

SEABEE COURIER

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January 15, 2015

NMCB 133 Runnin' 'Roos receive warm welcome home despite cold weather



More than 100 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 are greeted by family and friends following a six-month deployment in the U.S. 5th and 6th Fleet areas of responsibility, Jan. 9. The battalion also supported operations in the U.S. Central Command and U.S. Pacific Command. The Seabees will continue to return to Gulfport over the next few weeks. (U.S. Navy photo/Released)

Search "Naval Construction Group 2" on Facebook for more photos

Center to honor Dr. King

From NCBC Public Affairs

Celebrate the legacy of Dr. Martin Luther King Jr. at a special program sponsored by the Multicultural Diversity Committee, Jan. 20 at 10 a.m., in the Training Hall, Building 446.

Guest speaker for the program will be retired U.S. Marine Corps Master Sgt. Alphonso L. Butler, currently pastor of Christian Missionary Baptist Church of Gulfport.

Following the program, a special meal will be served at Colmer Dining Facility.

All with authorized access to the base are invited to these special celebrations.

Navy spouse is NGIS Front Desk Associate of the Year

By UTCN Alicia K. Fluty
NCBC Public Affairs

Linda Artiaco, a front desk associate at Navy Gateway Inns and Suites on board Naval Construction Battalion Center (NCBC) Gulfport was recently awarded as Front Desk Associate of the Year.

Artiaco was recognized for a job well done by Commander, Navy Installations Command (CNIC) and presented with the award by Cmdr. Anthony Conley, NCBC's executive officer during a CNIC Navy Lodging Program Employee Appreciation Day, Nov. 21.

Artiaco has worked for Navy Gateway Inns and Suites for almost two years since she moved to Gulfport from her home town of Naples, Italy.

Artiaco is a Navy spouse who holds a Bachelor's degree in Tourism and Hospitality, Economics and is pursuing a master's degree in Hospitality Human Resources.

Certified Front Desk Trainer and Supervisor, Fanny Crispell, said she nominated Artiaco for numerous reasons, adding that Artiaco sets an example that any Front Desk Associate would do well to follow.

"She is a highly skilled and professional individual who is driven to obtain outstanding results for both the customer and the organization," Crispell wrote on her nomination. "She is a dedicated professional who tackles the most demanding tasks with superior results. Her quality workmanship and commitment to excellence is the cornerstone of our Front Desk Operation."

According to Artiaco, the nomination was a big surprise.

"I was really honored and flattered for this

See NGIS page 9



Linda Artiaco, a front desk associate at Navy Gateway Inns and Suites on board NCBC Gulfport, assists Equipment Operator 3rd Class Anthony Zimmerman, assigned to Naval Mobile Construction Battalion (NMCB) 14, with setting up a room reservation, Jan. 8. Artiaco was selected by CNIC as the Front Desk Associate of the Year. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Consider family wellness in the new year

By Dr. Mary Lewis
NCBC Credeo
Facilitator

As we embark upon a new year, with new insights, new thoughts, and new behaviors, let us not forget about the wellness of the family.

What is Family Wellness?

Family Wellness is the dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to the family well-being. It's easy to become discouraged during hard times. Especially, as problems increase such as; fear of the unknown, everyday stress, and deploy-

ment can lead to anxiety and depression.

This New Year let us emphasize the family. Ask yourself, what can I do to better the well-being of my family? Here are some simple rules to abide by; always expect change, choose determination over desperation, schedule family time, be a great listener, and most importantly, no one is perfect. When we employ these simple factors, we find that we are less stressed and more focused.

There are many dimensions in the family that communicates Family Wellness; mental,

physical, spiritual, social and lifestyle. It is the parents' responsibility as well as the individual family member to optimize their potential well-being. The wellness of the family is also dependent upon how well they verbalize or convey their needs and how well the other party listens to the speaker.

Young people today are in even more need of staying connected to their parents than in times past. The way to keep the family connected is to talk and listen to each other. It is vital that the parents keep a continual and open communication with their

Workshops with You in Mind
from Seabee Memorial Chapel

Feb. 7:	5 Love Languages
Feb. 19:	Are you the one, or Should I Look for Another?
March 5:	safeTALK
March 16-17:	ASIST
March 26-27:	PREP

Stop by the Chapel of Choice to sign up for courses and to find out more information on what we have to offer.

- NCBC**
Commanding Officer
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Courier Staff
Editor
Bonnie L. McGerr
Mass Comm. Specialist
MCCS(SCW/SW)
Jeffrey Pierce
Special Contributors
BU3 Dustie Bond
UTCN Alicia Fluty
BUCN Samantha Opyoke
BUCA Elizabeth Mills

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

Annual Force Protection Exercise set for Feb. 2 - 13

From NCBC Public Affairs

SOLID CURTAIN-CITADEL SHIELD 2015 will be Feb. 2 - 13.

This Force Protection exercise, conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC), will take place on all CONUS Navy installations. While this exercise

will impact the Naval Construction Battalion Center during the 13 days, the base will be significantly impacted in the afternoon Feb. 11 and the morning of Feb. 12. This will primarily involve gate closures, shelter in place and stop movement orders.

All personnel should review safety and security procedures, and inform family members of the pending

disruption to base services and base access.

Exercises like this enhance training and readiness of our security personnel.

This is an annual exercise and is not in response to any specific threat. Stay tuned to Facebook at www.facebook.com/ncbcgulfport for the fastest updates during the exercise period.



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.

Career Job Fair



NCBC Gulfport Fleet and Family Support Center is hosting a Job Fair:

When: Jan. 22
Where: Fleet and Family Support Center, Bldg. 30
Time: 10 a.m. - 2 p.m.
Phone: 228-871-3000 for additional information

Our goal is to give potential employees a chance to speak with employers who are currently hired. Bring your resume and come prepared to interview.

Spouses welcome!



January 15, 2015

Seabee Courier



The Digital Cinema on board NCBC Gulfport hosted the "American Sniper" sneak peek movie for approximately 400 patrons, Jan. 10. Folks were lined up in the chilly weather to get their tickets at 4 p.m. and then return for the showing at 7 p.m. MWR was able to offer this opportunity to service members and families free of charge and anticipates more sneak peek movies in the future. (U.S. Navy photo courtesy of MWR/Released)



Explosive Ordnance Disposal Technician 3rd Class Sean Beers performs his practical combat first aid exam on his class partner Steelworker Constructionman Recruit Corey Benton on board NCBC Gulfport, Jan. 9. Beers and Benton are enrolled in the Expeditionary Combat Skills School and the practical combat first aid exam is one element of the four-week-long school. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Equipment Operator 2nd Class Derek Barrows, a student enrolled in the Equipment Operator C1 Advanced course, uses a dry ice gun to clean a paver recently used to lay asphalt on board NCBC Gulfport, Jan. 12. Students enrolled in this course learn technical skills and principles of job management which are necessary to qualify for assignment as a trade crew leader on a construction project. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Buzz on the Street

By CE3 Dustie Bond
NCBC Public Affairs

“What would you do if you were the commanding officer for the day?”



“I would call a sports day. I would have multiple sports available to play baseball, volleyball, basketball, corn hole, ect. ”

EACN Cristina Shelton
NMCB 11
Hometown: Detroit, Mich.



“I would go around to each company and help out.”

HN Andrew Mendez
NMCB 11
Hometown: Corpus Christi, Texas



“I would go spend the day on a project site to experience the work day with the Seabees in my command.”

UT3(SCW) Michael Guerrette
NMCB 11
Hometown: Ensfield, Conn.

Navy Exchange/Mini-Mart Inventory - The NEX will close early for inventory Jan. 26 at 5 p.m. The Mini Mart will close early Jan. 28, at 6 p.m. Pay at the pumps will remain open as usual.

NCBC Commissary holiday observance - The commissary will be closed Jan. 19 as regularly scheduled and Jan. 20 in observance of the federal holiday honoring Martin Luther King Jr. For additional information call 228-871-2039 or check the commissary website at: <https://www.commissaries.com>

Anglers now free to take home their Seabee Lake catch of the day!

By CE3 Dustie Bond
NCBC Public Affairs

Seabee Lake and the surrounding park on board Naval Construction Battalion Center (NCBC) Gulfport is a venue where families can canoe, barbeque, walk the nature trail, play on the playground or simply relax and eat lunch. There's even fishing.

Until recently, fishing on base has been a catch and release endeavor. Now Anglers can take home whatever they catch as long as it's within Mississippi regulations in regards to length and number of fish caught. However, the new policy does not apply to fish caught in any of the ditches nor anything caught in the breeding pond adjacent to Seabee Lake. These areas are still catch and release.

According to NCBC Gulfport's Morale Welfare and Recreation Facilities and Grounds Maintenance Manager, Dewayne Riley, Seabee Lake is teeming with bass, catfish and sunfish. There are limits on how many fish anglers are allowed to take home per day. These are known



Three Seabees enjoy a day of fishing on the water at Seabee Lake. The former catch and release policy at the lake has been rescinded and anglers are allowed to retain their catch as long as size regulations are observed. The recreation area features picnic pavilions, a playground, barbeques and a nature trail. To reserve a covered pavilion, call 228-871-2127. (U.S. Navy photo/Released)

as “creel limits” and they depend on the type of fish caught. Creel limits are: Bass - 10; Catfish - 10 and Sunfish - 100. Additionally, the fish you take home must be within state length regulations. Length limits also depend on the fish. These can be found on the Mississippi Wildlife, Fisheries and Parks website at <http://www.mdwfp.com/fishing-boating/fishing-regulations.aspx>.

According to NCBC's Environmental Director, Lisa Noble, habitat enhancement projects in 2010 and 2011 improved the water quality at Seabee Lake, stocked the breeding pond, removed the overgrowth surrounding the lake and restored the native wetland plants.

Seabee Lake is located on the northwest end of the base. This area has three large pavilions and 11 smaller pavilions, with one large pavilion right next to the lake with a fishing pier. It also has picnic tables, barbecue grills, a covered playground and restrooms. The pavilions are available on a reservation basis to all personnel affiliated with CBC Gulfport. Reservations can be made by calling 228-871-2127.

Key and Lock Control Semi-Annual Inventories now due

Formal semi-annual inventories for the base Key and Lock Control Program are due in January and July. All facilities on board Naval Construction Battalion Center are required to participate! Manual keys and electronic key cards are to be inventoried and documented. Documentation of inventories by Key or substitute Key Custodians are to be submitted to the Base Physical Security Officer email: sharlene.daniels@navy.mil. Any person assigned as a Key or substitute Key Custodian must also have a letter of designation on file with the base Physical Security office. Key and Lock Control Program training is required and available upon request through the above email. Directives, forms, and other information is also available.



Keep What You've Earned

Remember, if you don't meet the Navy's physical fitness standards, you will be ineligible for advancement or volunteer assignments. Don't let the “empty calories” in alcohol contribute to weight gain. Make a New Year's resolution to drink one less night per week.



Keesler Air Show returns to Mississippi Gulf Coast

From Keesler Air Force Base Public Affairs

Keesler AFB has officially announced plans for an air show and open house, March 28 - 29. Base planners are working to secure headliners for the spring event and expect to announce participating acts in the weeks ahead.

Brig. Gen. Patrick Higby, 81st Training Wing commander, expressed his

enthusiasm in announcing the event, stating "once again, we are excited to be hosting this special event for the Gulf coast and our surrounding communities."

For several years, the Department of Defense curtailed air shows and open houses due to budget constraint, however, restrictions have eased, allowing Keesler to host one this Spring. Kees-

ler's last air shows were in 2009 and 2011, drawing about 142,000 and 160,000 people to the base respectively.

Points of contact for commercial sponsorship is 81st Force Support Squadron marketing department, 228-377-1597; concessions contracts - 81st Force Support Squadron, 228-376-8572 and static displays - 81st TRW Safety, 228-377-1900.





January Fire Safety Message

Cooking Equipment

Microwave Ovens: Only microwave ovens are allowed in work areas. Microwaves must be plugged directly into an outlet. Do not use an extension cord or a surge protector.



Toasters and other cooking devices: Toaster ovens, hot plates, etc., are not allowed in work areas. Only microwave ovens are allowed in work spaces.



Space Heaters

CBC 11320, section 6.28 states, "Portable electric space heaters shall be prohibited for use in any work space or building on board Naval Construction Battalion Center and tenant commands."



OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 30, 2014.

Biloxi: YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

Gulfport: Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

Pascagoula: Bunksmall Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of June 25, 2014.



RTC and OTC begin Female Haircut pilot program

From Naval Service Training Command Public Affairs

In an effort to standardize training and education across the military services, Recruit Training Command (RTC) and Officer Training Command (OTC) will run a pilot program, which will no longer require female accessions to cut their hair.

The pilot program, which will run from January through March 2015, comes after receiving fleet feedback that junior Sailors and officers are not taught proper grooming standards with longer hair.

This shift will align the Navy with every other armed forces service, which do not require female accessions to cut their hair. RTC and OTC required all females with long hair to cut it to the lower edge of the uniform collar. Now, female Sailors will have the ability to choose any hair-

style that meets uniform regulations. Females requesting a haircut may still receive one.

"We are constantly considering fleet feedback and policy changes to improve training and quality of life during initial accession and indoctrination into the Navy," said Rear Adm. Rich Brown, commander, Naval Service Training Command (NSTC). "We are here to serve the fleet and provide the initial training to our men and women so that they are mentally and physically prepared for the rigors of military service."

NSTC is considering a similar pilot program change regarding male recruits, following the pilot of the new female haircut program. Male accessions at Officer Candidate School and RTC are required to have their heads shaved to an eighth-inch upon arrival. They receive follow-up haircuts, which result in a regulation haircut by

the time they reach graduation.

Headquartered on Naval Station Great Lakes, Illinois, NSTC oversees 98 percent of all initial accessions training for the Navy, with the exception of the officers produced by the U. S. Naval Academy. This training includes the Navy/Marine Corps Naval Reserve Officers Training Corps (NROTC) at more than 160 colleges and universities, Officer Training Command (OTC) at Naval Station Newport, Rhode Island; RTC, the Navy's only boot camp, at Great Lakes; and Navy Junior Reserve Officers Training Corps (NJROTC) and Navy National Defense Cadet Corps (NNDCC) citizenship development programs at more than 600 high schools worldwide.

For more information about NSTC, visit <http://www.netc.navy.mil/nstc/> or visit the NSTC Facebook pages at <https://www.facebook.com/NavalServiceTraining/>.

NMCB 11 Wins 2014 Captain's Cup



The Captain's Cup was presented to NMCB 11, Jan. 8. Throughout 2014 the battalion participated in Flag Football, Softball, Basketball, Volleyball and accumulated 3312 points for participation. Congratulations, NMCB 11!



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Seabees and British Royal Marines conduct Joint Training Exercise

By **CECN Ginger Knapp**
NMCB 4 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 4 Detail Diego Garcia and members of British Royal Marines Commando Detachment Diego Garcia combined forces to execute a multi-phased tactical training package in October and November onboard U.S. Navy Support Facility Diego Garcia in the British Indian Ocean Territory.

The training sharpened the warfare skills of both the Seabees and Commandos, enhanced awareness of foreign services standard operating procedures and strengthened partnerships with adjacent commands.

Led by Ensign John Nurthen, officer-in-charge of NMCB 4 Detail Diego Garcia, and Sgt. Martin Stronach, the British unit's training leader, the six-day training evolution served as one of the first combined training exercises between U.S. and U.K. forces onboard Diego Garcia.

"We're thrilled to be conducting this training with the Seabees," said Stronach. "It opens the door for future joint force training between the American and British forces on Diego Garcia."

The evolution was organized into three phases. The first phase consisted of the familiarization live-fire practical application of the British SA-80 Assault Rifle and Gen-

eral Purpose Machine Gun. The unique drills included stationary and mobile firing positions, as well as combat medical aid training.

Phase two was comprised of boat boarding and room clearing procedures. This included basic PAC-20 Rigid Hull Inflatable Boat familiarization; small and large vessel boarding while moving at sea; security and support; and search and seizure of a vessel.

The final phase introduced patrol maneuvers, tactical clearing of buildings, land navigation and reaction to enemy contact. The training culminated in a reactionary exercise that forced the Seabees and Royal Marines to apply tactics learned during



Sgt. Martin Stronach (standing), Royal Marines Commando Detachment Diego Garcia, looks on as Builder 1st Class Michael Munninger (kneeling), directs his squad with Utilitiesman Constructionman Lisa Shelby, both assigned to Naval Mobile Construction Battalion (NMCB) 4 Detail Diego Garcia, during the final phase of a bilateral training evolution onboard U.S. Navy Support Facility Diego Garcia, British Indian Ocean Territory, Dec. 2. (U.S. Navy photo by CMCS Vernon Forrester/Released)

the evolution in a simulated contingency environment.

"This was an incredible learning experience for all," said Nurthen. "The Royal

Marines made this training happen, and we are honored to have been able to take part and work alongside them."

Seabee Courier

UCT 1 and UCT 2 conduct Joint Diver Training



Construction Mechanic 2nd Class Tory Madsen, assigned to Underwater Construction Team Two (UCT TWO) clears his mask during diver training aboard USAV Matamoros (LCU-2026). Diver training is a two-week, joint training evolution between UCT ONE and UCT TWO designed to reinforce standard operating procedures, qualify personnel, maintain proficiency and evaluate dive protocol during scuba, surface supplied and recompression chamber operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Nicholas S. Tenorio/Released)



Seabee divers assigned to Underwater Construction Team One (UCT ONE) and Underwater Construction Team Two (UCT TWO) conduct dive brief during diver training aboard USAV Matamoros (LCU-2026). (U.S. Navy photo by Mass Communication Specialist 2nd Class Nicholas S. Tenorio/Released)

A message from NCBC Security ... Buzzed driving is drunk driving!

CTF-75 Establishment Ceremony celebrates diverse mission ahead

By MC1(EXW) Timothy Wilson
U.S. Naval Forces, Marianas Public Affairs

Commander, Task Force (CTF) 75 was established in a ceremony at Camp Covington at Naval Base Guam Jan. 9.

The event formalized CTF-75's command and control of assigned Navy Expeditionary Combat Forces within the U.S. 7th Fleet area of operations for humanitarian assistance and disaster relief as well as combat operations.

"In a very short period of time, because of the Sailors we have, we completely integrated this effort into the larger 7th Fleet combat readiness scheme, our theater security cooperation efforts and crisis responses," said Vice Adm. Robert Thomas, commander, U.S. 7th Fleet, the event's guest speaker. "They provide us great access and really move our strategic intent forward in a way that is subtle and effective."

CTF-75 is capable of providing the fleet with diverse warfighting capabilities such as coastal riverine support, explosive ordnance disposal, diving, salvage and construction capabilities, as well as expeditionary intel-

ligence and logistics in near-shore waters, littoral regions and inland areas.

"I am proud to be the commander of the operational forces highlighted today," said Commodore (Capt.) Erich Diehl, commander CTF-75. "This ceremony marks the transition from our initial operating capability to Task Force 75's full operating capability."

Diehl said the cooperation and support from Joint Region Marianas and Naval Base Guam for the task force has been critical, not only for the expeditionary Sailors, but also their families.

"There are more than 1,000 Sailors positioned forward, ready to respond, and who are today constantly building those critical partnerships prior to the onset of crisis," Diehl said. "CTF-75 is on-point and always ready."

The foundations of CTF-75 includes always being combat-ready and able to deploy anywhere in U.S. 7th Fleet in response to any contingency. The Navy's expeditionary forces exist first and foremost to support the fleet's warfighting operations and are the Navy's sea-to-shore interface.



Sailors assigned to Commander, Navy Expeditionary Forces Command Pacific (CTF 75), Coastal Riverine Squadron 3, and Naval Mobile Construction Battalion (NMCB) 133 off-load supplies, including two riverine command boats, from the Military Sealift Command large, medium-speed roll-on/roll-off ship USNS Soderman (T-AKR 317), Nov. 24. The new command boats will bring added versatility to CTF-75 and increase capabilities and readiness in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo/Released)

Focus on Education

Students interested in U.S. Naval Academy 2015

Summer Stem program should apply now

By Lt. Teng K. Ooi, PhD, USNA/NAVAIR Reserve Program and CAPT. Linda J. Beltra, MD, USN (Retired)

Applications for the 2015 Naval Academy Science, Technology, Engineering, and Mathematics (STEM) Summer Program are open at: www.usna.edu/admissions/STEM.

Session dates include June 1-6 for rising ninth graders; June 8-13 for rising 10th graders; and June 15-19 for rising 11th graders.

This annual summer program is designed to expose young people to STEM concepts and technologies and to encourage ninth-11th graders to pursue a course of study in

engineering and technology throughout high school, college and beyond.

The aim is to integrate STEM-focused concepts across the curriculum and pave the way for students to succeed academically in mathematics and science and help put them on a path towards successful STEM careers. An effective and practical way to stimulate student interest in STEM is to show how mathematics and science are applied to create exciting technologies.

The 2015 STEM program will showcase the latest in technological advances in a wide variety of science and engineering topics to include energy and light, infrastructure, transportation, cybersecurity, environmental

challenges, flight and fluids, automation, simulation and modeling, biometrics and robotics.

Students will participate in project-based modules using a hands-on, real-world approach to solving design and analysis problems at the Naval Academy's world-class laboratory facilities. This unique learning environment promotes engineering "habits of mind" such as critical thinking, optimization, innovation, creativity, and team work. It exposes students to a problem-based environment outside the traditional classroom.

The 2015 Summer STEM Program is a great start to a student's career in science and engineering.

Reeves Elementary School students take in a movie



Students from Thomas Reeves Elementary School are welcomed by Kevin Byrd, Naval Construction Battalion Center (NCBC) Gulfport's school liaison officer, to a special showing of "Muppets Most Wanted" at the Digital Cinema in the Training Hall on board NCBC, Jan. 9. The students were treated to the movie through the Positive Behavioral Interventions and Supports (PBIS) program which rewards students for making good choices, working hard and following classroom rules. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

CCC SCHOLARSHIPS

Coastline Community College Scholarship applications are available now! Scholarships can assist you in achieving your academic goals, allows the freedom to seek topics of curiosity, and demonstrate your talents through education. The application is available online at: www.coastline.edu/scholarships. Application deadline is Feb. 16. For questions, contact scholarshiphelp@coastline.edu.

DeCA SCHOLARSHIPS FOR MILITARY CHILDREN

Applications for the 2015-2016 school-year scholarship awards are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Deadline for application submission is Feb. 13.

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

'The Meat & Potatoes of Life'

By **Lisa Smith Molinari**
Special Contributor

Scaling the dieter's wall

Okay, seriously people, this isn't fun anymore. It's been two weeks since I started this diet, and I am officially starving.

Don't give me a bunch of baloney (although processed pork products sound mouthwateringly delicious in my weakened state) about how a low-cal protein snack will stave off hunger pangs. A rolled up slice of turkey just isn't gonna cut it.

No matter how many times some rich celebrity -- who, incidentally, eats diet meals prepared by her personal chef and has a trainer who comes to her home gym -- tells you that "the pounds just melt away," dieting is hard.

Sure, the first few days can be fun. The same way raking leaves seems fun for the first 15 minutes until you realize that it's going to take three hours and you'll have to do it every weekend. Or the way cooking dinner seems like fun when you're first married, but then 20 years later, you'd rather chew your own arm off than prepare another meal. Or the way running seems like fun until you come to the end of the second block and suddenly feel as if your heart might explode.

Yea, dieting is kinda like that. By the end of the second week, I want someone to hit

me in the head with a frying pan -- preferably one that has just fried me up a few crisp slices of bacon -- to put me out of my misery.

I hit that dieter's wall this week while shopping at the commissary. The satiating effect of the protein shake I guzzled that morning had worn off, and I was beginning to feel that familiar grumbling in the pit of my stomach.

We all know it. That burning in your innards -- unnoticeable at first, it slowly builds as you weave through the grocery aisles, until you're ready to grab a cheese ball out of the dairy case and eat it like an apple, cellophane and all.

I rushed from my minivan, across the blustery commissary parking lot, and into the store. Everything was fine in produce, where I followed my grocery list to a tee, except for the bagged Lite Caesar Salad Kit I decided would make a satisfying diet lunch.

I made it through the canned goods, baking supplies and cereal without incident, but as my hunger amassed, things began to unravel in the snack food aisle. With each step, the burning in my gut seared deeper, until I felt as if I might implode like the collapsing core of a supernova, transforming the entire commissary

into a giant black hole and destroying civilization as we know it.

That's when it happened. Lying there, on the shelf beside the display of Pringles, I saw it. Some coupon clipper had generously left me a lifeline. "One dollar off five cans," it read, which seemed such a fantastic deal, it was compulsory. Saliva dripped from my lower lip as I loaded the Pringles into my cart.

By the time I approached the check out area, I had grabbed Oreos, frozen pizza, apple turnovers, and a one-pound block of cheddar cheese. Blinded by desperation, I caught the tantalizing aroma of roasted chicken.

Two rotisserie chickens soon joined the mountain of forbidden foods heaped onto the cashier's conveyor belt. While the bagger loaded my groceries into the back of the minivan, I wondered how I could sneak food to the front seat for the drive home.

I had done this before. "Oh, I'd better put the chicken up front to keep it warm," I had fibbed to other baggers during past diets. By the time I pulled into my driveway, my face and steering wheel were slick with grease, and with a drumstick clenched between my teeth, I was a dead ringer for Henry the VIII.



But sadly, the opportunity never came. Instead, I barely made it home to my driveway, where I frantically dug through the trunk to find that Caesar salad kit. I stumbled into the house without unloading my groceries and devoured my lunch out of a Tupperware bowl while standing at the kitchen counter.

Disaster may have been averted that day, but I won't sugarcoat the truth -- as much as I'd love something, anything sugarcoated right about now. I will hit another wall, but I refuse to give up. As long as I can make it over each obstacle, even with a drumstick hanging out of my mouth, I'll eventually win the battle.

*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, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

award. I was really surprised to be nominated, let alone be selected," Artiaco said. "I am really appreciative and grateful for the experience and opportunity this job has given me."

According to NCBC Navy Gateway Inns and Suites General Manager, Simone G. Callaghan, since 2009, NCBC Gulfport has amassed an outstanding record of having at least one winner or runner up for this award.

"This is a major accomplishment considering there are 77 Navy Gateway Inns and Suites worldwide and now, we are also competing with Navy Gateways and Fisher House employees as well," said Callaghan.

Artiaco mentioned that she is honored to be taking care of the service members and their families in the best possible way.

"I like to take charge of a situation. As long as the guest is happy, I am doing my job," Artiaco said. "I feel empowered to make decisions to help guests and I believe in quality over quantity."

Energy Savings Tip:

Going to lunch? Remember to give your computer monitor a break! Before you step away for your lunch hour or coffee break, turn off your computer's monitor, or put it in "sleep" mode. Either of these actions significantly reduces the amount of energy consumed by the computer. The U.S. Department of Energy suggests turning your monitor off or putting the computer to sleep before breaks of more than 20 minutes, and turning the computer off entirely if you plan on being away from your desk for two hours or more.

NCBC Helping Hands

GREAT DAY OF SOCCER - Volunteers needed for Great Day of Soccer - Approximately 25 volunteers are needed to help judge at the annual Great Day of Soccer competition Feb. 7, 8 a.m. – 3 p.m. The competition, for kids 4 – 18 years old, will take place at the County Farm Soccer Fields on the east side of County Farm Road about five miles north of I-10 off Exit 28 (across from the Harrison county Equestrian Center). Judges will be involved with four different events which range from time how fast a player can dribble a ball around cones; counting how many times a player can touch a ball before it touches the ground (without using hands or arms); figuring out how far balls are thrown and kicked in the air from a set point; and counting points when players kick at a goal. Training for judging will take place at 8 a.m., with competition beginning at 8:30 a.m. Meal vouchers will be provided for judges. For questions, or to volunteer, contact Jeff Bruni, 228-9861-6175 or jeffbruni@bellsouth.net or jbruni@gulfport-ms.gov.

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@disability-connection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.sal-

vationarmy.org.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

Command Financial Specialist course



Jan. 20 - 23, 8 a.m.

for E-6 and up

Please pre-register with Fleet and Family Support Center, 228-871-3000.

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 JDEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

Seabee Memorial Chapel

What's happening at the 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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

Sundays: The Rosary/Confession: 8:30 a.m.; Catholic Mass: 9 a.m.; Protestant Bible Study: 9:15 a.m.; Catholic CCD Class (Confraternity of Christian Doctrine): 10 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 to 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.

Please go to the Seabee Memorial Chapel Facebook page for updates on chapel events - <https://www.facebook.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil with any questions, or call us at 228-871-2454.

JANUARY 16-22 MWR



Navy Outdoor Recreation

The outdoorsman's go-to spot!
Boats, canoes, pop-up campers,
camping equipment, bikes, fishing gear,
garden equipment, coolers, grills and
bounce houses!
Call 228-871-2127 for prices.

Information, Tickets & Travel

ITT Can Book Cruises!
Five-Day Western Caribbean Cruise
from New Orleans
Starting at just \$419 person!
Call 228-871-2231 for details!

Fitness

Get Fit & Win with the
Fitness Incentive Program
1/23 Winter Powerlifting Challenge:
Deadlift- Sign up today!
Call 228-871-2668 for details



Like NCBC MWR on
Facebook!
www.facebook.com/gulfportmwr



Jan. 16- 6 a.m., PCA Rodeo Finals, \$21
Jan. 17- 6 p.m., Island Strikz Bowling Trip,
\$8.95/ 2 hours
Jan. 20- All Day, S'mores Day
Jan. 21- 5 p.m., Gulfport Dragway Trip; \$7
Jan 22-6:30 p.m., Free Movie Thursday at the
Digital Cinema, Pick up coupon at Liberty

Beehive

The UFC Pay-Per-View action returns to
the big screens on Sat. Jan. 31 at 7 p.m.!
Enjoy free food, prizes as well.

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	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 & 2:30-5:30p
SAC		Hours:	M - Th 3:30p-8:30p, Fr 3:30p-8:30p
Teen Center		Hours:	Tu-Th 5:30p-8:30p & Fr 6p-9p
Rec Center		Hours:	

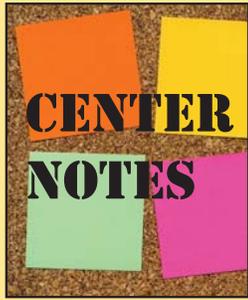
Digital Cinema at the Training Hall

Jan. 16
6 p.m.
**Exodus: Gods
and Kings 3D**
(PG13)
9 p.m.
Wild(R)

24 Hour Movie
Hotline
228-871-3299

Jan. 17
2 p.m. **Annie**
(PG)
4:30 p.m.
**Penguins of
Madagascar (PG)**
6:30 p.m.
**Horrible
Bosses 2 (R)**

Jan. 18
**The Hobbit (PG13) Triple
Feature (\$5/AD & \$3/CH)**
2 p.m. **An Unexpected
Journey**
5 p.m. **The Desolation of
Smaug**
8 p.m. **Battle of the Five
Armies 3D**



**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

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 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 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 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, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.

VITA



Volunteer Income Tax Assistance

VITA (Volunteer Income Tax Assistance) will open Jan. 20 on board NCBC Gulfport. VITA will be located in Building 60, room 116Z. Hours of operation are 8 a.m. - 4 p.m., Monday

- Friday. VITA will also be open from 9 a.m. - noon on the following Saturdays: Jan. 31; Feb. 14, 28; March 14, 28 and April 11. To make an appointment, call 228-871-2620.



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, Inter-
net/email access, X-Box

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

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French
You don't have to walk this path alone
This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process
For Active Duty females who have been sexually assaulted as adults
Call FFSC at (228) 871-3000