

# SEABEE COURIER

www.cnbc.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

September 18, 2014

## Congratulations, new Chief Petty Officers



Chief Logistics Specialist Julian Nunez, assigned to Naval Mobile Construction Battalion (NMCB) 1 is formally introduced to the khaki community and guests, during the Chief Petty Officer Pinning Ceremony held in the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport,

Sept. 16. Nunez was among the 20 newly-pinned chiefs who successfully completed the CPO 365 Phase 2 program on board the Center. (U.S. Navy photo by Chief Mass Communications Specialist Kim Martinez/Released)

*For more photos of the ceremony, visit NCBC Gulfport's Facebook page*

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# September is National Preparedness Month

## Build an emergency kit before disaster strikes

By **BUCA Elizabeth Mills**  
 NCBC Public Affairs

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In the event of a disaster, having the proper necessities put together ahead of time will help you and your family weather the emergency. You can do this by creating a preparedness kit well in advance of the emergency.

A preparedness kit should include everything you and your family members will need to survive for at least three days without outside assistance. A kit should also include items for pets.

According to the ready.gov website, advance assembly of your kit is very important because you may have to evacuate at a moment's notice. There may not be time to search for supplies or shop for them.

In the event of a disaster, electricity, gas lines, water, telephone lines and cellular telephone service may be affected.

The following items are recommended for a basic disaster supply kit:

- ~ Water, one gallon of water per person per day for at least three days, for drinking and sanitation

- ~ Food, at least a three day supply of non-perishable food
- ~ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ~ Flashlight and extra batteries
- ~ First aid kit
- ~ Whistle to signal for help
- ~ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ~ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ~ Wrench or pliers to turn off utilities
- ~ Manual can opener for food
- ~ Local maps
- ~ Call phone with chargers, inverter or solar charger
- ~ Medications
- ~ Infant formula and diapers
- ~ Pet food and extra water for your pet
- ~ Important family documents and personal information
- ~ Sleeping materials for each family member
- ~ Mess kit, paper plates, cups, paper towels and



- plastic utensils
- ~ Books and games for children
- Your family should also know where the home kit is stored in case you need to leave your home quickly.
- If sheltering at work is a necessity, you should be prepared to shelter for at least 24 hours. Make sure you have food, water and other necessities such as medicines in your kit.
- A kit should also be prepared and maintained in all vehicles in case you are stranded. Depending on the climate, a car kit should include:
  - ~ Jumper cables
  - ~ Flashlights and extra batteries

- ~ First aid kit and necessary medications.
- ~ Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- ~ Water for each person and pet in your car
- ~ AM/FM radio to listen to traffic reports and emergency messages
- ~ Cat litter or sand for better tire traction
- ~ Shovel/ice scraper
- ~ Rain Gear/tarp
- ~ Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- ~ Blankets/sleeping bags
- For more information and more ideas on emergency kits go to: [www.ready.gov/september](http://www.ready.gov/september)

**Navy Birthday Ball 2014** . . . The Navy's 239th Birthday will be celebrated here, Oct. 18, from 6:30 p.m. – midnight, at Hollywood Casino, Bay St. Louis. For ticket, uniform details and other information, visit: <http://www.sscnavyball.weebly.com>. Participating installations include: Naval Activities, Stennis Space Center; Professional Development Center, Gulfport; Naval Aviation Tactical Training Unit, Keesler Air Force Base and Armed Forces Retirement Home.

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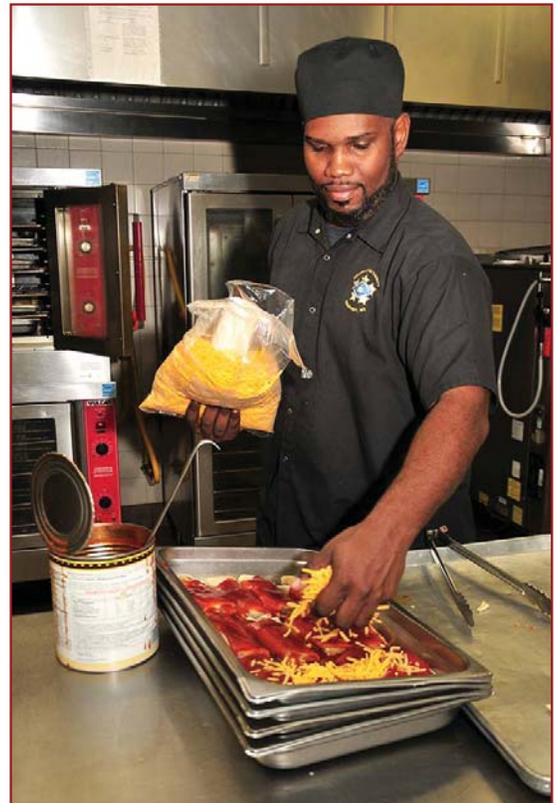
Call FFSC at (228) 871-3000



Builder Constructionman David Perryman (center), attached to Naval Mobile Construction Battalion 11, learns the proper fighting stance during a Marine Corps Martial Arts Program class held at the Fitness Center on board NCBC Gulfport, Sept. 10. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Culinary Specialist 2nd Class Kenneth Townsend, assigned to Colmer Dining Facility on board NCBC Gulfport, sprinkles cheddar cheese over freshly baked burritos, Sept. 16. Meal hours are as follows: Monday-Friday: Breakfast, 5:45 - 7:45 a.m., Lunch, 11 a.m. - 12:30 p.m. and Dinner from 4:30 - 6 p.m. Saturdays and Sundays: Brunch, 9 a.m. - 12:30 p.m., Dinner, 4:30 to 6 p.m. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey Pierce/Released)



Seabees attached to Naval Mobile Construction Battalion (NMCB) 1 run around the grinder during morning physical training on board NCBC Gulfport, Sept. 17. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Ombudsmen from commands on board Naval Construction Battalion Center Gulfport gather for an appreciation luncheon held at Colmer Dining Facility, Sept. 15. Ombudsmen are liaisons between family members and the service member's command. For more information about the ombudsman program, contact Paula Ingram at 228-871-3457. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

# Ombudsmen - a vital link between families and service commands

By Twilla Smith  
Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 2.

The proclamation signing commemorated the 44th anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle. Although they do not wear military uniforms, they stand firmly beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"When Navy families are dealing with everyday life issues, it is always great to know you have someone in your corner," Parker said. "That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable."

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit [http://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/ombudsman\\_program/ombudsman\\_program\\_overview.html](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/ombudsman_program/ombudsman_program_overview.html)



## BBC Shoe Drive

During September, Balfour Beatty Communities is collecting gently used shoes to donate to Gulf Coast Community Ministries. Please tie or rubber band shoes together and place in drop box located at the Community Management Office. Home shoe pick up service is also available by emailing [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com). Your generosity is appreciated!

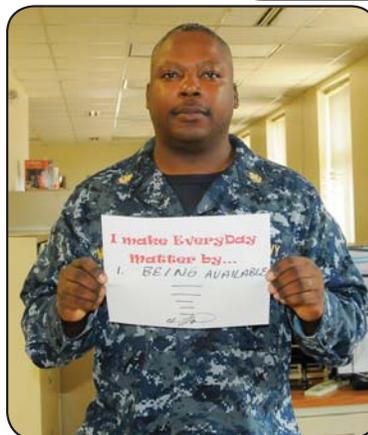
## Suicide Prevention

September is National Suicide Prevention Month and this year's Navy theme is "Every Sailor, Every Day, focusing on peer connections and personal responsibility for self care. Throughout September we will be featuring individual responses to the question:

What makes your day matter?



HA Adam Tidwell  
Naval Branch Health  
Clinic Gulfport



ITC(SCW/SW)  
Cliff McDaniel  
Naval Mobile  
Construction  
Battalion 1



E03 Heather  
Donnelly  
Seabee Memorial  
Chapel



BUCN Leo Tyler  
Naval Mobile  
Construction Bat-  
talion 133



Left: Naval Construction Battalion Center Gulfport's Navy Lodge staff choose their ingredients for salad at a luncheon as part of Hospitality Week. The meal was a team effort. Each salad ingredient was brought in by a different person to boost team spirit. Each year the Navy Lodge shows their appreciation for their associates through special events during Hospitality Week. Right: Display



boards, depicting what "premier customer service" means to Navy Lodge Gulfport staff are located in the lobby of the Lodge on board Naval Construction Battalion Center Gulfport. During Hospitality Week, Sept. 15 – 19, in-house guests will vote for their favorites and winners will be revealed at the employee awards ceremony, Sept. 19. (U.S. Navy photos by Builder 3rd Class Amanda Hollister/Released)

# Navy Lodge Gulfport kicks off Hospitality Week

By BU3(SCW) Amanda Hollister  
NCBC Public Affairs

The Navy Lodge on board Naval Construction Battalion Center (NCBC) Gulfport is celebrating Hospitality Week Sept. 15 – 19.

According to Navy Lodge headquarters, Hospitality Week is an annual celebration geared toward all Navy Lodge associates. Its purpose is to express appreciation for their hard work and outstanding performance through morale-boosting events and team-driven fun.

Janice Baker, general manager of NCBC's Navy Lodge scheduled special events each day in honor of Hospitality Week.

Monday, Baker kicked off the celebration by providing a home-cooked, biscuits and gravy breakfast as a thank you to her staff. The rest of the week included a salad day, a fruit day and an ice cream float day, along with competitive games held during these special lunch gatherings.

Monday morning the Gulfport team also turned in projects they created

depicting what "premier customer service" means to them. The projects are currently on display in the lobby where in-house guests will vote over the course of the week for their favorites. The staff will carry sign-off sheets all week on which lodge guests can endorse their customer service, housekeeping, and maintenance skills. The goal is to get as many endorsements as possible before Friday, to show the highest levels of hospitality.

To wrap up the week, a special awards ceremony will be held Friday in the

Navy Lodge lobby.

According to Baker, NCBC will welcome distinguished visitors for the event to include members of the Navy Exchange Service Command, NCBC's Commanding Officer, Captain Paul Odenthal and NCBC's Command Master Chief, Mark Thomas.

"The commanding officer will crown Sir and Madam Hospitality," Baker said. "These will be the two associates with the most guest endorsements at the end of the week. There will be seven awards total, with cake and lunch to follow."

Each Navy Lodge associate's length of service varies from a few months to over 20 years.

"It's been 25 years for me," Baker said. "But no matter, because we are like family and everyone is a part of Hospitality Week."

Your stay at the Navy Lodge includes a complimentary breakfast and newspaper as well as free Wi-Fi. Room rates typically average 45 percent less than civilian hotels.

To make a reservation at a Navy Lodge, call 1-800-NAVY-INN or go to [www.navy-lodge.com](http://www.navy-lodge.com).

## Buzz on the Street

By BUCA Elizabeth Mills  
NCBC Public Affairs

### "What do you find most 'useful' on base?"



CM3 Luke Sams  
NMCB 133  
Hometown: Normange, Texas

"The NEX is convenient for supplies and easy to get to."



CECN Sarah Croker  
NMCB 133  
Hometown: Dover, Del.

"My room . . . I can escape from the world, and enjoy the peace and quiet."



CE3 Dustie Bond  
NMCB 133  
Hometown: Kersey, Colo.

"The Commissary, because it is a lot closer than somewhere like Walmart."

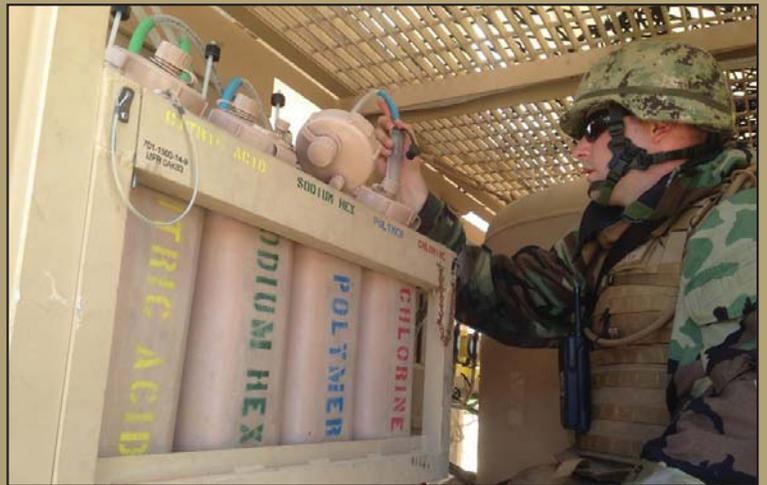
# 'Roos of NMCB 133 - Exercise Silver Flag



Utilitiesman 1st Class Brad Sweeting, assigned to Naval Mobile Construction Battalion (NMCB) 133 Detachment Guam, balances chemicals in the Reverse Osmosis Water Purification Unit. Petty Officer Sweeting was one of eight Seabees from the detachment who participated in the Air Force's Silver Flag training exercise at Andersen Air Force Base, Guam. (U.S. Navy photo/Released)



Engineering Aide Constructionman Jessica Couvillier, assigned to Naval Mobile Construction Battalion (NMCB) 133 Detachment Guam, works with Air Force Civil Engineers to survey runway damage during Airfield Damage Repair training. (U.S. Navy photo/Released)



Utilitiesman Constructionman Zachary Funk, assigned to Naval Mobile Construction Battalion (NMCB) 133 Detachment Guam, takes a reading on a reverse osmosis water purification unit. The Seabees teamed up with Air Force civil engineering units to support joint training exercise Silver Flag. (U.S. Navy photo/Released)

September 18, 2014

## October is Fire Prevention Month

and during Fire Prevention Week (Oct. 6 - 10), the Naval Construction Battalion Center (NCBC) Gulfport Fire Department would like to extend an invitation to all departments and commands to contact us for fire extinguisher training and a review this of year's National Fire Protection Association theme, "Working Smoke Alarms Save Lives." The training promises to provide interesting facts about smoke detectors that many people aren't aware of, but that could possibly save a life!

We are available to provide training at your work center between 8 a.m. and 3 p.m., Monday through Friday. Although we are highlighting training during Fire Prevention Week, the training may be conducted any time in October. Work site training should take approximately 30 minutes, depending on the number of people in attendance.

Please contact Inspector Ducote at [william.ducote@navy.mil](mailto:william.ducote@navy.mil) and schedule your training today!

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**Fraud, Waste and Abuse Hotline:** Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil)

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Seabee Courier

# 9/11 Tributes Near and Far

Gulf Coast chief petty officer (CPO) selectees presented a September 11th Remembrance Ceremony to military members and civilians at the base Training Hall on board NCBC Gulfport, Sept. 11. The ceremony included remarks on the many ways the ...military and United States has changed since the events of Sept. 11, 2001, a special bell ringing and a moment of silence for the thousands that lost their lives that day. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Chief Builder (Select) Edward Krueger and Chief Logistics Specialist (Select) Krystal Cicenias fold a ceremonial flag flown in remembrance of 9/11 at New Kabul Compound (NKC), Afghanistan, Sept. 11. Krueger and the chief selects of NKC held a memorial service in honor of those lost in the terrorist attacks 13 years prior. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)



## 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](http://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.

## Keep What You've Earned

The KWYE campaign seeks to encourage responsible drinking among Sailors by celebrating the achievements in their Navy careers. Through recognition of their hard work and dedication, Sailors are reminded of their accomplishments, and how much they have to lose if they make poor choices regarding alcohol. The campaign actively engages Sailors as advocates for responsible drinking.



# Focus on Education

## Education Notes

Coastline Community College Registration  
Registration for Coastline Community College's Fall "B" Term is open until Oct. 13. The Fall term begins Oct. 20 and ends Dec. 14. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, emailing [DDRYE@COASTLINE.EDU](mailto:DDRYE@COASTLINE.EDU), or visiting the Navy College Office in Building 60, room 239.

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

A FREE 2 ½ hour professional lecture for officers and senior enlisted who plan to leave the service in the near future. Spouses are cordially invited.

## Marketing Yourself for A Second Career

**Date:** Oct 2, 2014

**Time:** 8:30 – 11 a.m.

**Location:** Fleet & Family Support Center, Large Class Room

**RSVP:** [gerri.warden@navy.mil](mailto:gerri.warden@navy.mil) 228-871-3000

### LEARN ABOUT

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- Perceptions civilian employers have of military personnel
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- Networking to find the hidden job market
- Preparing for and conducting successful interviews
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Deputy Director of Transition Services, MOAA

- Recently retired after 25+ years on active duty; both enlisted and commissioned
- In-depth experience in networking, resume writing, communications and social media
- Understands the transition process and keys to success for life after the military



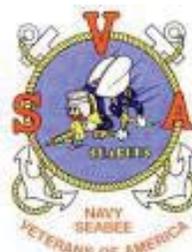
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## Navy Seabee Veterans of America

### Auxiliary, Island X-1

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Applications must be postmarked no later than Nov. 30, 2014.

To receive an application, contact the scholarship committee via email: [nsvaa1@gmail.com](mailto:nsvaa1@gmail.com)

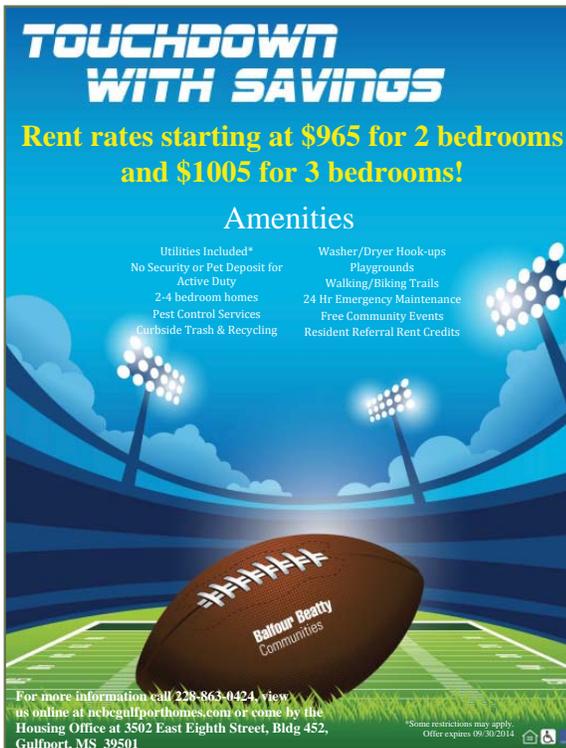
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\*Some restrictions may apply. Offer expires 09/30/2014

## 36th Annual Salute to the Military

The 36th Annual Salute to the Military will take place Oct. 21, 6 p.m., at the Mississippi Coast Convention Center in Biloxi. General Frank J. Grass, Chief of the National Guard Bureau Joint Chiefs of Staff will be the featured guest speaker, with music by the 41st Army Band. Tickets are \$60 for civilian and retired military and \$50 for uniformed military. Naval Construction Battalion Center personnel who are interested in attending the event are asked to email NCBC Public Affairs Officer Rob Mims at [robert.c.mims@navy.mil](mailto:robert.c.mims@navy.mil).

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Now what?

I remember it like it was yesterday. The shriek of my alarm going off at 6:15 a.m., like the start of some second-rate dog race.

With a rat's nest of hair and the same yoga pants I'd worn the day before, I was off and running: making beds, toasting waffles, packing lunches, dropping off, sorting laundry, picking up, flipping nuggets, filling tubs, reading stories, tucking in.

Other than 20 minutes spent wolfing down a turkey on wheat for lunch at our kitchen island between wash cycles, the closest thing I had to "free time" was falling asleep on the couch while clipping peanut butter coupons in front of the television after the kids went to bed.

And when my Navy husband was deployed, my daily routine was a total blur, teetering somewhere between precarious sanity and certifiable madness.

Thank the Good Lord those days are over.

After a couple of decades spent fulfilling the needs of our three kids, I'm finally free! With our oldest now off at college, our two girls in high school, and my husband on shore duty, no one is depending on me anymore. Hallelujah! It's time for me to do what I want to do for once.

However, when school started this year, I didn't want to traumatize our girls by drastically changing their routine. I thought it best to wean them gently, so I got up early each morning as usual, offering to scramble eggs, find soccer socks, slice oranges. But turns out, they can do it all by themselves.

What a relief!



On our morning ride to school in the minivan, I used to talk my kids through the day's schedule, making sure they were organized and ready for any quizzes or tests. But the girls let me know the first week of school that, instead of talking to me, they prefer to motivate themselves on our morning drive by having a "Girl Dance Party," which entails turning the minivan volume up to level nine and flailing their arms to the beat.

And my 16-year-old is quick to remind me that, in a few short months, they won't even need me to drive them to school because she will have her driver's license. What a welcome change that will be!

Back at home, I breathe a huge sigh of relief that there's no one depending on me for the next 10 hours. I look around our empty house, ecstatic that I have the whole day to myself to finally do all the things I could never do before -- go on a shopping spree, start a new career, take tennis lessons, meet friends for lunch, train for a marathon.

But, of course, I wouldn't want to jump into my newfound freedom too quickly. Instead, I check to see if there's any laundry to be done, then remember that

I did it all yesterday. I peek at the computer every 10 minutes to see if any pressing emails have come in. I wander the house looking for dust bunnies.

Eventually, I microwave the cup of lukewarm coffee I inadvertently left in the pantry, and plunk down at the kitchen table.

Now what?

Just then, I hear a thunk in the bedroom upstairs. Stirring from his morning nap, our 8-year-old labradoodle, Dinghy, comes down the back staircase of our old base house, his toenails clapping on the wood flooring. With a boney clunk, he sits in front of me, lifts a lanky paw, and scrapes it over my thigh.

Terrific. Just when I was about to savor the sweet solitude of freedom, it dawns on me. I'm not free just yet -- I'm still key and essential to this household.

With renewed purpose, I get out my To Do list and scribble, "1. Walk dog, 2. Feed dog, 3. Teach old dog new tricks, 4. Buy new dog toys, 5. Go to dog park ..."

Looks like my work is never done.



The author and her 8-year-old labradoodle, Dinghy, run errands.

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

# Commentary Obesity - It could happen to You!

By HM2 Jessica Bishop  
Naval Branch  
Health Clinic Gulfport

Did you know that the Centers for Disease Control has identified more than one-third of adults and almost 17 percent of youth as obese in 2009-10? Did you also know that Mississippi was named the most obese state in the United States?

Mississippi has an obesity rate of 34.4 percent in adults and a 19.8 percent obesity rate in children. Alarming as that is, it's important to note that NO state in the nation has met the Department of Health and Human Services' 10-year-old Healthy People goal to lower obesity prevalence to 15 percent. More than 30 percent of the populations in Louisiana, Mississippi and Tennessee are obese. It's not hard to see why when all these states believe that any food can be fried, especially seafood.

It should be no surprise that being overweight and obese increases one's risks for developing diseases such as diabetes, hypertension, high cholesterol, stroke, gallstones, sleep apnea and certain cancers. What should be a surprise is that if losing weight can reduce these risks and improve our quality of life by adding years to our time on this planet, why aren't we doing it?

First, let's look at some reasons why we are a fat nation. In the mid-1980's, the United States had a very low prevalence of obesity, less than 10-to-15 percent. So, what the heck happened between then and now? Generally speaking, we're a lot less active at work and our leisure-time activities are now primarily sedentary (couch potato TV watching, surfing the web and playing video games). We also have an abundance of palatable, calorie-dense food that, when coupled with large portions served at restaurants and fast food places, contribute to and promote high calorie consumption.

We live in an obesity-promoting environment where social and cultural traditions actually promote over-eating and the preferential consumption of high calorie foods. Our typical daily routine promotes and perpetuates our weight issues.

So, what do we do now? Attitudes and behaviors are critical in managing our weight. Bottom line, controlling how many calories we eat and increasing how many calories we burn with exercise and increased physical activity is the answer.

Here are some proven strategies to aid weight loss efforts:

~ Exercise! Go Figure! Make exercise a priority like brushing your teeth and going to work. Let some things go to free up more time. Laundry, for example, can wait until later -- it's your health that can't wait.

~ Portion Control! Believe it: Did you know that the size of the dinner plate has grown over the years? Eating off of smaller plates, bowls and cups can reduce overall calories without decreasing satisfaction.

~ Food Choices! Nothing tastes as good as being healthy feels. Break the addiction to fatty, salty foods that typically have more calories by finding recipes to some of your favorite foods and meals that are lower in fat and overall calories.

~ Eat slow and limit seconds! Waste vs. waist. We typically eat fast and head back for seconds, or eat what's leftover on someone else's plate. We should eat until we are no longer hungry, not until we're full. Should we add to our "waist", where we'll gain weight and have to buy new clothes . . . or to "waste", in the garbage, because our bodies don't need them? Which is more expensive?

~ Modify your behavior! We're all trainable. Eat at

See **OBESITY** page 12

# NCBC Helping Hands

**BACK TO SCHOOL LOCK-IN** - Gulf Coast Youth for Christ is looking for more than 250 adult volunteers to assist with their Back to School Lock-In occurring at the Edgewater Mall in Biloxi from 9 p.m., Sept. 19 to 7 a.m., Sept. 20. For more information, please call 228-864-0788 or email, youthforchrist@coastyfc.com.

**CRUSADERS FOR VETERANS** - Crusaders for Veterans are asking for volunteers to help a veteran move into a residence. Volunteers are asked to meet at Storage Choice, 2303 Pass Road, Biloxi, Sept. 20 at 9 a.m. A U-Haul and driver have been secured. Point of contact for more information is Kevin Cuttill, 217-201-1330 or 217-781-4673 or email reb@crusadersforveterans.net.

**BAYOU VIEW MIDDLE SCHOOL/GULFPORT CENTRAL MIDDLE SCHOOL** - Builders and Engineers needed to help build storage shelves in the robotics lab. The school would also like a few engineers to come to the school and lend expertise to approximately 100 students (grades 6 - 8), for a robotics building project. Point of contact for further information is Michael Quintero, email: Michael.quintero@gulfportschools.org or 228-865-4633 or 228-870-1035.

**WEST HARRISON HIGH SCHOOL TEST PROCTORS** - West Harrison High School, 10399 County Farm Road, Gulfport, is asking for volunteers to serve as State academic test proctors Sept. 22 - 26 and Sept. 29; Oct. 1 - 3, from 7: a.m. - 3 p.m. (or until daily testing is

completed). Point of contact for more information or to volunteer is Julie Cullinan, 228-539-8900, email: JCullinan@harrison.k12.ms.us.

**CRUISIN' THE COAST** - Volunteers are needed for Cruisin' the Coast, Oct. 5 from 8 a.m. to 6 p.m. in downtown Gulfport. Volunteers will assist with parking cars, manning barricades, setup, breakdown, etc. Contact Lisa Bradley at 228-868-3414. Assistance is also needed Oct. 6, 10:30 a.m. - 5 p.m., Oct. 7-11, 8 - 1 p.m. and Noon - 5 p.m., and Oct. 12, 7 a.m. - 2 p.m. at Cruise Central, Centennial Plaza in Gulfport. Volunteers will assist with traffic control, hospitality, parking, etc. Contact Craig Grisoli at 228-385-3847.

**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.

**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. Call 228-871-2610 to volunteer.

**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.

NCBC Security reminds you to: Ensure your outdoor security lighting is working and change all smoke detector batteries.



WE BUILD ★ WE FIGHT

# SEABEE Online

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

## 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)

### Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

### 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 quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

# SEP 19-25 MWR

## 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		
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

It's the perfect time of the year to go camping! Tour the A-LINER campers at Navy Outdoor Recreation and Make your reservation TODAY!



## Fitness

CORE 45 CLASS  
Tues & Thurs

ZUMBA CLASS  
Mon & Wed & Sat

WATER AEROBICS CLASS  
Tues & Thurs

CYCLING CLASS  
Mon - Thurs

CARDIO PUMP CLASS  
Tues & Thurs

BENCH PRESS CHALLENGE  
9/21 @ 10a

## LIBERTY

NAVAL CONSTRUCTION BATTALION CENTER  
GULFPORT, MISSISSIPPI

Sep 20, 10:30a-Ship Island Excursion, \$20 ticket/shuttle  
 Sep 21, 9:00a (departure)-New Orleans Saints vs Minnesota Vikings in NOLA! \$40 ticket/shuttle  
 Sep 23, 6:00p-Tournament Tuesday- Madden 15, 1st place PRIZE  
 Sep 24, 6:00p-CHICKEN EATING Contest, 1st & 2nd place PRIZE  
 Sep 25, 6:00p-Root Beer PONG!, 1st place PRIZE

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



SATURDAY, OCTOBER 4<sup>TH</sup> @ 0630am  
 AT NAVAL CONSTRUCTION BATTALION CENTER  
 GULFPORT, MS

FOOD  
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MILITARY  
DISPLAYS

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THE  
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 For more information, Contact 871-2669

## Information, Tickets & Travel

CATCH ONE OF THE FINAL RACES  
 OF THE 2014 SEASON



October 18 & 19

2014 Geico 500  
 2-day package\* ONLY  
**\$72.00**

Regularly \$170.00

\*Package seating in the Tri-Oval Tower

Call ITT at 228-871-2231

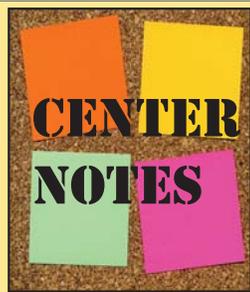
Single Day Grandstand Tickets & Pit Passes Available

## FREE MOVIES AT THE TRAINING HALL!

SEP 19 - 6:00 PM, A MILLION WAYS TO DIE IN THE WEST ®, 8:30 PM, 22 JUMP STREET (R)

SEP 20 - 2:30 PM, EARTH TO ECHO (PG), 4:30 PM, HOW TO TRAIN YOUR DRAGON 2 (PG13), 7:00 PM, TAMMY (R)

SEP 21 - 2:30 PM, EARTH TO ECHO (PG), 4:30 PM, EDGE OF TOMORROW (PG13), 7:00 PM, 22 JUMP STREET (R)



**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** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb-11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

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

**Gulfport Officer's Spouse Club** is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

**Navy Wives Clubs of America, Inc.**, 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.navywivesclub-sof-america.org](http://www.navywivesclub-sof-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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**SOCIAL**

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

tion 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** - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

**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 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 information.

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

**HERITAGE**

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



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

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

From **OBESITY** page 9

home more often. Keep high calorie snacks out of the house (don't shop when you're hungry). Drink water or eat an apple just before a meal to eat less. Don't skip meals - you'll eat more later on. Drink lots of water throughout the day. Watch the "liquid" calories (regular sodas, juices, some sports drinks, alcohol).

There are many ways to modify individual behavior based on your lifestyle so please see a Registered Dietitian for more.

Do you have a sluggish metabolism? This just means

you may have to work harder than others but you will never reach your goals if you don't work with what you have.

Do you snack a lot? Document what you eat daily to identify trends in eating and you may surprise yourself. Try an online food log such as [myfitnesspal.com](http://myfitnesspal.com) to determine how many calories you're actually consuming.

Are you embarrassed to talk to others about your weight issues? Not a problem, try working with a health and wellness coach on Military OneSource. Military OneSource provides free health and wellness sessions to all

military active duty, reserve and guard members they also guarantee 100 percent confidentiality so no one will know what you have discussed with your coach. If you are interested in this coaching program pick up the phone and call 1-800-342-9647.

To learn more about managing your weight effectively, please contact your Primary Care Manager for a nutrition consult to see a Registered Dietitian.

**Editor's Note:**

Written in consultation with Cmdr. Donna M. Hunter, RD

**Energy Savings Tip:**

Try faucet filters. If you buy bottled water on a regular basis, a good way to save money as well as help the environment is to use a filter for your faucet. In tandem with reusable water bottles or cups, a faucet filter can reduce the amount of plastic water bottles used around the house and in turn reduce the amount of plastic waste that ends up in the environment. The filter will pay for itself within weeks of eliminating bottles!