

# SEABEE COURIER

## Super Civilians



Cmdr. Anthony Conley, Naval Construction Battalion Center executive officer, presents awards to several NCBC employees at a staff meeting, April 14. Karrie Davis, Morale, Welfare and Recreation human resources assistant (top), was named the 2014 Junior Civilian of the Year. Susan McCormick, Information Technology asset manager, won the 2014 Senior Civilian of the Year. Rodney Shelton, NCBC Unaccompanied Housing manager (bottom), won the 2014 Fourth Quarter Senior Civilian of the Quarter. (U.S. Navy photos by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

## Seabee selected as 2014 Reserve Sailor of the Year

By MC1 Stephen Hickok  
Navy Public Affairs Support  
Element West

The 2014 Navy Reserve Sailor of the Year (RSOY) was announced during a ceremony at the United States Navy Memorial, April 16.

Construction Mechanic 1st Class (SCW/EXW) Jimmie Bartholomew, assigned to Navy Mobile Construction Battalion 25, was announced as the RSOY during the ceremony by Chief of Navy Reserve Vice Adm. Robin R. Braun.

Bartholomew was selected out of five finalists including Hospital Corpsman 1st Class Steven Flemming, assigned to 1st Battalion 23rd Marines, Aviation Maintenance Administrationman 1st Class Ansel Glendenning, assigned to Navy Reserve Fleet Logistics Support Squadron 61, Gunner's Mate 1st Class Jessica Harrison, assigned to Navy Operational Support Center Greenville, South Carolina, and Machinist's Mate 1st Class Keith Wright,



Navy Reserve Sailor of the Year, Construction Mechanic 1st Class Jimmie Bartholomew, assigned to Naval Mobile Construction Battalion 25, is presented a plaque by Chief of Navy Reserve Vice Adm. Robin Braun and Navy Reserve Force Master Chief C.J. Mitchell at the conclusion of the Reserve Sailor of the Year selection ceremony at the United States Navy Memorial, April 16. (U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok/Released)

assigned to Surgemain Nashville.

According to Braun, all five candidates are leaders and represent the finest Sailors in the Reserves.

"You only need to talk to these Sailors for a few minutes to understand why out of the approximately 10,000

first class petty officers in the Navy Reserve they were the fantastic five that were chosen to represent the Navy Reserve," said Braun. "What they have accomplished by making it this far is remarkable. They have come a long way."

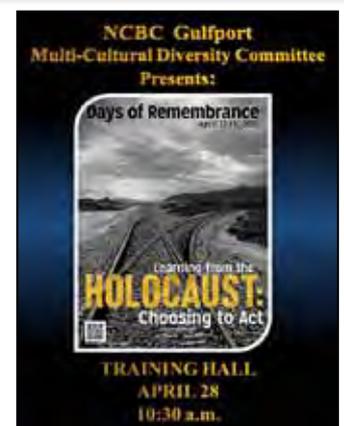
See **RSOY** page 6

### Days of Remembrance Ceremony Learning from the Holocaust: Choosing to Act

April 28, 10:30 a.m. Training Hall

Sponsored by the NCBC  
Multi-Cultural Diversity Committee

Please join us



**NCBC**

**Commanding Officer**

Capt. Paul Odenthal

**Public Affairs Officer**

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# Public Affairs conducts media survey

By Rob Mims  
NCBC Public Affairs Officer

Recently the Naval Construction Battalion Center Public Affairs Office conducted a media survey to determine if the products we put out are accomplishing the mission of effective communications. The results are in and the survey determined most of the products are reaching the majority of the installation and outside the fence line, as well. Out of 155 respondents to the survey, here are some of the results.

~ **What media source if any, do you utilize to gain knowledge of events and happenings on the base?**

*Inside the Gate, NCBC Facebook Page and the Seabee Courier garnered the most responses; however, Inside the Gate and*

*the Courier are viewed mostly when a notice is received. Many say they view the NCBC Facebook Page at least once a day.*

~ **Which media source would you recommend to receive the most current information regarding activities, meetings, etc., on the base? (choose your top two choices)**

*The majority of respondents said they prefer NCBC Facebook Page, All Hands email, Inside the Gate and the Seabee Courier as the most popular way to receive information.*

~ **Of the following media networks, rate which you feel would be the quickest way to release urgent information on this base?**

*Many of the survey takers said they prefer Facebook as the go to source for receiving*

*urgent information.*

~ **Do you read the Seabee Courier?**

*When it comes to information, the Seabee Courier is packed full. Many agree. Just over 61 percent of respondents said they read the Courier and almost 70 percent read it when received via email.*

**Minor tweaks needed:**

After the results were analyzed, we have determined that we need some very minor tweaks; however, we have a solid communications program and are able to get the message out to people in a variety of ways. Public Affairs is always open to suggestions on how to make our communications better. Feel free to email [ncbc\\_gpt\\_pao@navy.mil](mailto:ncbc_gpt_pao@navy.mil). Thanks to everyone who took the time to complete the survey.

**2015 Sexual Assault Awareness and Prevention Annual 5k**

**When: April 24, 9 a.m. – 1 p.m.**  
**Where: Ladd Circle**

Free T-Shirt for race participants  
Prizes for 1st place male & female-\$50 Visa Gift Card snacks and lunch provided after race  
Sign up at the gym, Fleet & Family, or your battalion

**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**

**Stars and Stripes Golf Tournament for USO Gulf Coast**  
Hickory Hill Country Club  
900 Hickory Hill Drive, Gautier  
April 25  
Registration/Breakfast: 7 a.m.  
Shotgun start: 8 a.m.

**A reminder from NCBC Security:**  
Supervisors and Building Managers should periodically inspect trash and other disposables for pilferage of Government Property and classified materials. Dumpsters used by your facility should be randomly inspected for suspicious packages, contraband, or other illegal activities. Call 228-871-2361 or 911, if you find suspicious or questionable items.

**Safe Helpline**  
Sexual Assault Support for the DoD Community  
Live 1-on-1 Help Confidential Worldwide 24/7

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](http://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.



## NCBC celebrates: The Month of the Military Child



Top: Fleet and Family Support Center (FFSC) staff were stationed at the commissary for a Children's Health Fair to raise awareness during Child Abuse Prevention Month and the Month of the Military Child, April 17. FFSC is sponsoring many activities during the month in honor of military children including a Ladd Circle 5K Family Walk at 9 a.m., April 24. Everyone with base access is invited to come out and show their support for children everywhere. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Left: Children carry cupcakes prepared for them during "Kupcakes for Kids" - an event sponsored by Fleet and Family Support Center (FFSC), at the Youth Activities Center (YAC), April 16. Right: A child has his face painted during Kupcakes for Kids, April 16. Everyone is encouraged to go on line and take the pledge to prevent child abuse at: [www.taketheCAPM.org](http://www.taketheCAPM.org), and also to wear blue every Tuesday during April to raise awareness against abuse and show support. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



# Work and Family Life counselor receives state recognition

By BUCN Samantha Opyoke  
NCBC Public Affairs



Gerri Warden

Fleet and Family Service Center (FFSC) Gulfport, Work and Family Life Counselor, Gerri Warden was awarded the U.S. Small Business Administration (SBA) of Mississippi 2015 Veterans Small Business Champion of the Year, April 3 for her hard work, innovative ideas and dedication to her community.

Each year since 1963, the President has issued a proclamation calling for the celebration of Small Business Week.

Warden will receive her award during a presentation held in Jackson, Miss., May 5 along with the other Small Business of the Year winners from Mississippi.

On board NCBC Gulfport, Warden holds classes that teaches individuals how to be a business entrepreneur with information on how to acquire their own tax number, how to get a starter loan for their business and offers free business training.

"I have pushed so hard for people who want to have their own business while working diligently to inform veterans how to have a successful life outside of the military," said Warden.

Warden assists military

families transferring to and from NCBC Gulfport. She shares ideas on how to make a successful PCS move to include what to expect financially.

Warden also offers her expertise to those transferring overseas. She educates service members and families on the culture, currency and everyday life in a different country.

Warden is also the creator of FFSC's monthly job fair. Typically, 15 employers from diverse business sectors attend the job fair each month searching for qualified individuals to hire.

"People delight in hiring military. You can't beat a Seabee for an employee," said Warden.

If you would like to schedule an appointment with Warden or would like more information on the monthly job fair, call 228-871-3000.

April 23, 2015

### 11th Annual Run for Relief 5k and Military Challenge 5k May 1, 6 p.m.



Same day registration will open at 5 p.m.  
Pre-Registration: \$15 (T-shirt guaranteed), Race Day Registration: \$20 Register online at: ([processing fee of \\$2.50](https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants)) <https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants>.

Face the Military Challenge: Be the fastest three-person military team that takes home the trophy in 2015 to display at your Command.

Learn more about NMCRS at: [www.nmcrcs.org](http://www.nmcrcs.org)

Seabee Courier



An employee of DCD Construction Inc., prepares a man hole to be sprayed with epoxy to prevent ground water seepage into the sewage system on board NCBC Gulfport, April 20. The man holes are power washed then coated with a primer. Once the primer dries the workers spray it with a plastic epoxy to create a hard lining. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

# Center sewer renovation nears completion

By CE3 Dustie Bond  
NCBC Public Affairs

Since August 2014, Naval Construction Battalion Center (NCBC) Gulfport has been making improvements to the base sewage system.

According to NCBC's Public Works Department (PWD) the sewage system is over 75 years old. The original system was made of clay, terra-cotta and brick mortar and needed modernization.

The sewer system upgrade project manager, Lt.j.g. Joshua Lingenfelter, assigned to PWD, said the base is charged by the city of Gulfport for every gallon of sewage it produces. He also said the problem

stems from ground water seeping into the sewer system due to the degradation of the old materials which causes an unnecessary increase in the base's sewage production.

Lingenfelter describes how the renovation to the pipes and man holes is completed.

"A specially designed sock soaked with epoxy is inserted and pushed through the existing pipes," said Lingenfelter. "Once in place, hot water is forced through the inside of the epoxy soaked sock creating a smooth plastic pipe when complete. "The process for renovating the man holes is a little different. "Instead of an epoxy soaked sock, the work-

ers spray the walls of the man holes directly with an epoxy coating to create a hard lining."

The projected cost of the modernization effort is \$2.7 million and is funded through the Navy's Working Capital Fund. The project is expected to be complete in May.

According to Lingenfelter, renovating the base sewage system has and will have minimum impact to those who live and work on board NCBC Gulfport due to the state-of-the-art methods being used.

Once the renovation of the sewer system is complete it will be resistant to seeping ground water and save NCBC Gulfport money over time.

## NCIS Crime Prevention Program ...

As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Train-

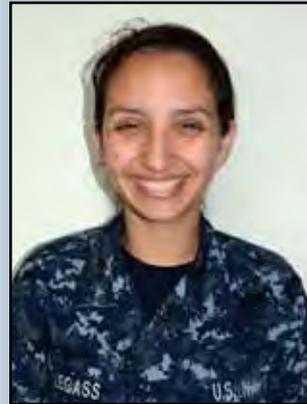
ing Hall, building 446 from 2 - 3 p.m., on the following dates: April 23, 30; May 14, 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.



## Buzz on the Street

By BUCN Elizabeth Mills, NCBC Public Affairs

### "How do you make the earth better?"



AOAN Bernice Hillegass  
NCBC Gulfport  
Hometown: Edinburg, Texas

"I recycle. I plant my own vegetable garden and I do volunteer cleaning events."



BUCN Benjamin Sadak  
NMCB 133  
Hometown: Raymond, Maine

"I drive a smart car which runs on both electric and gas."



BU3(SCW) Derek Blattenburger  
NMCB 133  
Hometown: Las Vegas, Nev.

"I don't litter. I recycle."

# Back in time . . .

## Seabee history - Vietnam Era



Seabees with Naval Mobile Construction Battalion (NMCB) 133 resurfacing the runway at Phu Bai, Vietnam as a C-130 Hercules aircraft takes off from the completed end of the runway (date unknown). On Aug. 12, 1966, NMCB 133 was recommissioned in ceremonies aboard Naval Construction Battalion Center, Gulfport. Upon completing military training in the fall and winter of 1966, the Battalion deployed to Da Nang, Vietnam where their projects ranged from construction of the second increment of a prisoner-of-war camp to building a staging area at Observation Point for rock being hauled to the Marble Mountain tank farm. NMCB 133 received its second Navy Unit Commendation for support of friendly forces during its deployment to Vietnam while attached to the Thirtieth Naval Construction Regiment. Phu Bai was the site of the Battalion's second Vietnam deployment in 1968. The major project at Phu Bai was the monumental task of overlaying the Hue-Phu Bai airstrip with over 10,000 individual sheets of matting. A third deployment was made to Vietnam in 1969. One of the major projects was the reconstruction of the 286-foot center span on the main highway bridge at Hue, badly damaged during the 1968 TET Offensive. The most extensive project undertaken by the Kangaroo Battalion was the upgrading and maintenance of some 70 miles of paved highway. They were also tasked with extending 96 culverts and repairing dozens of bridges. (Photo courtesy of U.S. Navy Seabee Museum)

# A ceremony for the Fallen

By MC3 Seth Coulter

Navy Public Affairs Support Element Det. Northwest

TACOMA, Wash. (NNS) -- A burial service commemorating the return of a service member killed in action to American soil was held in Tacoma, Wash., at Mountain View Funeral Home April 18.

Lt. j.g. Richard C. Clark was shot down over the Vinh Phuc Province, Vietnam, Oct. 24, 1967 while on a combat air patrol mission and could not be confirmed as successfully ejecting the aircraft. He was carried as missing in action until later changed to presumed killed in action. The Socialist Republic of Vietnam repatriated 11 boxes of remains to the United States Jan. 16, 1991, which confirmed they contained Clark's remains after DNA testing in 2014.

"There are not enough words to say how overdue this ceremony is," said Peter Mohr, Pastor of the Lutheran Church of Christ the King, from Tacoma, Wash.

"Though at long last, we can properly put to rest a hero who gave the ultimate sacrifice protecting their country."

The ceremony included a three-volley salute, taps and a missing man formation flown by the "Vikings" from Naval Air Station Whidbey Island's Electronic Attack Squadron (VAQ) 129.

"My father was shot down in 1969," said Cmdr. Brian Danielson, from Kenyon, Minn., "He remained MIA for 38 years until being returned home for a burial service. I am honored to do this for the Clark family and wish them the best during this time."

Alongside active duty Sailors and family members were the Vietnam Veterans/Legacy Veterans Motorcycle Club Tacoma Chapter, who presented a bracelet with the date Clark went missing to his sister Marie Gleason.

"These bracelets are a sign that we will never forget our brothers who never came home," said Martin Hoffman, a member of the Tacoma Chapter. "When we found out the ceremony was happening we came to lend our support and present his sister the bracelet. Clark is finally home where he belongs but there are so many more fallen members of the military still missing."

The remains of every POW/MIA service member may never be found from the Vietnam War but the memory of their sacrifice protecting this country will never be forgotten.

"At my father's service, the best compliment I could have received was this was the welcome home that every Vietnam veteran should have had, but did not," said Danielson. "To that end, I say welcome home and thank you for your service. He is a real hero who we should celebrate."

April 23, 2015

Seabee Courier

## Month of the Military Child



## Coloring Contest



FOCUS is a program of the Navy Bureau of Medicine and Surgery (BUMED).  
304 John Paul Jones Ave, Rm 405 Gulfport, MS 39501. (228) 822-5736

# NMCB 1 - DET Colorado



**GRANBY, Colo. - Builder 3rd Class Gabriel Murgaultan, project crew leader, inspects the placement of a wall as Naval Mobile Construction Battalion (NMCB) 1 Homeport Detachment Colorado, constructs a Yurt Bathhouse for the YMCA of the Rockies, Snow Mountain Ranch, April 20. The project, in support of Innovative Readiness Training, is a 6-week training where the battalion will perform construction framing, exterior siding, finishing and utility work. (U.S. Navy photos courtesy of Naval Mobile Construction Battalion 1 DET Colorado Public Affairs/Released)**



**Builder 3rd Class Joshua Coleman, project safety petty officer, and Steelworker 1st Class Bryan Long, detachment safety petty officer, review safety plans as Naval Mobile Construction Battalion (NMCB) 1 Homeport Detachment Colorado, constructs a Yurt Bathhouse for the YMCA of the Rockies, Snow Mountain Ranch, April 20. (U.S. Navy photos courtesy of Naval Mobile Construction Battalion 1)**



April 23, 2015

From **RSOY** page 1

Navy Reserve Force Master Chief C.J. Mitchell also praised the finalist's accomplishments.

"Finalists, you are the Sailors I brag about," said Mitchell. "You have heard it all week. You are all winners and I am proud to be your force master chief."

The candidates were praised for not only their Navy accomplishments but also for the other half of their lives as Reserve Sailors.

"These Sailors are indicative of and representative of the outstanding Sailors we have in the Reserves. They have volunteered and mobilized and gone forward. They have families and have civilian jobs such as teacher, firefighter, benefits auditor and railroad conductor.

They are students and college graduates and they volunteer in their community. Most importantly they are Sailor leaders," said Mitchell.

When the winner was announced during the ceremony Bartholomew was shocked. "When they said 'CM1,' I thought 'No way,'" said Bartholomew.

He also mirrored Braun and Mitchell's praise for the other nominees. "What an outstanding group, it's an honor to be anywhere associated with these Sailors," he said. "It is very humbling."

Each Sailor received a Navy and Marine Corps Commendation Medal during the ceremony. In May, Bartholomew will return to Washington for the Chief of Naval Operations Sailor of the Year week hosted by the

Master Chief Petty Officer of the Navy where Bartholomew will be meritoriously advanced to chief petty officer.

The ceremony was the ending to a week of events in the capitol region including tours of the Pentagon, White House, Capitol Building, United States Navy Memorial and Navy History Museum as well as numerous visits and meetings with Navy leadership.

Chief of Naval Operations (CNO) Admiral Elmo Zumwalt and Master Chief Petty Officer of the Navy (MCPON) Jack Whittet initiated the Sailor of the Year program in 1972 to recognize outstanding Atlantic and Pacific Fleet Sailors. The program was later expanded to honor the top Shore and Reserve Force Sailors of the Year.

Seabee Courier

## 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



- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at [IDEVGRURecruiting@vb.socom.mil](mailto:IDEVGRURecruiting@vb.socom.mil) or contact your detailer to request additional information.

## Keep What You've Earned

Alcohol is the most frequently used predatory drug used during sexual assaults. Research shows that up to 90 percent of sexual assaults involve the use of alcohol by the perpetrator, survivor, or both. Don't let alcohol impair your good judgment-know your limit and watch out for friends and shipmates who could be in vulnerable or dangerous situations.

# Center continues SAAPM activities

## interACT



Social Justice Performance troupe interACT performs during one of two performances at the Training Hall on board NCBC Gulfport, April 15. The sexual assault prevention performance program was formed to create awareness and motivation to intervene when violence is present. Audience members were given the chance to rehearse bystander intervention and assertive communication strategies that are key to sexual assault prevention. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



## Walk a Mile in her Shoes



Members of the Sexual Assault and Prevention (SAPR) teams from Naval Construction Battalion Center (NCBC) Gulfport and Stennis Space Center, participate with members of the Gulf Coast community in the 4th Annual Walk A Mile in Her Shoes hosted by the Gulf Coast Women's Center for Nonviolence at the Biloxi Lighthouse Pier, April 17. The event is an opportunity to bring attention to the campaign against sexual assault and violence against women. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

# Focus on Education



**Construction Electrician Constructionman Ping Tang and Builder 3rd Class Kyle Svenson take the substitute Navy Wide Advancement Exam. NMCB-11 CCAD Marshall Islands is deployed to Kwajalein Atoll to complete humanitarian construction alongside local workers and conduct community engagement programs.** (U.S. Navy photo by Builder 1st Class Garnett Whitmire/Released)

## CCAD Marshall Islands Seabees practice what they teach

**By BU1 Garnett Whitmire**  
NMCB 11 Public Affairs

Fourteen Seabees from Naval Mobile Construction Battalion (NMCB) 11, Construction Civic Action Detail (CCAD) Marshall Islands deployed to Marshall Islands took the March 2015 Substitute Navy Wide Advancement Exam (NWAE) March 28.

In January, CCAD Marshall Islands traveled from Gulfport to the Republic of Marshall Islands (RMI) to complete humanitarian construction alongside local workers and conduct community engagement programs. The 21 Seabees assigned were hand-picked to build resilient bonds between the local populace and the U.S. military during their seven-month deployment.

In between construction projects, the Seabees have been provided Armed Services Vocational Assessment Battery (ASVAB) tutoring twice a week at Ebeye Public School on Ebeye Island,

Kwajalein Atoll.

For 14 of the Seabees, the advancement exam was a chance to improve their own careers using the skills they developed during weeks of tutoring.

"Teaching the ASVAB to the students on Ebeye put me in the test-taking mindset early on in deployment," said Construction Electrician Constructionman Jamette Coleman, who tutors Ebeye students in English composition.

The six-month deployment to United States Army Garrison Kwajalein Atoll (US-AGKA), a remote base in the Pacific, presented unusual challenges for exam preparation. Without the homeport resources available at Naval Construction Battalion Center (NCBC) Gulfport, the group banded together to gather rate-specific study materials. They also organized weekly on and off-duty study groups utilizing Q&A style techniques, methods familiar from their ASVAB tutoring program.

With low advancement

quotas in all Seabee rates, some of the Sailors saw the exam as a prelude to conversion.

"Honestly, taking this exam is a stepping stone and landmark in my journey to cross-rate to Navy Legalman. I know my rate well enough that I'm confident," said Steelworker 3rd Class Kyrach Alcorn.

Others plan for in-rate advancement.

"I feel pretty good. I've studied a lot," said Engineering Aide 3rd Class Deshay Baskin.

CCAD Marshall Island looks forward to success when the results are announced by the Navy Advancement Center.

NMCB 11 is a Naval Construction Force battalion specializing in contingency construction, disaster response, and humanitarian assistance. NMCB 11 is currently forward deployed to multiple locations in support of U.S. Africa Command, U.S. European Command, U.S. Central Command, and U.S. Pacific Command areas of responsibility.

## Education Notes

### Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or [DDRYE@COASTLINE.EDU](mailto:DDRYE@COASTLINE.EDU) or visiting the Navy College office in Building 60, room 239.

### Legal Readiness Symposium

The Region Legal Service Office (RLSO) Southeast (SE) Legal Assistance Department will sponsor a Legal Readiness Symposium April 29 - May 1. The symposium will be conducted in the Training Hall from 8 a.m. - noon each day. Topics will include: Consumer Credit, Ethics, Predatory Lending, Wills, Powers of Attorney, Personal Safety, Immigration, Restraining Orders, Service member's Civil Relief Act (including issues with phones, lease and civil lawsuits), Divorce, Adoption, Guardianship and Custody, and guidance from the Victim's Legal Counsel. There will also be briefs on Mississippi entitlements for service members, guidance on converting to the Legalman rate and information on "What a JAG does?" Open to Active Duty, Reservists, Retirees, their family members and Armed Forces Retirement Home residents.

### Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room 239 at 10:30 a.m. Seminars are the first Tuesday of the month for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

### NCBC Gulfport 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)

### New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

**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)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## No day like tomorrow

My column was late this week.

A spaceship wasn't hovering ominously over Rhode Island. Our base house didn't burn down. My computer didn't seize up with "the blue screen of death," although that did happen back in '07 just after my husband deployed to Djibouti. None of our kids came down with double pneumonia. And miraculously, I wasn't arrested for fraud after filing our tax returns.

Nope, I don't have one decent excuse for my column being late. Truth be told, I procrastinated.

Normally, I submit my column to newspaper editors on Fridays for publication the following week, so that I can spend the weekend watching the kids' sports, barbecuing with the neighbors, and walking the dog along the water.

Come Monday, I know it would be smart to write 200 words on Monday, Tuesday and Wednesday; leaving Thursday for rewrites and editing, and Friday for polishing and submission.

But that makes way too much sense.

Friday is eons away, I think to myself. Today, I'll get laundry done, mop the floors, wash the minivan. Getting

housework done will free me up to write more tomorrow.

But between the puppy being afraid of the vacuum cleaner, the hour-long call from my mother, the search for missing socks under the kids' beds, and that riveting episode of "Cops" I had to watch until the end, I barely manage to defrost the pork chops.

On Tuesday, I wake with a purpose. I'm going to make some headway on that column ... as soon as I think of an idea. What will I write about this week?

My notebook in hand, I sit in a sunny spot in the backyard to let the dog sniff around while I search for inspiration.

Hmmm ... the beds could really use a bit of weeding. Three hours later, there are piles of garden debris out by the curb, my fingernails are packed with dirt and I'm on my way to Home Depot for grass seed, tomato cages and annuals.

On Wednesday, I determine that, if I spend the day in front of my computer, I can turn out 600 words and still have Thursday for editing. All I need is a subject. I troll the Internet, looking for topics, current events, some nugget of news that might feed an

idea.

Let's check Facebook to see what's trending.

Big mistake. An hour later, I have scrolled all the way down to 2012, got sucked into a comment debate over proposed BAH cuts, and watched a string of YouTube videos of dogs with human voiceovers.

I figure I'll switch out the laundry and try again after lunch, but the afternoon brings a case of the sleepys. I convince myself that a 20-minute catnap on the couch will do wonders, but you can probably guess how the day goes from there.

Thursday I wake up stressed, which should provide adequate motivation to meet my 24-hour deadline. But by dinnertime, I have done everything BUT my column. I organized the junk drawer, swept out the basement, clipped my toenails, put our National Geographic magazines in chronological order, and dug the fuzz out of the keyboard with a toothpick.

I plan to let my editors know on Monday, I just can't do this anymore.

Friday and Saturday pass in hopeless defeat. But on Sunday, I notice that the sky did not fall. The Earth did



not implode. I am still breathing. My editors probably haven't even noticed that my column is late. I realize that my fear of failure has caused me to create conditions where success is impossible. With the dangerous awareness that I could play this cat and mouse game with myself every week if I so dared, I finally sat down and tapped out this column about procrastination.

I hit send and promise myself: I will put an end to this self-destructive habit, and I'll do it first thing -- tomorrow.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

## Did You Know?

### Emotional help is available for those in need

By Jason Bortz  
Public Affairs Officer  
Naval Hospital Pensacola

TRICARE beneficiaries enrolled to either the Fleet Center Medical Home (FCMH) or the Naval Branch Health Clinic (NBHC) Medical Home at Naval Construction Battalion Center (NCBC) Gulfport have access to behavioral health care through their primary care provider.

The internal behavioral health coordinator (IBHC)'s role is to help when habits, behaviors or emotional concerns about physical or other life problems are interfering with a patient's health. Dr. Nanci Nilles, Psy.D, is an IBHC who is integrated into the primary care of both Medical Home Port Teams.

Nilles pursued a career in psychology because of her interest in helping people develop resiliency to cope with life's challenges. She specifically wanted the opportunity at NBHC Gulfport to help service members and their families.

"With the wars in Iraq and Afghanistan, there was a great deal of attention about service members having difficulty accessing psychological care, which concerned me," said Nilles, who earned her doctorate in psychology (Psy.D.) at the Illinois School of Professional Psychology. "When I learned of an opportunity to work with service members at NCBC Gulfport, I decided this would be a great way to support them and their families."

As an IBHC, Nilles sup-

**Energy Savings Tip:** Prepare for summer and decorate for a cooler home by hanging light-colored curtains that allow light to enter a room while blocking some of the sun's rays. Try using light-colored paint on walls to reflect heat. Open interior doors so that cooled air flows freely throughout your home. Outside, use awnings, trees and shrubs to keep your home cooler.



# NCBC Helping Hands

**WEST HARRISON HIGH SCHOOL** - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors: April 27 – May 1, May 4 – 8, May 11 – 15. Volunteers do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or JCullinan@harrison.k12.ms.us

**SEAPERCH CHALLENGE** – Volunteers are needed for the 4th Annual Gulf Coast Regional SeaPerch Challenge at the Biloxi Natatorium, 1384 Father Ryan Ave, Biloxi, April 25, 8 a.m. – 4 p.m. Duties include: judging, set up/take down events, ushering guests and many other duties. To volunteer, contact Bridgette Davis at 985-264-0515 or visit: <http://www.gulfcoastregionalseaperch.com>.

**BETHESDA FREE CLINIC, OCEAN SPRINGS** – The Bethesda Free Clinic will be sponsoring a booth at the ColOhr Fest, April 25, 9 a.m. – 8 p.m. and April 26, 10 a.m. to 6 p.m. at the Ohr-O'Keefe Museum in Biloxi. Volunteers are needed to hand out fliers and information about the clinics services and health/wellness information that the clinic provides. Volunteers may sign up to help all day or any hours that would be convenient. Volunteers with medical backgrounds are needed to help with blood pressures and finger sticks (for blood sugar levels). Point of contact is Teresa Dubuisson, 228-818-9191.

**ZOMBIE APOCALYPSE MAZE** – Volunteers are needed to help construct a maze, assemble temporary walls and doors, and perform minor electrical and air conditioning work for a Zombie Apocalypse event June 5 in Gulfport. Volunteers are also needed for the event to serve as makeup artists, "zombies" and other support roles. Point of contact is: Dave, 708-203-6971.

**BILOXI VA** - Volunteers are needed for a car

show, May 9. Volunteers are needed to set up for the show at 7:30 a.m. and also to escort patients from 9 a.m. - noon. Point of contact is Susan, 228-871-3640.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

**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.

**THE CITY OF MOBILE/MOBILE BAY NATIONAL ESTUARY PROGRAM** – Volunteers who can work in water, in an area with an abundance of reptiles are needed to help clean up the shore lines at a tributary in Mobile Bay, May 2. The area is severely impacted by trash, and it's beginning to affect the wildlife in the water. EPA Trash Free Waters will also show a trash boat demonstration after the cleanup. Lunch, refreshments, event t-shirts will be provided. Transportation will

also be provided if there are enough volunteers. Point of contact is BU1 Monkress from NCG 2 at 228-860-8709.

**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.

**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.

**BUILD HANDICAP RAMPS** - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

**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.

**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org).

## Seabee Memorial Chapel

What's happening at the chapel?  
Protestant Catholic

### Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

### Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

10 a.m. - CCD (Pre-K through 12th Grade)

### Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

### Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

**Courses: safeTALK:** April 28\*, 8 a.m. – noon (\*designated training for Security\*)

*The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at [gulfport-chapel.fct@navy.mil](mailto:gulfport-chapel.fct@navy.mil), or call us at 228-871-2454.*

**NCBC Center Chaplain: Lt. Cmdr. Ammie Davis**

**FREE FEATURE LENGTH SNEAK PEEK AT THE DIGITAL CINEMA**

**APRIL 24-30**

**FREE!**

4/25 at 7 pm- Avengers: Age of Ultron (PG13)  
Pick up tickets 4/23-4/25  
While supplies last. 1 PER person present

Join us afterwards  
at The Beehive for an Avengers  
Costume Party!

**Navy Outdoor Recreation**

April Special- Rent any inflatable and receive your choice of a popcorn/ cotton candy/ sno cone machine OR 1 six foot table and 7 chairs at no cost! Call 228-871-2127 for info

**ITT**

Get ready for summer with Ship Island Excursions & Gulf Islands Water Park! Tickets now available at ITT! Call 228-871-2231 for details

**The Grill**

Get your caffeine fix for FREE\* at The Grill during COFFEE CRAZE all month long!  
7 -9 am \*with food purchase  
Stop in today for yours!  
Call 228-871-2494 for more details

**Fitness**

Stop in for new Virtual Fitness Classes Monday – Saturday!  
Yoga is back M/W/F at 9 am & T/TH at 5:30pm!  
4/28- Adult Swim Lessons Begin!  
Call 228-871-2668 for information

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

**Auto Skills Center**

Every Thursday in April enjoy FREE Tire Rotation services by appointment! Call 228-871-2804 to schedule yours today!



Apr 26- 10 a.m., Volunteer at the Humane Society  
Apr 28- 6 p.m., Tournament Tuesday's – Call of Duty Ghosts PS4, 1<sup>st</sup> Place Prize  
Apr 30- 6:30 p.m. Free Movie Thursday at the Digital Cinema, Pick up coupon at Liberty

**Digital Cinema at the Training Hall**

April 24  
6 p.m.  
Home 3D (PG)  
8 p.m.  
The Gunman(R)

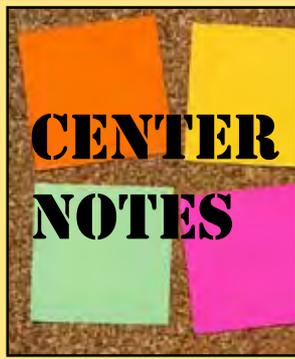
April 25  
2 p.m.  
Home 3D (PG)  
7 p.m.  
**FREE SNEAK PEEK  
Feature Length  
Avengers: Age of Ultron  
(PG13)**

April 26  
2 p.m.  
Home (PG)

4:30 p.m.  
Insurgent (PG13)  
**\$1 SHOWING**

**24 Hour Movie Hotline  
228-871-3299**

Bldg 446, Marvin Shields Blvd.



**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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**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 Activities 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 nmcb11frg@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 Activities Center. Children are welcome and baby sitting 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.navywivesclubsof-america.org](http://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 en-

tirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

**Gamblers Anonymous** The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

**TRAINING**  
**Naval Sea Cadets**  
The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

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

**NCBC Multi-Cultural Diversity Committee** is

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

**VFW Post 3937 Long Beach** – 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.

**Ladies Auxiliary to the VFW 3937 Long Beach** Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to at-

tend. Call 228-832-0017 for more info.

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

**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. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

From **HELP** page 9

ports patients in developing and practicing proactive health behaviors around issues such as weight and stress management, insomnia, diabetes, sexual dysfunction and chronic illness. The IBHC also teaches pain management skills for chronic conditions, including low back pain, fibromyalgia and headaches. The IBHC also treats patients for psychological health concerns such as depression, relationship problems, post deploy-

ment adjustment, post-traumatic stress disorder (PTSD) anxiety and grief.

Nilles gave the example of a patient with insomnia to demonstrate how integrated behavioral health consultation works well within the primary care treatment model. A patient presenting with insomnia could be referred to the IBHC for help in setting a sleep behavior change plan, learning about healthy sleep habits, education in self-administered relaxation skills and sleep restriction. Such treatment is short term and

solution focused; these skills can be acquired in a matter of weeks.

The IBHC is accessible to all TRICARE beneficiaries enrolled at both Medical Home Port Teams, which include active duty service members, retired service members and family members. A typical session with Nilles is 30 minutes over four to nine sessions.

To schedule an appointment with the IBHC, beneficiaries can ask for a referral through their Medical Home Port Team or call (228) – 871-4033.



**Dr. Nanci Nilles, Psy.D.** is an internal behavioral health coordinator who is integrated into the primary care of both Medical Home Port Teams Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photo courtesy of NBHC Gulfport/Released)