroom to participate throughout the day. Some had heard of the drive in the Plan of the Week, others through word of mouth. A few even got calls from the Red Cross the day before the event.

"I knew far in advance because I was called a week ahead of time and the day before," said Lt. Marvin Albers, Assistant Officer in Charge, Detachment U.S. Northern Command. "And after I was a leader for a casualty collection point in Afghanistan, I know truly how high the need is." One donation of blood can help save up to three lives, taking just 10 to 15 minutes of a donor's time.

All in all, it was a successful event for NMCB 74.

"I am extremely happy and extremely grateful for the flexibility of the Red Cross staff," Religious Program Specialist 2nd Class Charles Hartley said. "And with them willing to be a little uncomfortable in such a small, warm space for a large part of the day."

The next battalion blood drive is planned for March.

For more news on NMCB 74 visit www.navy.mil/local/nmcb74.

Marine achieves 1,000 mile mark



CAMP LEMONNIER, Djibouti - Above: On Jan. 2, U.S. Marine, GySgt. Jeremiah Johnson of Naval Mobile Construction Battalion (NMCB) 11, logged his 1,000th mile of running in Djibouti since being deployed in August, 2013. Johnson said that he has probably ran at least 1,200 miles since the deployment began, but some, such as the Marine Corps Marathon that he ran, did not count toward his total for this achievement. Left: GySgt Jeremiah Johnson displays a T-shirt proclaiming the 1,000 miles he has logged as a runner on Camp Lemonnier, Djibouti. (U.S. Navy photos/Released)

NMCB 74 Decommissioning

In preparation for the Naval Mobile Construction Battalion (NMCB) 74 decommissioning ceremony planned for July 25, the battalion is looking for historical memorabilia and photos to potentially use for the ceremony. The battalion is also interested in obtaining cruise books covering 1994 – 2005. NMCB 74 veterans are also encouraged to attend the ceremony.



Those with memorabilia, cruise books or plans to attend the event are asked to contact Ensign Michael Crum, NMCB 74 public affairs officer at michael.r.crum@navy.mil or Chief Boatswain's Mate Brandon Gano at brandon.gano@navy.mil. For more information on the ceremony and NMCB 74, visit the command Facebook page at <https://www.facebook.com/FEARLESS74?ref=hl>

NCBC Commissary
 Martin Luther King, Jr.
 Holiday Hours
 Closed Jan. 20 (Monday) and
 Jan. 21 (Tuesday)



January 16, 2014

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

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active

duty Construction Mechanics and all other Seabee

rates who are:

Motivated/Volunteer

Pass Navy PFA

E4 - E6

No NJP

No Bankruptcy

Able to obtain SECRET/TOP SECRET clearance



Email us at !DEVGRURecruiting@vbsocom.mil or contact your detailee to request additional information.

Seabee Courier

7

New year, new you - take the challenge!

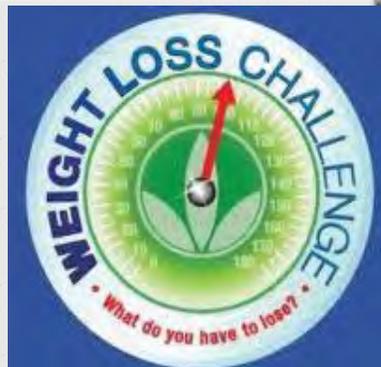
NCBC versus KAFB
 Weight Loss Challenge 2014
 Jan. 13 - Feb. 21

Weigh in Jan. 13 - 17@
 NCBC Fitness Center

Final Weigh in Feb 21st, by 4p.m.

Open to anyone* (active duty,
 retired, dependent, DOD civilians
 and contractors)

*Must be 18 or older



Contact:
 MWR Fitness @
 228-871-2668
 for more info

Weight Loss based on percentage of weight loss not pounds
 Group Fitness Classes offered
 Monday, Wednesday and Friday 11:30 a.m. -12:30 p.m.

Focus on Education

Naval Academy Summer Seminar Program seeks student applicants

By Lt. Teng K. Ooij
U.S. Naval Academy and
Capt. Linda J. Belta
Naval Hospital, Jacksonville

The United States Naval Academy's 2014 Summer Seminar Program invites a select group of young men and women to attend the Naval Academy Summer Seminar (NASS). This fast-paced, six-day experience is designed to introduce the Naval Academy to rising high school seniors.

At the core of the NASS is the academic program involving 90-minute workshops designed to promote problem-solving skills using critical thinking, optimization, innovation, creativity, and team work. Students choose eight workshops from a wide range of subjects to include: Information Technology, Naval Architecture, Mechanical Engineering, Ocean Engineering, Aerospace Flight Testing,

Systems Engineering, Microcomputer Design, Ethics and Character Development, Oceanography, Mathematics, History, Meteorology, Literature, Chemistry, Political Science, Language Studies, Martial Arts, and Economics. Students participate in project-based modules applying hands-on, real-world approaches to solving design and analysis problems utilizing the Naval Academy's world-class laboratory facilities. These facilities provide a unique learning environment outside the traditional classroom.

The NASS teaches prospective applicants about the life of midshipmen at the Naval Academy, where academics, athletics, and professional training are key elements in developing our nation's leaders. Students live in the dormitory, eat in the dining hall and participate



Students participate in hands-on, real-world approaches to solving design and analysis problems utilizing the Naval Academy's world-class laboratories, and have the opportunity to interact with the faculty and midshipmen, who serve as role models and mentors. (U.S. Navy photo courtesy of Lt. Teng Ooi/Released)

in academic and leadership workshops. They also participate in daily physical training including group runs and conditioning exercises. Seamanship and navigation classes culminate in a cruise aboard a Navy Yard Patrol Craft. The program helps edu-

cate, motivate and prepare selected students who are considering application for appointment to the Naval Academy.

If you think that you may be interested in pursuing an appointment to the Naval Academy and serving your country as an officer,

you should seriously consider attending the Naval Academy's 2014 Summer Seminar.

Applications open Jan. 16, at www.usna.edu/admissions/nass.

Session dates include May 31-June 5; June 7-12; June 14-19.

NCBC School Liaison Officer Kevin Byrd, is located in MWR building 352, 1706 Bainbridge Avenue on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email kevin.r.byrd@navy.mil.

72nd Annual Seabee Ball



You are cordially invited to the 72nd Annual Seabee Ball March 15, at the Mississippi Coast Coliseum. Cocktail hour begins at 6 p.m.

This year's guest speaker is Rear Admiral Morneau, Commander, Navy Expeditionary Combat Command. If you are interested in attending, tickets are now on sale and are payable by cash, or check made payable to the "Seabee Ball Fund." Contact your command rep for tickets. The CBC command rep is Lt. Kena Montgomery, 228-871-3922 or email: kena.k.montgomery@navy.mil. Ticket prices are : E1 to E3: \$20; E4 to E6: \$30; E7 and above, Retirees, and Civilians: \$40. Guests: If you plan on bringing a guest, the ticket price for him/her is equivalent to the price you pay for your own ticket. (e.g. tickets for an E3 and his/her guest would be: \$20 + \$20 = \$40) Free childcare until capacity is reached from 5 p.m. to 12:30 a.m. Sign up with ticket in hand at Child Development Center. Uniform: E1 - E6: Service Dress Blues w/Large Medals; E7 - O3: Dinner Dress Blues; O4 & Above: Dinner Dress Blue Jacket; Civilians: Formal. Door prizes and dancing! Professional photographer - \$10 portraits. Digital image with printing release. The night will feature great food, great people, great entertainment, great door prizes and a great time had by all!

VITA Tax Assistance

Building 60, Room 116Z

Opens Jan. 21 - Taking appointments **now** for opening day

VITA services are limited to:
Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during pre-mobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059

Call 228-871-3597/2301

VITA
Volunteer Income Tax Assistance



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Finding swagger in my wagon

If I have to spend one more day in this filthy, salt-crusted, paint-chipped, rusted, dog-hair-filled, good-for-nothing tin can of a minivan, I'm gonna lose it . . .

This is the thought that brings me to a near mom meltdown each morning during my daily school drop offs. I swear, I used to really love my minivan, but nowadays, I can't stop dreaming of trading her in.

I remember the first time I drove her. It was 2006, and we were stationed in Norfolk, Va. Our old stale-french-fry-and-Goldfish-cracker-filled, spit-up scented, dented, scratched, rusted, three-hub-capped, hunter green Plymouth Voyager was ready to give up the ghost. Having three young kids and our first mortgage, we knew that buying used was the only way to go.

Other than an almost imperceptible dent in the hatch back door and a mere 8,000 miles on the odometer, our "new" Toyota Sienna was perfect, and even had a lingering bit of new car smell. We drove away feeling like we were riding in the upholstered lap of pure luxury.

But like every new car we've had, it doesn't take long for the novelty to wear off. Inevitably, Happy Meals get dropped, dogs are wet, kids get carsick, rocks crack windshields, grocery carts ding doors, and before we know it, our minivan has become nothing more than a rolling ghetto.

In all fairness, our minivan has served us well, traveling with us on an overseas military tour in Germany and sheltering us



from the baking sun during a two-year tour of duty in Florida.

Now, stationed in Newport, R.I., our minivan is really showing her age. After 130,000 miles, her glossy paint has faded to a dull dirty white, which is most often hazed with salt and grime. Her alloy wheels are corroded and permanently stained with brake dust. Her hood is dented and pitted with spots of rust. Much to my middle school daughter's embarrassment, the sliding doors freeze shut at the slightest chill, requiring her to climb out the trunk in the morning car pool line. And worst of all, the interior is almost unbearable, with God-knows-what ground into the upholstery, carpeting, vents and faux naugahyde grain.

Seriously, it's gross.

But with three teenagers in private schools and college tuition bills on the horizon, buying a new car right now is about as likely as me keeping my New Year's resolution to stop eating seconds.

So, rather than focusing on the filth, I've got to concentrate on the positive.

In my youth, I drove a 1975 Volkswagen Beetle for 11 years. Despite her torn horsehair-stuffed upholstery, useless wind-

shield wipers, and finicky alternator, we developed a symbiotic relationship. I could expertly hover in that sweet spot between the clutch and gas on a steep hill in first gear without using the brake. When her battery went dead, I could pop the clutch without assistance, jumping in to put her in gear after pushing her myself from the open driver's side door. I could tune in the most obscure radio station, because I knew all the points on her radio-tape deck dial.

Despite her age, I was sad to see my old Beetle go when marriage and child rearing made her impractical. Now, when marriage and child rearing make my old minivan the only practical vehicle for our family, I need to channel that same symbiotic feeling.

I guess I have always liked the way she holds my coffee cup in her center console. I must admit, she has always kept all my favorite radio stations stored where I can reach them with the punch of a button. I guess it is kind of nice to not worry when the dog jumps in, wet and dirty after a swim in the bay. And if we traded her in, I'd have to buy more school stickers for the back window, which would be a real pain, right?

Just like me, my old minivan might be showing her age, but I guess there's still a little swagger left in my wagon.

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

Health Watch

Did You Know?

Health insurance information for civilian employees

From Naval Branch Health Clinic Gulfport

As a result of many changes in the 2014 Federal Employees Health Benefits (FEHB) program, the Benefits Line call volume remained high during most of the open season period.

If you have any concerns regarding your health insurance for 2014, you are encouraged to continue to call the Benefits Line at 888-320-2917 and select the appropriate option to speak to a Customer Service Representative (CSR). CSRs are available from 7:30 a.m. to 7:30 p.m., Eastern Time, Monday through Friday, except on federal holidays. The TTY number is 866-328-9889.

You may also email your questions to navybenefits@navy.mil. You must include your full name, pay plan, grade, contact telephone number and the best time to call you but please do

not include Privacy Act Information such as date of birth or social security number.

The Leave and Earning Statement (LES) you receive Jan. 31 will reflect your Open Season election. It is your responsibility to review your LES carefully to ensure that correct premiums are being deducted from your pay and call the Benefits Line if there are any problems.

3. If you made a change during the Open Season you should receive your FEHB enrollment card from the carrier within 30 days of making your election or not later than Jan. 31.

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 to contact or follow-up with your provider.

Day of Service: AmeriCorps Operation Mailing Letters and Kits

AmeriCorps is planning to assemble care packages and write letters for service members as a Day of Service project in honor of Dr. Martin Luther King, Jr., Jan. 20, in the training room at the Habitat for Humanity of the Mississippi Gulf Coast, 2214 34th St., Gulfport. "Operation Mailing Letters and Kits" will focus on writing letters and sending care packages to local service members who are currently overseas. Family members of the deployed as well as military veterans and the general public are invited to attend. Donations of toiletries and snacks are also welcome. Once the letter writing and packaging is accomplished, a dinner and MLK presentation will take place. For more information, please contact Melissa Bodisch, HFHMG, 228-678-9100, extension 1027 or mbodisch@hfhmgc.org.

Intramural Racquetball League

Racquetball League

Season starts the week of Feb. 24th

SIGN UP
Jan. 20 - Feb. 10, 2014

- OPEN TO:**
- ALL ACTIVE DUTY
 - DOD EMPLOYEES
 - DEPENDENTS
 - RETIREES

Coaches' Meeting is Feb. 12 at 10:30 a.m. in the Fitness Center Conference Room.



To register your team, stop by the Fitness Center. For details, call 822-5109

Disney Military Salute



4 Day Ticket with Park Hopper

Only \$169

Save \$161

- * Access to all 4 Disney World parks
- * Purchase up to 6 per military family
- * Valid until Sept. 24, 2014



Call ITT for your tickets today at **228-831-2231**

Attention Parents!

NGBC Gulfport, Mississippi
EXTREME TEEN CENTER

New Hours of Operation

Starting January 2014
Monday-Thursday
3:00-8:30pm
Friday
3:00-9:00pm
Also...

Teen Center camps available for Spring, Summer, Fall and Winter breaks!

Option 1: \$25 dollars per week. This option secures your spot for the whole week and includes a field trip.

Option 2: \$5 day drop in. This is only done on a per day basis and does not hold your spot for the whole week. Drop in option not available on field trip days.

Must have an up to date registration form in order to participate.

Minimum number of participants needed in order to facilitate camps.

START REVVING THOSE ENGINES BECAUSE...

Daytona 500 Tickets ONLY \$62

Regularly \$139!



Call ITT at 871.2231

Race Day is Sunday, February 23rd



Other tickets and Fan Zone passes available.

NCBC Helping Hands

BILOXI VA - Biloxi Veterans Hospital is having an awards ceremony for their volunteers April 18, and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640 or Sharon at 228-522-5786.

ELDERLY ASSISTANCE Volunteers are needed to help paint a handicap ramp and dig a trench around a house to solve a drainage issue. Please contact Susan at 228-871-3640 to volunteer.

ORANGE GROVE ELEMENTARY - Six to eight volunteers are needed to help with the Orange Grove Elementary science fair Jan. 23 at 8:15 a.m. For more information please contact Stephanie Schepens at: SSchepens@harrison.k12.ms.us.

DISABLED VET NEEDS ASSISTANCE - Couple who lost everything in Katrina and rebuilt has problem with water coming into their home every time it rains. Volunteers are needed to dig a French Drain. Please call Claudia at 228-686-3081 or email c49706@bellsouth.net if you are able to help.

SENIOR ASSISTANCE - Seniors are in need of assistance with minor home repairs. The first involves a leaky ceiling, the second is replacing gutters. Materials will be purchased as soon as volunteers can determine materials needed. If you can help, please contact Susan Smith at 228-871-3640.

BOOST READING PROGRAM - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30

minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

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. If you are interested in volunteering, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for vol-

unteers 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. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. 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 website allows you to keep track of your hours. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole

Lewis at nlewis@uso.org. We look forward to having you on our volunteer team! **COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/ women. If you are interested in helping in the community, call 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. Also in need of gently used donations.



Mardi Gras Mayhem in the Park - Break out all of your old beads and put them to good use! Gulfport will hold a tent decorating contest Feb. 22, in conjunction with their first ever Mardi Gras Mayhem in the Park event. Round up six family members or friends and any purple, green, and gold decorations you can find and come down to Jones Park with your 10 x 10 pop-up tent and enter to win the tent decorating contest. Pre-register no later than Feb. 19. Judges will be looking for the best Mardi Gras theme, creativeness, decorated team number, use of recycled or old Mardi Gras beads, and the overall use of unique materials. For more info and to register visit <http://www.gulfport-ms.gov/MGM-2014.shtml>

NCBC Security Reminder . . . To prevent both personal and governmental property theft, NCBC Security would like to remind you to remember to secure vehicles, personal compartments, work spaces and buildings. Don't be a target!

See Something Wrong, Do Something Right . . .

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Seabee Memorial Chapel

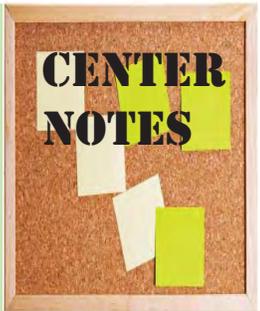


What's happening at the Chapel?

- Sundays:
 - Gospel Service: 8 a.m.
 - Catholic Mass: 9:30 a.m.,
 - Church (Sunday) School: 9:15 a.m. (All Ages)
 - Bible Trivia Bowl: 10 a.m. (All Ages) (childcare/nursery available via volunteers)
 - Protestant Service: 10:30 a.m.
 - Club Beyond: 2:30 p.m. (middle/high school students)
- Tuesdays:
 - Catholic Mass: 11:15 a.m.
 - Bible Study/Bible Bingo: 6 p.m. (All Ages) (childcare/nursery available via volunteers)
 - Praise and Worship Team Practice: 6 p.m. (Need musicians)
 - Club Beyond: 6 p.m. (middle/high school students)
- Wednesdays:
 - Praise Break: 11:30 a.m.
 - Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)
- Confessions & Baptism: By appointment

Religious Services
Sunday:
C contemporary: 8 a.m.
Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesdays at 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



**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 Center. Children are welcome and babysitting is provided. Please bring a dish to share. For

more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, http://www.wix.com/NMCB133FSG/133frg.

FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate 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.navywivesclubsof-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 nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

PMI Membership Drive The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact

Mike Saunders at saundersmt@earthlink.net or Len Krapcha at Ikrapcha@aol.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Commtee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel at 228-871-2454 for details.

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

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 locat-

ed at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to http://nmcb62alumni.org or for links to Seabee historical sites.

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

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, please 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.seabeesmuseumstore.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/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.

**Moving? Mailing packages?
Need a box?**

Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!



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