

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

February 19, 2015



Vice President Joe Biden swears in Ash Carter as the 25th defense secretary as Carter's wife, Stephanie, looks on during a private ceremony at the White House, Feb. 17. (DoD photo/Released)

## Message from Secretary Ashton Carter

As written by Secretary of Defense Ashton Carter, Washington, D.C., Feb. 17, 2015

### To all Department of Defense personnel:

I am honored to become your Secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling – the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.

We live in challenging times – times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the President make the best possible national security decisions for protecting our country – and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa, and the malignant and savage terrorism emanating from it; an ongoing conflict in

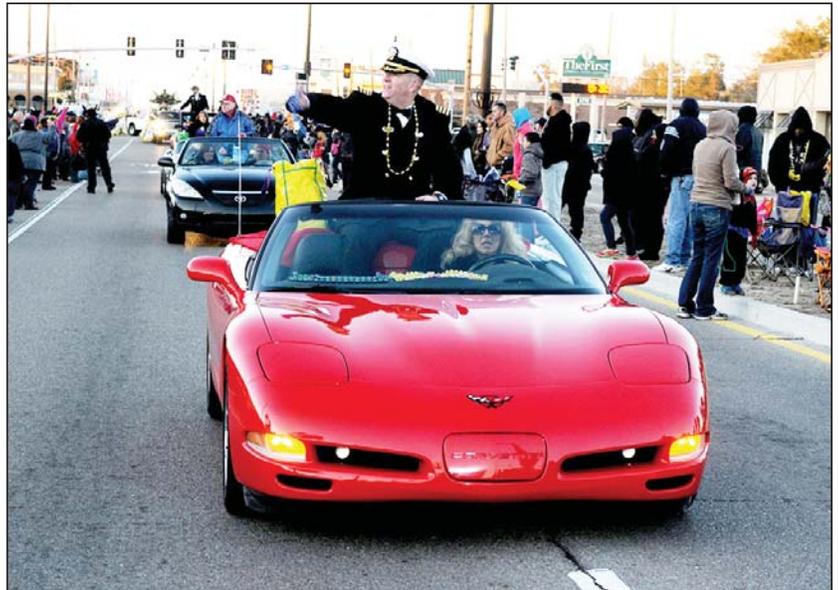
Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to provide the President my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the President receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths – or of the opportunities to make a brighter future and better world for our children. The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every

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## Grand Marshall Krewe of Gemini Parade



Capt. Paul Odenthal, commanding officer, Naval Construction Battalion Center (NCBC), Gulfport tosses beads to parade goers during the Krewe of Gemini Mardi Gras Parade in downtown Gulfport, Feb. 17. Odenthal was the Grand Marshall of the evening parade which closed out the Mississippi Gulf Coast's 2015 Mardi Gras festivities. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

## Center Events

### 2015 'Military Saves' Kick off/Resource Fair

Feb. 23, 10 a.m.  
Fleet and Family Support Center,  
Building 30

Promoting healthy savings habits  
to inspire military families to build  
wealth, not debt

### Black History Month Ceremony & Luncheon

Ceremony: Feb. 26, 10 a.m.  
Seabee Heritage Center  
Training Hall Building 446  
Sponsored by NCBC Multicultural  
Diversity Committee

Colmer Dining Facility  
Black History Month Luncheon  
11 a.m. - 1 p.m., menu on page 4

Everyone with authorized access to NCBC are  
invited to the events

# February ... the 'LOVE' month ...

By Dr. Mary Lewis  
NCBC CREDO Facilitator

I remember when I was young I heard many of my friends and others say, "Love is a many splendored thing." Being young I did not know what that really meant. As I journeyed through life I learned what that phrase meant and what love meant for me. Paul's definition of love in 1 Corinthians 13:4-8 set a standard for all. He wrote, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, Love keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, always trusts, always hopes, always perseveres. **Love never fails.**"

We are living in a time where there are uncertainties as it relates to love. The value of love has been devalued, misunderstood, and misplaced. Love comes from a deep place and is honored in most societies. To be loved today one should not validated love by what the other person has done and is doing. Love should

## Chapel of Choice Workshops

**February**  
Feb. 19: - Are You the One?

**March**  
March 14: 5 Love Languages  
March 26-27: PREP (Preventions and Relationship Enhancement Program)

**July**  
July 31 - Aug. 2: FER (Family Enrichment Retreat)

**August**  
Aug. 21-23: MER (Marriage Enrichment Retreat)

come without hypocrisy. It should be motivated by truth, honesty, trust, loyalty, hardships, lost, and perseverance.

In the song, "All we need is love," John Lennon tells us that, love is a virtue-something that exudes power. Another song writer by the name of Shaggy states, "Where there is life there should be love, If there is hope there it should be love, We don't need anger we're stronger together,

Where there is life there should be love, we can do better yes each one of us, my sisters and brothers love is the answer. Here he stresses that love covers a multitude.

In any relationship there will be some struggles, but these struggles comes to make that relationship stronger. Here at your Seabee Memorial Chapel, the Chapel of Choice we are here for you. Our chaplain, Chaplain Ammie Davis offers counseling for couples and singles, with absolute confidentiality. We also conduct several workshops throughout the year for couples, singles, and the family.

If you have any questions, call 228-871-2454 or come by the Chapel. Remember, **LOVE gives LIFE!**



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### Road Closures:

Marvin Shields Blvd. from Callaghan Ave. to Bainbridge Ave. will be closed Feb. 24 and March 3 from 8:30 – 11:30 a.m., while the HVAC chillers are being replaced at Colmer Dining Facility. This closure will also affect the south side parking area for building 318.



**VITA** (Volunteer Income Tax Assistance) is offered on board NCBC Gulfport and located in Building 60, room 116Z. Hours of operation will be 8 a.m. to 4 p.m., Monday – Friday. To make an appointment, call 228-871-2620.

**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

**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

**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; 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.



The old NEX Mini-Mart and gas station is demolished on board NCBC Gulfport, Feb. 3. Once the area is completely cleared, the area will be covered with sod and will provide a grassy area adjacent to the Navy Exchange. The new Mini-Mart and gas station opened in September and are located at the corner of 7th and Bainbridge. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



LifeWorks at Balfour Beatty Communities(BBC) hosted a Mission Valentine Party, Feb. 9. Neighborhood children were invited to bring their class list and make a Valentine's Day goodies for their class. Lifeworks at Balfour Beatty Communities is a unique program that focuses on the health and wellness of residents here at NCBC Gulfport. BBC hosts a variety of social events, community service opportunities and physical activity programs which target all ages and interest groups. Events are always voluntary and free of charge. Upcoming events are always be posted on the community website, [www.ncbcgulfporthomes.com](http://www.ncbcgulfporthomes.com), and on BBC's Facebook page. Find BBC on Facebook by searching "NCBC Gulfport Homes." (U.S. Navy photo courtesy of Balfour Beatty Communities/Released)



Naval Mobile Construction Battalion (NMCB) 1 prepares to send a portion of their main body on a field training exercise (FTX) on board NCBC Gulfport, Feb. 13. The exercise will consist of two weeks of training to help prepare the NMCB 1 for their upcoming deployment. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

# SC-CS 2015 Wrap up



Force Protection and Anti-Terrorism exercise Solid Curtain-Citadel Shield (SC/CS) 2015 came to a conclusion on Navy installations in the U.S., Feb. 12. NCBC's Installation Mission Readiness Officer, Roger Hudson reflects on SC/CS 2015 ... "I would ask that everyone take time to reflect on the training we just had. Think about the events that happened at the Navy Yard and Fort Hood. We each go about our daily business not worrying too much about our safety and security while aboard NCBC Gulfport. Just as we appreciate our military for the unselfish acts they perform for their country each day, let us not forget we have a responsibility to assist in the security on our own base. It's not an easy job for Security personnel to maintain the safety and security on this base. If we have a real-world event on board NCBC Gulfport we need to be trained and ready. Next time you're driving on this base and you know there is an exercise that's supposed to happen and you hear the big voice say SHELTER IN PLACE. Don't just ignore it. Get to the nearest facility and take shelter. These exercises are to help you should the need arise. Sure it might take you away from your job for a few hours but isn't your safety and security just as important to you as your job? Thank those men and women at the gates when you drive in each day." (U.S. Navy photos by NCBC Public Affairs /Released)

## Black History Month Luncheon

Colmer Galley, Feb. 26, 11 a.m. - 1 p.m.

Cost: \$5.65

Featuring: Shrimp Gumbo, Fried Chicken, BBQ Spare-ribs, Curry Fish, Macaroni and Cheese, Rice Pilaf, Baked Sweet Potatoes, Black Eye Peas, Southern Style Collard Greens, Honey-glazed Corn Bread



All personnel with authorized access to NCBC Gulfport are welcome

## Keesler 20th Annual Technology Expo

Feb. 24, 9:30 a.m. - 1:30 p.m.

Bay Breeze Event Center, Keesler AFB

More than 35 technology representatives on hand

Preregister online:

<https://fdaexpo.com/register.php?id=157>

For more information, call Donna Flemister with

FDAE: 1-877-332-3976 or

Teresa Ess with 81CS: 228-377-1991

# FREEZE FRAME

## NCBC Frames

Information Systems Technician  
(SCW) 2nd Class Nancy Vergara  
Naval Mobile Construction Battalion 1  
Technician

By CE3 Dustie Bond NCBC Public Affairs

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

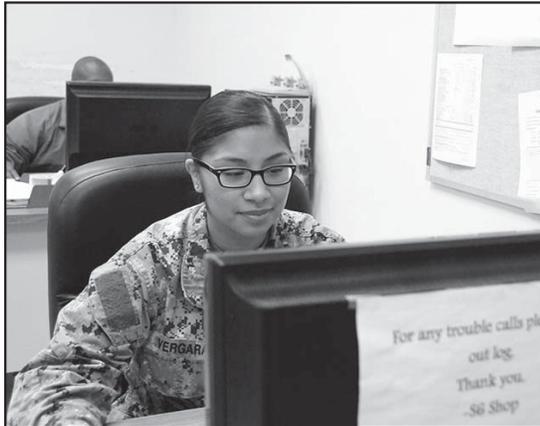
**NV: The experience that stands out the most is my first deployment, which was to Spain. Being able to travel around the world is one of the reasons as to why I joined the Navy.**

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

**NV: My biggest motivation throughout my career so far has been to learn and increase my knowledge within my rate so I can be the best at it and help teach others along the way.**

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

**NV: First and foremost, learn your technical skill. That way, whether you stay in for 20 years or not, you have learned something that will help you one way or the other. Also, do not lose sight of the goals you had for joining the Navy because there will be others that you meet or become friends with**



**who have lost that focus which sometimes can rub off onto you or others and continue that negative spawn.**

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

**NV: What I like about working with the Seabees is the humanitarian work they do during our deployments. It is amazing how they can go into poverty stricken locations and be able to provide to the local community by building classrooms which allow children to become educated in a more conducive environment, or go into a village and help provide clean running water.**

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

**NV: The most influential mentor I have had so far was my first LPO here at NMCB 1, IT1(SCW/SW) Aquarius Smith. He was great leader, communicator and trainer. Something he told me before during my first deployment was how he would teach me everything that he knows so that way I would become the "Go-To" person within the Comms shop. This motivated me even more since I have a desire to learn. Also, this is something that I will always carry with me and emulate in the future.**

### Yard Sale in Base Housing

Another opportunity to clean out the closets and storage sheds. Balfour Beatty Communities (BBC) is hosting a Yard Sale in base housing from 8 a.m. - 1 p.m., Feb. 21. - Please place items for sale and signs in front yard only. BBC will advertise your sale on the BBC Facebook page if you call 228-863-0424 or email lladner@bbcgrp.com with your info.



## Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

**"What do you like most about living on the Miss. Gulf Coast?"**



**CS2(SW/AW) Jorge Miranda**  
CBC  
Hometown: Miami, Fla.

**"I enjoy the tourism events that happen year round."**



**Saudi Rodgers**  
Fleet and Family Support Center  
Hometown: Moss Point, Miss.

**"I like the diversity of people and the beach scenery."**



**LN2(SW/AW) Matthew Feeney**  
CBC  
Hometown: Buffalo, N.Y.

**"I like the weather. I'm from up north so I'm used to snow right now."**

# NMCB 11 Det. Guam helps local community



Builder 2nd Class Remie Acosta, assigned to Naval Mobile Construction Battalion (NMCB) 11, helps a Guamanian student paint a handprint on the new "Buddy Bench" at Chief Brodie Elementary School in Tamuning, Guam. Six Seabees donated the bench and helped students decorate it as part of the "Buddy Bench" project, an international program dedicated to eliminating loneliness and promoting new friendships on school playgrounds. (U.S. Navy photo by Ensign Frances R. Hunter/Released)



Yeoman 2nd Class Carlton Gulley and Electronics Technician 3rd Class Seth Reed, assigned to Naval Mobile Construction Battalion (NMCB) 11, view Meghan Larkan's science fair project in which she created an environmentally friendly fuel cell that runs off water. Eleven Seabees from NMCB 11 Det. Guam volunteered to help judge the science fair at Harvest Christian Academy, promoting science education for Guamanian high school students. NMCB 11 Det. Guam provides a naval construction force ready to deploy in support of operations ranging from disaster relief to major combat operations throughout the PACOM area of responsibility. (U.S. Navy photo by Steelworker 3rd Class Frank Piner/Released)

From **SECDEF** page 1

corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles, and leadership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known – our soldiers, sailors, airmen, Marines, civilians, and contractors all around the world.

I will do that by focusing on the well-being, safety, and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care – because this is my highest responsibility as Secretary of Defense.

Honoring all these commitments also requires us to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best

people – people like you; so that there are enough of you to defend our interests around the world; and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future – and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world; to keep pace with advances in technology; and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago, and have had the privilege of serving 11 Secretaries of Defense in Democratic and Republican administrations. I took the oath of office this morning because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.

## Seabee Ball

March 28, 5:30 - 11 p.m.

### Mississippi Coast Coliseum

**Guest Speaker: Retired Chief Equipment Operator, Ron Harvey**

**Uniform: Dress Blues or equivalent civilian attire. If dual military couple attending, one spouse may wear appropriate civilian attire.**

**Cost: E1 - E4: \$25; E5 - E6: \$30; E7 - O3; Warrant Officers, Retirees and Civilians: \$40; O4 and up: \$50**

**Point of contact: BUC Eric Van Norman, email: eric.vannorman@navy.mil. Contact your command representative for tickets. CBC rep: MCCA Jeff Pierce: jeffrey.j.pierce1@navy.mil**



Lt. Matthew Riley, chaplain, delivers a sermon for Naval Mobile Construction Battalion (NMCB) 5 Seabees during the battalion's field training exercise (FTX) on Fort Hunter Liggett. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)

# Chaplain; Seabees are the best kept secret of the Navy

By Chaplain (Lt.) Matthew Riley  
NMCB 5

Upon receipt of my orders to Naval Mobile Construction Battalion (NMCB) 5, a chaplain mentor of mine reminded me of the missional approach that chaplains embrace. He encouraged me to "learn their language, even earn their pin if they let you." We both knew full well, that we as chaplains cannot wear combat devices and doing so without authorization was never considered. Yet, from his wise council, I embarked on a journey that expanded my appreciation for Seabees and the Naval Construction Force as a whole.

The Seabee combat warfare (SCW) qualification standard took me on a journey through camp setup, maintenance and purpose of Civil Engineer Support Equipment (CESE), and the complexities of the embarkation process, which gives life to the 'mobile' aspect of the Naval Mobile Construction Battalion. While going through the board process, I entered the mind of key leadership billets. Seeing through the eyes of operations, supply, training, and even program management at the executive officer level, stretched my mind in ways I never imagined.

The PQS, which took me 14 months to complete, stirred up more conversations across every corner of the command than I ever anticipated. I matriculated through a total of four boards, and then I was issued my fragmentary order, a change in the operations order or plan to accommodate a change in situation, with 48 hours to complete a given scenario. I slept five hours out of two days, while trying to figure out how I, as a detachment officer-in-charge with 89 troops, would get all my equipment, gear, and troops to my objective, completing contingency construction and providing security for our camp at the same time.

During this 48 hour process, so many people, some that I had never even met, came by my office to tell me they were praying for me. On one occasion a chief stopped by for encouragement, telling me his Seabees were inspired that 'Chaps' was going for his pin. This reaction surprised me. I simply set out to learn firsthand what Seabees and Civil Engineering Corps officers had to endure, yet I encountered a team atmosphere I never imagined.

All efforts and inspiration aside, I failed my first board review with

the commanding officer. There was no easy pass for the chaplain, once the command master chief noticed that my resource leveling would not have satisfied the mission in the allotted time. Passing me was not an option. Either due to the lack of sleep or the sheer nerves of it all – I cried. And when I did, I prayed that God would help me learn this scope of knowledge that was well outside of my wheelhouse. I re-boarded two months later and by God's grace I passed.

Being a Seabee chaplain has been the highlight of my personal and professional life. Investing myself into their culture took me beyond the knowledge of their construction skills. I uncovered a plethora of their talents ranging from efficiency in mobilization, ability to conduct convoy operations, and set security on their camp/job site, just to name a few. Yet, what I will miss most is their consistently high levels of motivation and camaraderie.

Seabees are the best kept secret in the Navy, and I am so grateful that I got to serve with them. Although I do not wear the SCW pin on my uniform, I wear it in spirit, to commemorate the bonds I will always share with the Seabee community.

## A focus on health, wellness and fitness

By EA3 Lawrence Romang  
NCG2 Public Affairs

Recently the Navy began a long campaign to improve the health, wellness and fitness of its Sailors. During a time where cutbacks are all too prevalent and Sailors are getting forced out of the service, health and wellness is becoming an increasing concern for commands. Naval Construction Group TWO (NCG2) is no exception, and continues to have an aggressive approach to health, wellness and fitness.

NCG2 is taking an active approach with an upcoming health kiosk and bulletin board on the quarterdeck. This also extends out to deploying battalions. NCG2 offers various training such as reintegration training for battalions returning from deployments. The medical department, chaplain, and command physical fitness leaders give briefs, targeting specific health-related issues.

One recent briefing was based around sport supplements. Be aware of what you are putting into your body, said Lt. Cmdr Bruce Yee, NCG2, group/regimental surgeon. According to Yee, supplements don't necessarily have to be approved by the Food and Drug Association, so users should find out exactly what the ingredients are. Keep in mind the recommended dosage and remember what works for one person, might not work for you. You need to listen to your body and react accordingly, said Yee.

Suicide prevention is also a major focus for NCG2. Armed Forces Health Surveillance Center reported that suicide was the number one cause of death among military members in 2012 and 2013. While the

percentage of suicide in the military is slightly less than that in the civilian sector, this is still a troubling statistic that is being address by the command.

Training focuses on intervention, response and reporting, with an emphasis on knowing the people who work around you, so you will be able to detect early warning signs. "Trust the chain of command, and lean on one another," said Capt. John Adametz, commander, NCG2.

Thomas Carlyle once said, "He who has health, has hope; and he who has hope has everything," and while NCG2 strongly promotes wellness, it also promotes fitness. Along with a rigorous tri-weekly physical fitness program, NCG2 also offers a program on off days to strengthen oneself.

Fitness Enhancement Program (FEP) is an intense fitness program designed to push Sailors to help the them reach their physical fitness goals. FEP is a voluntary program for people who can pass the Physical Readiness Test (PRT), however it is mandatory for those who failed their last PRT, or who have failed their Body Composition Assessment (BCA).

Erroneously seen as a punishment, FEP is designed to push those Sailors who are in danger of damaging their own careers. It is a program that will only work if the individual is willing to work and take advantage of the program.

With the Fleet and Marine Corps Health Risk Assessment Annual Report announcing that 64 percent of Navy respondents indicated being overweight, there is a real risk for service members to fail their BCA, and it only takes three failures in a four year span to be

See FOCUS page 12



# Focus on Education

## NEX gives back to students with A-OK reward program

From NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of February 2015.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Home-



schooled students can also qualify with acknowledgment that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each

grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.



### Baby Boot Camp

Fleet and Family Support Center (FFSC) will hold a Baby Boot Camp class for expecting and new parents, 8 a.m. until noon, Feb. 26. Sue Maters, New Parent Support Home Visitor, will instruct the class. Call FFSC at 228-871-3000 for more information or to reserve your space.

**First Steps to a New You – Learn and Burn:** A free Fitness Workshop sponsored by Morale, Welfare and Recreation (MWR) and Families Overcoming Under Stress (FOCUS) is scheduled from 9 a.m. – noon, Feb. 21 at the Fitness Center. Limited space is available – call 228-822-5736 to reserve your spot!

### Balfour Beatty Communities Foundation Scholarships

Do you have a child that is a high school senior, undergraduate or graduate student? Balfour Beatty Communities Foundation, a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty Communities property, is now accepting applications for its 2015/2016 academic scholarship program! Applications and more information can be accessed on the Foundation's website at [bbcommunitiesfoundation.org](http://bbcommunitiesfoundation.org). Deadline to apply is April 15.



**Date: Feb 24th 2015**  
**Time: 10:30am-12:00pm (EST)**  
**Date: Feb 26th 2015**  
**Time: 4:30pm-6:00pm (EST)**

## Federal Student Aid Webinar

U.S. Department of Education  
 Federal Financial Aid and Education Services  
 All Military Members, Veterans, DoD Civilians and Dependents are welcome

Registration is required  
<http://fsaregistration.ed.gov/d/vrpk43>



**Federal Student Aid**  
 An OFFICE of the U.S. DEPARTMENT of EDUCATION

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**Coastline Community College Registration**  
 Registration for Coastline Community College's Spring "B" term is open until March 30. The spring "B" terms begins April 6 and ends May 31. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, [DDRYE@COASTLINE.EDU](mailto:DDRYE@COASTLINE.EDU) or visiting the Navy College Office in Building 60, Room 239.

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

February 19, 2015

Seabee Courier

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Give up cholesterol after Fat Tuesday? Fat chance

Last week, news broke that the U.S. government's Dietary Guidelines Advisory Committee found that cholesterol in the diet is no longer considered to be a "nutrient of concern." So, after 40 years of being told that we should avoid eggs, bacon and cheese, we can now belly up to nice big omelet without worrying that it'll clog our arteries.

This recent flip in the government's nutrition recommendations follows the USDA scrapping its long-standing Food Pyramid in 2011, and replacing it with the simplified "My Plate" graphic ([choosemyplate.gov](http://www.choosemyplate.gov)). This change was made in the face of overwhelming research indicating that the low-fat trend that started in the 1970s contributed significantly to the diabetes and obesity epidemics in the US. The My Plate guidelines still advocate a diet low in cholesterol; however, it is expected that the USDA will soon remove this admonition based on the Advisory Committee's report.

Although the My Plate daily allowances of 50

percent vegetables and fruit, 30 percent grains, and 20 percent protein are still being criticized as skewed to appease agricultural industry lobbyists, they are considered a vast improvement over the outdated Food Pyramid advice to use fat "sparingly" and eat "6 to 11 servings of bread, cereal, rice and pasta" daily.

Personally, I feel vindicated.

As a frequent low-carb dieter, I have always felt a twinge of embarrassment in the commissary check out line, while heaping eggs, bacon, cheese, pork rinds, and mayonnaise onto the belt. Over the years, many of my military spouse friends looked at me with a judgmental grimace and said, "You're not doing that Adkins diet again, are you?"

Sometimes I'd lie and tell them, "Oh, heck no, I'm doing a much healthier diet that's low in fat." Little did they know, I was shoveling nuts, spearing olives, slicing steaks, and slathering cream cheese to my heart's content (pun intended).

The first time I discovered low-carb diets was in 1999 while stationed in Norfolk, and although it seemed counter-intuitive to count carbs rather than fat, I decided to give it a shot.

A couple of weeks into the diet, I had eaten more eggs than Cool Hand Luke and was five pounds of toxin-flushing water weight down. Other than nagging constipation and debilitating fatigue, I felt fabulous, and continued fibbing to my military spouse friends until I'd lost 20 pounds and some change.

However, I am a chronic yo-yo dieter with a deeply-ingrained feast-or-famine mentality. So, as soon as a holiday or special occasion rolls around, I fall off the low-carb cliff into an abyss of gluttony. When I finally emerge from the splurge, I use the lull between special occasions to diet again.

Now that the plastic-beaded debauchery of Fat Tuesday is behind me, Lent is an opportune time for me to sacrifice some carbs



again. I just hope that when Easter rolls off the wagon and find myself gobbling a pound each of ham, scalloped potatoes and chocolate in one sitting.

I always feel guilty about cheating on my low-carb diet, but now, thanks to the new nutrition guidelines, at least I no longer have to feel guilty about my low-carb diet itself. Omelets anyone?

*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."*

## BBC resident service request information

By Balfour Beatty Communities

Are you a Balfour Beatty Communities (BBC) resident that needs to place a service request? BBC would be more than happy to assist.

As a company, BBC is committed to providing quality services to all of our residents – whether it's early morning or late at night, BBC maintenance technicians are on call 24 hours a day/7 days a week.

To place a service request with Balfour Beatty Communities at NCBC Gulfport please call, 228-284-1637 Monday-Friday, 8 a.m. - 5 p.m.

For requests outside of normal operating hours, please call 228-284-1637.

All service requests are designated as either a routine, emergency or urgent request.

Want to know where your request falls? Visit the BBC website at <http://www.ncbcgulfporthomes.com> to learn more about expected response times.

To ensure that BBC delivers the best in service, residents are encouraged to fill out service comment cards. All customer feedback is taken seriously and all comments are reviewed and tracked. BBC would love to know how we may better assist residents in the future.

Not a Balfour Beatty Communities resident but interested in leasing with us? Please call 228-863-0424 to tour today.

### NCBC Gulfport Commissary hours:

Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m.

## Energy Savings Tip:

**Unplug and recharge** - When you take a vacation, don't forget to give your appliances a rest too. Turn off and unplug everything you can. Remember to set your water heater to the lowest setting and shut off the water supply to the dishwasher and washing machine. The realized savings will show up on your next power bill.



# NCBC Helping Hands

**BETHESDA FREE CLINIC** - The Bethesda Free Clinic of Ocean Springs will be sponsoring booths at the 27th Arbor Day 5K-1 Mile-1/4 Mile Run/Walk/Roll Feb. 28, 8 a.m. – noon at the Biloxi Town Green in Biloxi and at Ron Meyers Harbor Fest, March 28, 10 a.m. to 8 p.m. at Jones Park in Gulfport. Volunteers are needed at both the events to help with setting up and breaking down booths, passing out flyers, etc. Volunteers may sign up to help all day or any hours that would be convenient. To volunteer, contact Teresa Dubuisson, 228-818-9191 or email info@bfhcd.com

**MENTAL HEALTH ASSOCIATION OF SOUTH MISSISSIPPI** - The MHASouthMS is having a yard sale March 7 from 8 a.m. – 2 p.m., at a parking lot at 920 Cedar Lake Road (by Virginia College). Volunteers are needed to load up stored items for the sale from Pass Road Mini Storage at 6 a.m., the morning of the sale and transport them to the Cedar Lake Road site. Donated items are also needed for the yard sale. Sale proceeds will be used for art and other projects for adults with mental illness. To donate items or to volunteer, please contact Kay Daneault, 228-864-6274.

**GULF COAST BIG RIG TRUCK SHOW** - Gulf Coast Big Rig Truck Show is looking for volunteers to help with registration and other duties at their event March 20 – 21 at the Mississippi Coast Coliseum & Convention Center in Biloxi. To volunteer, call Jim McCleney, 985-630-9171. The show benefits the Wounded Warriors Project. For more show information, visit: [www.GulfCoastBigRigTruckShow.com](http://www.GulfCoastBigRigTruckShow.com).

**MISSISSIPPI GOLF RESORT CLASSIC** - Would you like to get an inside-the-ropes view as legends of golf play during the Mississippi Gulf Resort Classic (MGRC), March 26 – 29? This year, Habitat for Humanity Mississippi Gulf Coast (HFHMGC) is more than the tournament's benefiting charity; we're also the official sponsor for the 18th Hole. As the hole sponsor, HFHMGC needs volunteer marshals for the entire tournament. Each volunteer will receive a golf shirt, a voucher that can be used at the concession stands for lunch and volunteers who complete three

shifts also get other perks, including a free round at Grand Bear and the opportunity to play Fallen Oak. Shifts will be approximately noon to 5 p.m. Volunteers should plan to park about 1 hour prior to their shift and check in 30 minutes prior to their shift start time. Marshals on Hole 18 also handle noise control in the sky boxes so if someone is mobility limited, that gives them a chance to participate. Space is limited so don't wait if you are interested. Contact Adele at [alyns@hfhmgc.org](mailto:alyns@hfhmgc.org) for registration info.

**ART IN THE PASS** - Pass Christian will once again host the Art in the Pass art show April 10-12, 10 a.m. – 5 p.m., at the War Memorial Park. Volunteers are needed to work two hour shifts in the following areas: Help artist set up booths, carry and help set up sound equipment on gazebo stage, set up tents, tables, chairs and displays, perform routine park maintenance, assist food vendors in setting up and maintaining their areas, selling tickets, welcoming visitors and tending to scholarship boxes. Volunteers are needed April 10, 11 a.m. – 4:30 p.m., April 11 and 12, 8 a.m. – 5 p.m. For more information or to volunteer contact: Martha Hawkins, 228-265-2955; Jane Parrish, 228-596-3363/[jparrish46@gmail.com](mailto:jparrish46@gmail.com) or Jamie Bridger, 228-363-0450/[jbridger49@aol.com](mailto:jbridger49@aol.com).

**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.

**DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or [office@disabilityconnection.org](mailto:office@disabilityconnection.org).

**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](mailto:nancy.miller@gulfportschools.org) or call Dianna Miller at 228-867-2140. Reading volunteers are also need-

ed 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](mailto: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](mailto:Region63@juno.com) or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@[uss.salvationarmy.org](mailto: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](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

## Seabee Memorial Chapel

### Religious Services Sunday:

Catholic Mass: 9 a.m.  
Protestant: 10:30 a.m.  
Weekday Mass:  
Monday, Tuesday, Friday,  
11:15 a.m.



### NCBC Center Chaplain:

### Lt. Cmdr. Ammie Davis, Chaplain

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

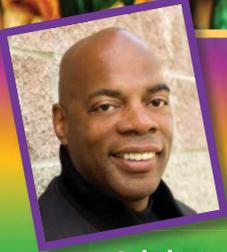
## What's happening at the Chapel?

**Sundays:** The Rosary/Confession: 8:30 a.m., Protestant Sunday School: 9:15 a.m., Catholic Mass: 9 a.m., Catholic CCD Class (Confraternity of Christian Doctrine): 10:30 a.m., Protestant Service: 10:30 a.m.  
**Mondays:** Catholic Mass: 11:15 a.m.  
**Tuesdays:** Catholic Mass: 11:15 a.m.

**Wednesdays:** Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon - 1 p.m.  
**Thursdays:** Catholic Holy Hour: 5 p.m., Catholic Mass: 6 p.m., Catholic Fellowship: 6:30 p.m., Catholic Bible Study: 7 p.m.,  
**Fridays:** Catholic Mass: 11:15 a.m.

### Workshops with You in Mind

March 5: safeTALK; March 16-17:ASIST; March 26 - 27: PREP



## Laughcatchers Comedy Show

**FREE** show starts at 7 p.m., Sat. Feb. 21 at the Training Hall  
 Appeared on Comedy Central, Last Comic Standing,  
 The Tonight Show & Showtime.

**FREE!**

Childcare available at CDC- call 228-871-2323 for info

Adult comedy, 18 and older, only please. Concessions & Beverages available for purchase

### Navy Outdoor Recreation

Stop by NOR at Bldg. 456 (Corner of 7<sup>th</sup> & Colby) and let us tell you about the many amenities the Seabee Park and Recreation Area has to offer.  
 Call 228-871-2127 for information

### Fitness

Join the 100 Mile Swim Club or the 1,000 Pound Challenge today!  
 Zumba & Cycling classes taught all week  
 Call 228-871-2668 for information

#### Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu - Th 2-6p, CLOSED 12/28-1/5/15
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-1:30p, Sat 10a-4p
Child Development Ctr		Hours:	5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M - Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th - Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M - Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	
SAC		Hours:	6-7:30a & 2:30-5:30p
Teen Center		Hours:	M - Th 3:30p-8:30p, Fr 3:30p-8:30p
Rec Center		Hours:	Tu-Th 5:30p-8:30p & Fr 6p-9p

### Information, Tickets & Travel

March 13 in the NEX Courtyard-  
 ITT's Live it Up Locally Travel Fair- Free  
 food & prizes. Visit with local attractions!  
 Call 228-871-2231 for details



Feb 21- 12 p.m., 9<sup>th</sup> Annual D'Iberville  
 BBQ Throwdown  
 Feb 22- 1 p.m., Gun Ho Shooting Range Trip,  
 Prices vary  
 Feb 24- 6 p.m., Tournament Tuesday- Ping Pong,  
 1<sup>st</sup> Place Prize  
 Feb 26- 6:30 p.m., Free Movie Thursday at the  
 Digital Cinema,  
 Pick up coupon at Liberty

## Digital Cinema at the Training Hall

Feb. 19  
 6 p.m.  
 Unbroken  
 (PG13)

Feb. 20  
 6 p.m.  
 Selma  
 (PG13)

Feb. 21  
 2 p.m.  
 Paddington (PG)  
 7 p.m.

Feb. 22  
 2 p.m.  
 Paddington  
 (PG)

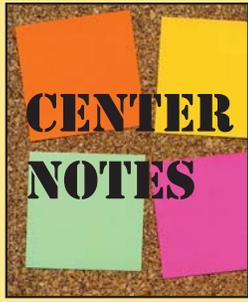
**24 Hour  
 Movie Hotline  
 228-871-3299**

8:30 p.m.  
 The Boy Next  
 Door  
 (R)

**Laughcatchers  
 Comedy Show  
 FREE**  
*Adult audiences only*

4:30 p.m.  
 Selma  
 (PG13)





**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](mailto: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](mailto: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 Feters, 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 re-commissioned 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 **FOCUS** page 7 discharged from the Navy.

The FEP program, while under utilized, is a good program that works with individual goals.

"Everyone here has different goals, so we individualize workouts," said Chief Gunner's Mate (SW) Christopher Davy, Command Fitness Leader. "We work with them when designing workout; their options matter."

The FEP program branches out to workouts that may not be typical for command physical training (PT), such as monthly spin classes and

Focus T25 (a vigorous video-led workout). The FEP program also has a monthly nutritional class that teaches proper dieting and promotes healthy living.

Tobacco Cessation is another resource that the command offers. Anyone wanting help to quit smoking can get the help they need.

"Nobody joins the Navy to sit around. Keep them busy, happier," says Adametz. "Statistics show that retention is high when Sailors are challenged." "Focus on well-being; physically, mentally, emotionally, and spiritually."



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

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

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

**Got Gowns?**

Please consider donating new or gently used ball gowns for OPERATION BALLGOWN, sponsored by Navy Marine Corps Relief Society (NMCRS) Thrift Shop. For more information, call 228-871-2610.

Thrift Shop, Building 29  
Tuesday - Wednesday - Friday, 9 a.m. - 1 p.m., Thursday, 4 - 7 p.m.



**RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS**  
Are you up to the challenge of hard work and repairing unique SOF equipment?

<p>Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates</p>		<ul style="list-style-type: none"> <li>- Motivated / Volunteer</li> <li>- Pass Navy PFA</li> <li>- E4-E6</li> <li>- No NJP</li> <li>- No bankruptcy</li> <li>- Obtain Secret/TS clearance</li> </ul>
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Email us at [IDEVGRURecruiting@yb.socom.mil](mailto:IDEVGRURecruiting@yb.socom.mil) or contact your detailer to request additional information.