

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

June 25, 2015



## NMCB 11 Equipment Calibration Complex

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 work together to complete a concrete placement at the equipment calibration complex project on board Naval Station Rota, Spain, June 15. (U.S. Navy photo/Released)



Explosive Ordnance Disposal Technician 2nd Class Ryan Bejar, assigned to Commander, Task Group (CTG) 56.1, signals to his fellow diver after a pier survey of the Royal Jordanian Naval Force Base in preparation of Eager Lion 2015. (U.S. Navy photo by Mass Communication Specialist 2nd Class Arthurgwain L. Marquez/ Released)

## Navy Divers Test New Equipment

By MC2 Benjamin Woodydy  
Navy Expeditionary Combat Command Public Affairs

Navy Diving is celebrating the Year of the Military Diver in 2015, with 100 years since the Mark V diving helmet was first developed, later becoming the cornerstone piece of equipment for the community for more than 65 years.

Though current divers

no longer wear the iconic helmet, many other facets of diving have remained the same.

With the recent acquisition of the Diver 6 telemetry system, Navy diving is poised to plunge into its next century, beginning with a practice dive at Joint Expeditionary Base Little Creek-Fort Story, June 17.

See **DIVERS** page 7



## Father & Child Fishing Rodeo

U.S. Navy photos by Construction Electrician 3rd Class Dustie Bond and Morale, Welfare and Recreation/Released

The MWR Outdoor Recreation Fishing Rodeo at Seabee Lake brought out eight fathers, grandfathers and 16 children eager to fish and spend quality time with each other, June 20. Despite the early morning heat, all the participants seemed to have a great time catching Brim,



Bass and Catfish, and of course the occasional turtle. Fishing rodeo winners were: Child 1 - 5 years old: Landon, Bass, 11 ounces; Child 6 - 11 years old: Aiden, Catfish, 1 pound, 4 ounces; Door prize winner: Kiel. The winners received four passes to the Gulf Islands Water Park.



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# Help improve communications: Update the GAL

From NCBC Public Affairs

Ever go into the Global Address List (GAL) in Outlook to look up a phone number and the info box where the number should be is blank or when you call, it is the wrong number? Here is one way to fix that problem.

In order to input proper contact info, all military and civilian personnel can go to <https://www.dmdc.osd.mil/milcon->

nect/ and log in with their CAC. On the right side, there is a link to "Update Global Address List (GAL)." Once the page is displayed, go to "My Profile." Ensure all information under the tabs is correct.

Anytime members or civilians move or change jobs, the GAL should be updated. The whole process takes less than five minutes and really does improve communications.

## Independence Day Meal

Colmer Dining Facility  
 July 8, 11 a.m. - 12:30 p.m.

- Watermelon Gazpacho Soup
- Grilled Hamburgers
- Grilled Hot Dogs
- BBQ Chicken
- Corn on the Cob
- Southern Style Green Beans
- Baked Beans
- Potato Salad
- Cole Slaw
- Assorted Chips
- Assorted Desserts



All with authorized base access are welcome!

### Off Base Safety

Anticipate, Remain Vigilant and Don't be a Target

**When out in public:**

- Do not wait in large groups.
- Vary mode when using commercial travel.
- Let someone know where you are going.
- Watch for unattended bags or items.
- Pre-designate a location to meet if separated.
- Identify an exit route to be used in an emergency.
- Select major hubs that might have better security.

NCBC Security would like to remind you that music cannot be heard more than 25 feet from your vehicle or you will be in violation of base policy.



## 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](http://www.Safe-Helpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

June 25, 2015

Seabee Courier



Service members participate in the Tournament Tuesday 8-Ball Pool Tournament at The Liberty Center on board NCBC Gulfport, June 16. The Liberty Center hours of operation are Monday through Friday from 10:30 a.m. to 1:30 p.m. and 4 to 8:30 p.m., Saturday from 10 a.m. to 11 p.m., and Sunday from 10 a.m. to 8:30 p.m. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

## Liberty Center provides a variety of options for single service members

By BUCN Samantha Opyoke  
NCBC Public Affairs

Morale, Welfare and Recreation's (MWR) Liberty Center on board Naval Construction Battalion Center (NCBC) Gulfport offers a variety of activities built around the Single Sailor program.

According to the Liberty Program Manager, J. J. Atkinson, the program accommodates geographic bachelors and unaccompanied service members from all branches of service. The program's goal is to enhance the quality of life for these individuals by providing a program of social, cultural, recreation, athletic and fitness activities in a safe and healthy environment.

The Liberty Center offers the free use of computer and internet services, a theater/TV lounge area, ping pong and pool tables, video game systems, snacks available for purchase, and Liberty trip information and sign-ups.

The majority of the equipment at the

Liberty Center has been updated and includes new recliners, pool tables, the addition of new instruments for the music room and new game consoles.

Free movie nights are also offered on Thursdays. Patrons can pick up a voucher from the Liberty Center which is good for free admission to a movie at the Seabee Cinema at the Training Hall.

Atkinson, one of the newest members of the MWR Liberty team, wants to make the service member's free time more enjoyable.

"I am looking forward to working with military members and provide more services that everyone can enjoy," said Atkinson. "I am excited to take bigger trips and get to interact with the service members and provide trips that interest them."

The Liberty Center is located adjacent to the Navy Exchange (NEX) and the Base Commissary. For more information on the Liberty Center events and activities, call 228-822-5172.



## Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

*"Would you recommend your job to others?"*



UT3(SCW/EXW) Jayson Fickbohm  
NMCB 133

Hometown: Barnes, Kan.



CECN(SCW) Brittani Peacock  
NMCB 1

Hometown: Marianna, Fla.

"Yes, my job allows me to work with people. It gives me the opportunity to be there for somebody in need and give back to others. It has taught me to be humble and not to take anything for granted."

"Yes, it offers valuable skills and promotes leadership and work ethic."



BU3(SCW) Clarke Stocker  
NMCB 133

Hometown: Gilbert, S.C.

### NCG 2 CPOA STEAK BURN

July 1, 11 a.m. - 1 p.m.

Building 433 Parking Lot

Price:  
\$15

#### Menu:

- 1 Ribeye Steak
- 1 Baked Potato
- 1 Corn on the Cob
- 1 Soda or Water

#### For preorders please call:

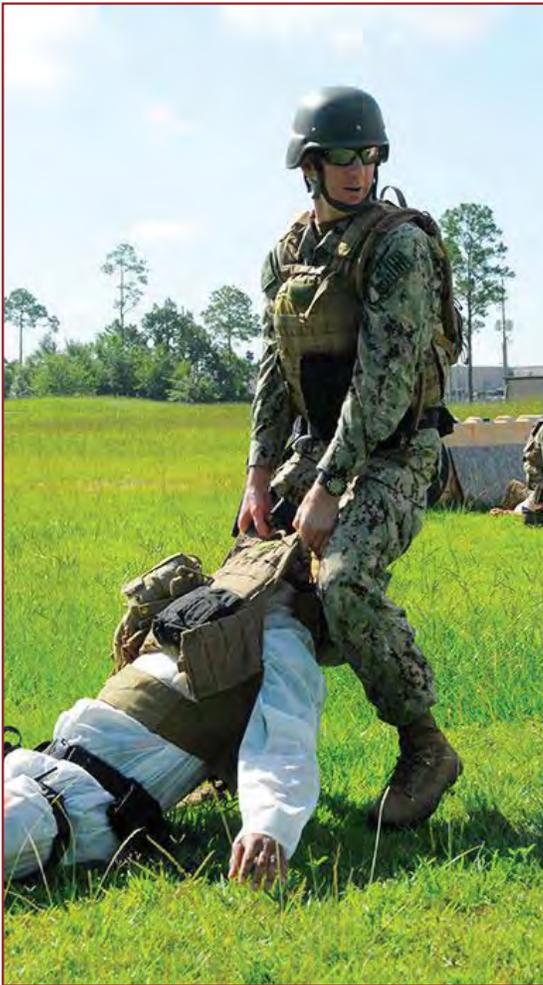
BUC King 871-3582 or da-pri.king@navy.mil  
BUCS Johnson 871-2895 or cortny.johnson@navy.mil  
CMC Branaman 871-3850 or leonard.w.branaman@navy.mil

**Preorders:** All Preorders must be paid NLT June 29. A limited quantity of same day sales will be available, but PREORDERING is preferred and strongly encouraged.





# AROUND THE CENTER



Dads and their children who are enrolled in the Child Development Center (CDC) on board NCBC Gulfport, enjoy special treats during Dad's Appreciation Day at the CDC, June 18. The afternoon of fun was held in each classroom as ice cream

treats, strawberries and Daddy hugs were found in abundance on this special occasion. The children also sang songs with their dads and gave them special handmade gifts. (U.S. Navy photo courtesy of Morale, Welfare and Recreation/Released)



Left: Coast Guardsman Maritime Enforcement 2nd Class Elan Svoboda, enrolled in the Expeditionary Combat Skills (ECS) School, performs his practical exam of Combat First Aid on his training partner on board NCBC Gulfport, June 19. Students must successfully complete all four weeks of hands on training before they depart to their next commands. Above: Steelworker Construction-

man Michael Becker, left, and Builder Constructionman Sara Buckley, attached to Naval Mobile Construction Battalion (NMCB) 1 construct a form for a concrete pad on board NCBC Gulfport, June 18. The concrete pad will provide better access to building 316A for Seabees and delivery vehicles. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

## Feds Feed Families June 1 - Aug. 28 fedsfeedfamilies.gov



Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Chapel, Housing, all quarterdecks.

## Energy Savings Tip:

Save on home cooling costs by finding alternative cooking methods. Avoid using the oven or stove in the afternoon or evening, as they can greatly increase heat in the home. Cook things like pasta and potato salad in the morning which can be served chilled in the evening. Or use a crock pot or toaster oven inside (the toaster oven can even be taken outdoors to decrease heat in the kitchen), a grill outside or best yet, invest in an easy-to-make (or purchase) solar oven for outdoors.



# Summer Safety: How to stay safe while enjoying the great outdoors

By BUCN Samantha Opyke  
NCBC Public Affairs

Camping, hiking and backpacking are popular activities for people across the U.S. According to the Outdoor Foundation, over 43 million Americans go camping annually. According to Statista.com, over 29 million people in the U.S. went hiking or backpacking in 2014.

The U.S. Forest Service offers campers, hikers and backpackers the following safety tips:

- ~ Travel with a companion. You don't want to be alone in the event of an emergency.
- ~ Leave a copy of your itinerary with a responsible person. Include such details as the make, model, year and license plate of your car, the equipment you're bringing, the weather you've anticipated, and when you plan to return.
- ~ If entering a remote area, your group should have a minimum of four people; if one is hurt, another can stay with the victim while two go for help. When going into an area that is unfamiliar, take along someone who knows the area or at least speak with those who do before starting out. If an area is closed, do not go there. Know ahead of time



the location of the nearest telephone or ranger station in case an emergency does occur on your trip.

- ~ Learn basic first aid so you will know how to identify and treat injuries and illnesses. Carry a first aid kit. Learn how to identify the symptoms of heat exhaustion, heat stroke, hypothermia, and dehydration, and know how to treat them.
- ~ Make camp before dark. Traveling after darkness has resulted in many accidents from falls, so travel only during daylight.
- ~ Set up camp well away from the edge of cliffs, and learn the terrain during daylight. If you have to leave camp after dark, stay in areas you have seen

in daylight, go with a friend, and always use a good flashlight.

- ~ Alcohol and cliffs don't mix! If you drink, stay away from the cliffs. Judgment, agility, and balance are all reduced by alcohol consumption.
- ~ Think before you drink! No matter how clean or pure stream water looks, it's likely to contain water-borne parasites and microorganisms that can cause discomfort and sometimes serious illness. Pack your water in, or purify through chemical treatment.

For more information about camping, hiking and backpacking safety, as well as other recreational information, go to [www.fs.fed.us/recreation/safety/safety.shtml](http://www.fs.fed.us/recreation/safety/safety.shtml).



## Healthy Lifestyle Festivals spotlight nutritious choices

By Rick Brink  
DeCA Public Affairs Spec.

Through "Healthy Lifestyle Festivals," commissaries worldwide are joining forces this summer with their military communities to spotlight health and wellness choices for military service members and their families. Most events, generally running three-days, are scheduled throughout July at 234 commissary locations. Naval Construction Battalion Center (NCBC) Gulfport's Commissary will



hold its festival July 2-3.

With the theme "It's Your Choice, Make it Healthy," highlights of the events include farmers markets at commissaries, sidewalk sales of fitness apparel and equipment at exchanges, and fitness and active-lifestyle demonstrations by Morale, Welfare and

Recreation services.

Adding to the festival atmosphere, commissary industry partners are providing prize giveaways, free food samplings and food preparation demonstrations. The farmers markets will feature coupon specials and showcase the nutritional benefits of fresh fruits and vegetables.

"This popular, fun-filled annual festival helps us showcase the healthy lifestyle products we carry within the commissaries," said Tracie Russ, DeCA's director of sales.

## Commissary Deli Back in Business

The NCBC Commissary resumed full deli service June 24. A variety of meats and cheeses are available for purchase, as well as sandwiches and salads. Customers should be aware that deli hours vary slightly from other commissary services. Deli services are available Tuesday - Saturday, 10 a.m. - 6 p.m., and Sundays 11 a.m. to 6 p.m.

**Commissary hours of operation:** 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/Saturday: 9 a.m. - 6 p.m. (Closed July 4 for Independence Day)

Walt Taylor, Store Director, [walter.taylor@deca.mil](mailto:walter.taylor@deca.mil), 228-871-2039, ext. 230

## Back in time . . . Seabee history - Vietnam Era



**Fearless Ferris and Forces Fighting Raiders** from Naval Mobile Construction Battalion 121's Alfa Company protect their road crew with a truck mounted M60, pictured here in September 1967. NMCB 121 left Gulfport on July 28, 1967, for Phu Bai, Vietnam. While deployed, Alfa Company upgraded streets, built storage areas and reconstructed the Hue Causeway. (U.S. Navy photo courtesy of U.S. Navy Seabee Museum/Released)



# Catching up with NMCB 1 DET Pensacola



PENSACOLA, Fla. - As the U.S. Navy's flight demonstration team, the Blue Angels, practice aerial maneuvers in their F/A-18 Hornets high above Naval Air Station (NAS) Pensacola, Naval Mobile Construction Battalion (NMCB) 1, Detail Pensacola Sailors continue construction on a 500-space overflow parking lot for future air shows. The parking lot project began April 13, and is expected to be completed by June 23. (U.S. Navy photo by Ensign Abigail Chek/Released)

June 25, 2015

# Seabees rehab the 'EOD pit' at NAVSTA Rota

By EOCN Blake Farnsworth  
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 renovated a demolition range and access road on board Naval Station Rota, Spain, in support of Explosive Ordnance Disposal Mobile Unit (EODMU) 8.

The range and access road, also known as Site 470, is utilized by EODMU 8 to conduct training evolutions and to dispose of explosive devices. The site is comprised of a 40,000 square foot area with an earth berm and a 1,400 foot access road. To the Explosive Ordnance Disposal technicians, Site 470 is referred to as the "EOD pit."

The term "EOD pit" stuck in part due to the worn condition of the facility. The access road was in need of repair and the berm needed grooming.

"The debris was just a small hurdle that we jumped in this current mission," said Equipment Operator 3rd Class Benjamin Dixon, project crew leader. "I had the upmost faith in my crew that they could shift the debris

out with no time delays."

The crew's first task was to demolish the berm. This was accomplished in three days utilizing a front end loader and a tracked loader.

Once the berm and debris were removed, the newly cleared area was graded with a slope to ensure appropriate drainage. Directing rainwater away from the site will help minimize erosion and washout, prolonging the life of the repairs.

"With the amount of work and debris, I was sure it was going to extend our deadline and possibly overrun our budget," said Equipment Operator 1st Class Brice Nash, project supervisor. "Not surprisingly, these Seabees lived up to their 'Can Do' spirit and this was completed on time."

The last step was to replace the berm with barriers. The barriers are prefabricated bins, each holding 6.5 cubic yards of fill. The Seabees placed and filled 100 barriers, providing an effective earthen wall to protect from explosive detonations.

The newly constructed demolition pit expands the site to 10,000 square feet and improves site access and



Seabee Courier

Equipment Operator Constructionman Blake Farnsworth assigned to Naval Mobile Construction Battalion (NMCB) 11 operates a front-end loader with the assistance from Equipment Operator Constructionman Kurtavius Davis to remove soil from a demolition berm, April 3. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

safety. It will provide a far more suitable and durable demolition pit

for EODMU 8 to conduct training for years to come.

# Female Enlisted Sailors selected for Sub Service

## From Enlisted Women in Submarines Task Force Public Affairs

With the release of NAVADMIN 142/15 "FY16 Enlisted Women in Submarines Selections," the first group of enlisted female Sailors from across the Navy has been chosen to serve in the U.S. Navy's submarine force.

Rear Adm. Charles "Chas" Richard, commander, Submarine Group 10 and Enlisted Women in Submarines Task Force Commander, said the interest to apply was impressive.

"We couldn't be more pleased with the amount of interest shown by enlisted women in wanting the opportunity to serve in the undersea warfare domain. It's an exciting time in the submarine force, as we continue to move forward in shaping the future of our force, drawing from the best pool of talent possible."

A strong response fleet-wide was received in the call for enlisted female Sailors applying for conversion into submarine force ratings. Applications from women representing 31 different ratings from shore and sea commands worldwide were received for the initial application period to fill four chief petty officer (E7 paygrade) and 34 rating conversion positions in the paygrades of E6 and below across the two crews of the USS Michigan (SSGN 727). Michigan is one of the Navy's Ohio-class

guided-submarines homeported in Bangor, Wash.

Sailors from nearly every community throughout the Navy applied and the selections represented this diverse group of applicants, including junior Sailors who enlisted under the Professional Apprenticeship Career Tracks (PACT) program. The skills and experience they are bringing with them into the submarine force will set the foundation for excelling in their new ratings.

Based on the number of applications, the selection process was competitive and used an objective review and scoring of each application. Selections were made based on the Sailor's performance in their current rating, the Sailor's desired submarine rating assignment, the needs of the ship to fill billets of planned rotations where appropriate, and lastly the needs of the Navy for rating community health, both in the old and new ratings.

Applications were scored on performance evaluations, warfare qualifications, commanding officer endorsements, sea service time, physical readiness testing, and similarity of current rating to desired submarine rating.

"There were many exceptional candidates who we were unable to select in this rotation simply because we did not have enough positions open on the first two crews," said Capt. Rod Hutton, deputy commander for



**APRA HARBOR, Guam - Marines from the 3rd Marine Reconnaissance Battalion prepare to disembark the guided-missile submarine USS Michigan (SSGN-727) during a small boat exercise in Apra Harbor, March 24. The Marines, based in Okinawa, Japan, worked with the Navy to practice small boat deployment.** (U.S. Navy photo by Mass Communication Specialist 1st Class Timothy Wilson/Released)

the Enlisted Women in Submarines Task Force, "These fully qualified Sailors have been placed on the alternate list and will automatically be considered when we select the next group in continuing to grow opportunities for women to serve in the submarine force. We look forward to reviewing their records again, as well as those of Sailors who want to add their names to the mix this summer and fall."

Each Sailor will be contacted and provided the opportunity to update their application as they continue to excel in their careers today. For example, a Sailor selected as an alternate may have

received her best evaluation of her career after submitting her initial application for the first cohort. She will now have the opportunity to add that stellar evaluation to her existing application.

With the Sailors having been identified, they will now undergo the standard submarine medical screening process. After they have cleared medical screening, they will begin the training pipeline with Basic Enlisted Submarine School (BESS) in Groton, Conn. Sailors who applied to change ratings will also be provided the technical training through "A" schools and possibly "C" schools to prepare them for

their new assignment.

These selections are only the first step in a long-term plan approved by the CNO to integrate the submarine force and provide opportunities for women in the Navy to serve in all types of submarines in support of all missions in the undersea warfare domain. The next window for applications will open in July 2015, and will be announced via a separate NAVADMIN. The second group of enlisted female submarine conversions will be assigned to another Ohio-class guided-missile submarine, USS Florida (SSGN 729), homeported in Kings Bay, Ga.

**All Key and Sub Key Custodians ... July is inventory submittal month. Contact base Physical Security Officer at sharlene.daniels@navy.mil or dial 228-871-3599, for more information.**

From **DIVERS** page 1

"We are testing the first generation of diver telemetry," said Chief Warrant Officer Coy Everage, assigned to Explosive Ordnance Disposal, Group 2 Mobile Diving and Salvage Unit (MDSU) 2. "It tells us a diver's location, diver's depth, diver's air pressure, breathing rate and how long they have left to breathe based on the depth."

The Diver 6 is one of a few new systems that has been approved for use by the Navy and is now in the next phase of implementation and evaluation for use by diving commands.

The Diver 6 system will allow dive supervisors to keep better track of divers once they are submerged, thus allowing the supervisor to better

monitor the diver.

Before Diver 6, dive supervisors had little knowledge of what was happening under water during a SCUBA dive.

With the new system, supervisors will now have real-time information on a submerged diver, essentially getting eyes under the water.

Previously, this information was provided only by the diver themselves.

"If a diver were to get trapped, I can now know exactly where he is," said Everage. "I can point another diver to him. I know how much air he has left just while he is doing his regular day to day job and I know how much air he has left for decompression in the event of an emergency."

Commands from around the Virginia Beach area

will be some of the first to test the new system and practice putting it into use before it can be used for mission essential dives.

Everage went on to explain that although the current system procedures that divers and dive supervisors use to communicate with each other does work and has worked for many years, it is beneficial for them to have the opportunity to step into a new technological area of diving.

This will enable a move forward for the safety and capabilities of Navy divers.

"When our divers go under, the dive supervisors have to rely on that diver to know what is going on," said Everage. "It works, and we've done it for years, but any way we can advance into a new era is a great benefit to our community."

# Focus on Education



Chief of Naval Personnel Vice Adm. William Moran speaks to Seabees during an All Hands call at Needham Theatre, Naval Base Ventura County, Calif., Jan. 20. During the All Hands call, Moran introduced a new program called "Bees to Badges" which will allow Seabees to transition to the Master-at-Arms (MA) rate in an effort to improve Seabee advancement and retention while also addressing new MA requirements. (U.S. Navy photo/Released)

## Seabees visit USS Ronald Reagan for Bees-to-Badges Tour

By MC3 Cody Hendrix  
USS Ronald Reagan Public Affairs

Seabees stationed at Port Hueneme visited the aircraft carrier USS Ronald Reagan (CVN 76) June 16 to get a better feel for how being a master-at-arms (MA) on an aircraft carrier actually works.

Vice Adm. William Moran, Chief of Naval Personnel (CNP), announced a new program Jan. 20 that will improve Seabee advancement and retention opportunity while also meeting new requirements for the master-at-arms community.

This program, called Bees to Badges, provides Seabees the opportunity for conversion to MA prior to their Career Waypoints Re-enlistment (C-WAY) window. The tour aboard Ronald Reagan provided these Seabees an up close and personal opportunity to experience what ship life for an MA is all about.

The Seabees who toured the ship included Seabees whose packages had already been accepted, packages were awaiting approval, or Seabees who were just interested in the program at all.

Builder 2nd Class John Montecalvo, attached to Navy Construction Group (NCG) 1, reports to MA "A" school in October of this year and the tour of the ship was the first time he ever stepped foot on an aircraft carrier.

"I think a tour aboard this ship was absolutely beneficial for us Seabees," said Montecalvo. "A requirement for this program is to be stationed on an aircraft carrier, so seeing

how these MAs do what they do gave us a better understanding of how things will go once we get out there."

Equipment Operator 2nd Class Stacy Williams, attached to Construction Battalion Maintenance Unit (CBMU) 303, plans on putting in her package as soon as she gets her recommendation letter and is hoping it gets accepted.

"I think the program is an amazing opportunity," said Williams. "It gives good Sailors the chance to stay in the Navy and keep honing our skills. I also think the tour was a phenomenal experience for us all."

Because Seabees have experience in security patrols and small arms they are more closely aligned with the MA mission than other communities.

"It's a seamless transition," said Master Chief Arcolia Raines, leading chief petty officer of Security Department aboard Ronald Reagan. "With their combat skillsets, Seabees are perfect candidates for this program."

Enlisted community managers intend to open this opportunity to all Seabee rates, targeting year groups 2012 and 2003-2008. As the program matures and the community health strengthens, the targets will start to narrow. The target number for fiscal year (FY) 2015 is 30-35 Seabees and for FY 2016 it increases to 90-110.

Any changes to the year groups or other information will be posted on the NPC website at <http://www.public.navy.mil/BUPERS-NPC/ENLISTED/COMMUNITY/SEABEES/Pages/default2.aspx>.

## Education Notes

### Baby Boot Camp

The popular Baby Boot Camp class will be presented to parents who are expecting or to those with new babies (up to three months), July 16, 8 a.m. - noon at the Fleet and Family Support Center (FFSC) Gulfport. Call 228-871-3000 to register.

### CCC Fall "A" Registration

Registration for the Coastline Community College Fall "A" Term which runs from Aug. 24 to Oct. 18, will take place June 22 - Aug. 17. Additional information may be obtained in the Navy College Office, Building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or email at [ddrye@coastline.edu](mailto:ddrye@coastline.edu).

## Note from School Liaison Officer regarding Alternate School Districts:

Parents, if you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## DON COOL can assist you with converting military training to civilian credentials

The Department of Navy Credentialing Opportunities On-Line (DON COOL) website represents the joint effort, close coordination and shared resources that support the Marine Corps and Navy COOL programs. Credentialing is becoming ever more important in the military context, adding value for the Marine and Sailor while they serve and as they transition to civilian life. DON COOL reflects the Department of the Navy's ongoing commitment to Marines and Sailors in providing world class training, experience, and opportunities that will serve them well on active duty and as future veterans pursuing civilian careers. For more information about the DON COOL program, go to the COOL Program Overview at: [https://www.cool.navy.mil/don\\_overview.html](https://www.cool.navy.mil/don_overview.html)

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# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Five Tips for Better College Visits

Listen up, hallowed halls. Take note, institutions of higher learning. Lend me your ears, foundations of educational excellence.

You may think you know it all, but even the snootiest universities could use a few words of sage advice from the parents of prospective applicants. I'll admit, we search for glasses that are perched on our heads, forget to defrost the pork chops, and wander around trying to remember why we came upstairs, but take heed: parents are experts when it comes to what makes a good college visit.

With one kid already in college, one graduating from high school next year, and one graduating in three years, my Navy husband and I are in that frazzled state of parenthood marked by financial panic, misplaced dreams and rapid debt accumulation. But our strong parental instinct drives us to blindly ignore our Chapter 11 premonitions and encourage our children to pursue their educational goals.

Last week, I spent three days going to information sessions and campus tours with our middle child. We learned a lot on our college visit odyssey,

and feel it is our duty to pass these five tips on to college admissions officials across the nation.

**#1. Free stuff.** That's right, we're not too proud to admit that we like getting stuff for free. Pens, key chains, lanyards, whatever. We've driven a gazillion miles, stayed overnight in questionable motels, and were fed like cattle through breakfast buffet lines where we ate pasteurized egg product omelets that could have doubled for brake pads, and cups of coffee that tasted like they were filtered through my son's gym socks. So yeah, a couple of free pens might be nice. And if you really want to make an impression, why not print us up some cool t-shirts and shoot them at us through air cannons like they do at football games?

**#2. Walk backwards.** It's gimmicky, but we like it when student tour guides walk backwards for the entire campus tour. It keeps us entertained like the daredevil routine at the circus. Will he trip over that curb? Will that branch snag her hair? Why not work in few uneven sidewalk pavers or an open manhole cover to add a touch of suspense? Oh, what fun!

**#3. Potty breaks.** Parents have a plethora of bladder control quirks, so provide plenty of breaks to use the facilities. These are especially important if you generously offered refreshments (we do like free stuff) and don't want parents exposing themselves on the quad to "water the shrubs."

**#4. Point out the elephant in the room.** By "charming college town" did you mean that strip mall across the street with the pawnshop and the e-cig emporium? Was that the Hell's Angels that just drove by the Student Union? Even if your bubbly tour guide acted like we were walking the streets of Mayberry, we noticed every sketchy-looking corner, and now can't stop envisioning our daughter being mugged by some unsavory character on his way back from the methadone clinic. So yeah, let's talk about it.

**#5. Get to the point.** We may spend the entire day wandering your dappled walkways and ogling your columned architecture, but make no mistake about it -- we really just want a school that will make our kid happy and won't break the bank. So don't bother going on and on about



collaborative research, evolving identities, and transformative enlightenment. Let's go over financial aid, and I'm not talking loans.

A special note to the Ivy Leagues: Don't be so stuck up. We have every right to tour your campus, even if we know you'll never let our kid in. It's kind of like going to the zoo, except that all the animals are way smarter than we are. Besides, we're only here because your school was on our way home, and we thought it would be cool to add another pen to our collection.

*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."*

# Health Watch

## Thinking Outside the Box

By Kevin L. Robinson  
DeCA Public Affairs Specialist

Health and wellness has a new champion at the Defense Commissary Agency with a new dietitian on board.

Deborah Harris, a registered dietitian with DeCA since mid-April, said her mission is to work with both the agency's sales and store operations personnel to help in providing healthier choices for commissary patrons.

"My goal is to work the whole gamut of public health to try and promote behavioral change - that's my passion," said Harris, who is assigned to DeCA's Shopper Insights division and works with them to help improve the agency's focus on its patrons. "So I'm developing strategies for our customers that make the healthy choice an easier choice or perhaps even the default choice.

"One thing that makes me a different dietitian is I don't want to tell people what they cannot eat, but I do want them to be knowledgeable about what it is they're eating."

As the DeCA dietitian, Harris wants to engage commissary patrons with nutrition and health and well-being messages through DeCA's various communications channels such as [www.commissaries.com](http://www.commissaries.com), Facebook, Twitter and other social media and eventually a signature blog.

One of her first initiatives is a segment called "Thinking Outside the Box" embedded on the commissary sales flyer found on [commissaries.com](http://commissaries.com), where Harris takes the items on promotion and offers a cost-effective, time-saving,

**See Something, Say Something** Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

# NCBC Helping Hands

**BAYOU VIEW ELEMENTARY SCHOOL IN GULFPORT** – Bayou View Elementary School is asking for assistance painting hallways the week of June 29 – July 3 and possibly July 18 – 19. Supplies and lunch will be provided. If you can help with this project, please contact Heather Chesman, 228-865-4625.

**AUDUBON MISSISSIPPI COASTAL BIRD STEWARDSHIP PROGRAM** – Volunteers are needed to serve as bird stewards July 3 – 4 at beach-nesting bird sites along the Mississippi Gulf Coast in Pass Christian, Long Beach, Gulfport, and Biloxi. Volunteers are asked to commit two - four hours per shift on weekends. No experience is necessary. Training will be provided. Register online and view full list of sites at <http://goo.gl/aLG0OP>.

**VETERAN ASSISTANCE IN GULFPORT** A disabled Veteran is asking for assistance with porch repairs. If you can help with this project, please contact Jennifer Frye at 205-765-7106.

**BUILD A HANDICAP RAMP FOR A VETERAN** – A Veteran in Biloxi is needs a handicap ramp built. If you can help with the build, please contact Susan Smith, Fleet and Family Support Center at 228-871-3640.

**BEAUVOIR UNITED METHODIST CHURCH, BILOXI**- Volunteers are needed

to construct and install two hand rails to connect to the church altar rails. Materials will be provided and/or reimbursed. Please call Marilyn at 228-832-6545 or 228-806-1544 to discuss and view project area.

**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.

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

**DISABILITY CONNECTION** - Disability Connection provides support to individuals

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

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

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

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

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

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

The NCBC Commissary will be closed July 4 for Independence Day and reopen July 5 for normal hours of operation.



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

## Seabee Memorial Chapel

### What's happening at the chapel?

#### Protestant

##### Sunday

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

10:30 a.m. - Services

##### Weekdays

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

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

#### Catholic

##### Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

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

##### Weekdays

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

##### Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

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

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

# JUNE 26-JULY 2

## Fitness

Join us at the Commissary's Health and Wellness Fair on Thursday, July 2<sup>nd</sup> from 3:30-5:30 p.m.!

Virtual Fitness Classes are available Monday- Saturday.

Swim Lessons are on-going this summer, stop by the Aquatics office for more info. Call 228-871-2668 for details!

## ITT

Summer is here and ITT has your Gulf Islands Water Park ticket for the cool price of just \$21 each!

Looking for Biloxi Shuckers tickets- we've got those as well as discounted vacation packages.

Call 228-871-2231 or stop in for details



# WATER AEROBICS @ THE FITNESS CENTER

FREE TO ALL HANDS

Mon, Wed & Fri  
1200 - 1345

Tue & Thurs  
0615 - 0700  
&  
1630 - 1715

CALL 228-871-2668 FOR MORE INFORMATION

## Navy Outdoor Recreation

Stop in during the month of July for a Stand-Up Paddle Board special! ONLY \$10 includes board, paddle and safety gear. Deposit fees apply, supplies are limited.

Call 228-871-2127 during normal operational hours for details!



June 27- 6 a.m., Deep Sea Fishing Trip; \$107

June 28- 11 a.m., Gulf Islands Water Park

June 30- 6 p.m., Tournament Tuesday- Water Balloon Fight; Last man standing wins prize!

July 2- 6:30 p.m. Free Movie Thursday at Seabee Cinema, Pick up coupon at Liberty

## Seabee Cinema at the Training Hall

Thursday June 25	Friday June 26	Saturday June 27	Sunday June 29
<p><b>BALFOUR BEATTY RESIDENT APPRECIATION NIGHT!</b> 6:30 pm Tomorrowland (PG) <b>FREE FOR RESIDENTS!</b></p>	<p>6 pm San Andreas 3D (PG-13) 8:30 pm Aloha (PG-13)</p>	<p><b>FREE!</b> 2 pm Strange Magic (PG) 4:45 pm Aloha (PG-13) 7:15 pm San Andreas (PG-13)</p>	<p>2 pm Tomorrowland (PG) <b>\$1 SHOWING</b> 4:30 pm Mad Max: Fury Road (R)</p>

24 Hour Movie Hotline 228-871-3299

Bldg 446, Marvin Shields Blvd.

# CENTER NOTES

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

### FOCUS - Families Overcoming Under Stress

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

### Gulfport Officer's Spouse Club

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

**Navy Wives Clubs of America, Inc.**, is interested in reestablishing a club in the

local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

## TRAINING

### Naval Sea Cadets

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

## SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact 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, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 for info.

**VFW Post 3937 Long Beach** - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday,

7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

### Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

### VFW Post 4526 Orange Grove

is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for 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. Contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call the gift store at 228-871-4779.

**2016 Annual Seabee Volkslauf**

**MUD RUN 2015**

**SATURDAY SEPT 19<sup>TH</sup> @ 7 am**

Family Fun Run @ 9 am

**AT NAVAL CONSTRUCTION BATTALION CENTER GULFPORT, MS**

**OPEN TO THE PUBLIC**

Gates open at 5:30am

MEDALS & SHIRTS

**REGISTER & INFO ON**

<http://register.chronotrack.com/r/13782>

228-871-2669

NAVY FEDERAL Credit Union USAA SEA

From BOX page 9

healthy meal idea.

"When it comes to food, the commissary is a significant presence on a military installation, and we want our patrons to know they can come to our stores for the products that support their healthier lifestyles," said Rogers Campbell, DeCA's executive director of Sales, Marketing and Policy. "As our dietitian, Ms. Harris will help us reinforce that message and further engage our patrons with ideas to make their meal choices even healthier."

Harris says she is excited to be interacting with the military community, a place she admits to being quite comfortable. Growing up, she was a Navy "brat" whose late father was a career Navy enlisted noncommissioned officer who served in Vietnam.

Harris is also a former Army first lieutenant, who served on active duty for four years, first as a dietetic intern at Walter Reed Army Medical Center, and later as a dietitian at Fort Sill, Oklahoma.

As a certified diabetes educator and maternal child health specialist, Harris says she is sensitive to the challenges today's families face with childhood obesity and other health-related issues.

"The prevalence of diabetes is so high in America's population," she said, "and I am dedicated to decrease the risk by focusing on obesity prevention and nutrient dense food - but doing so in a manner that is maintainable with healthy habit adoption that folks want to do because they feel they can and not because they have to."

Harris has 12 years of experience in public health programming, integration, evaluation, and policy development in the government, nonprofit and private sectors.

She came to DeCA from the Michigan Fitness Foundation in Lansing, where she served as the director of network programs and a public health specialist for the SNAP-Ed program. This program promotes healthy eating in low-income communities. At the Foundation, Harris served as the point person for promoting policy, systems and environmental initiatives that supported health behavior change. She also focused on health disparities, and part of her work at the Foundation involved coordinating nutrition education and obesity prevention efforts across Michigan for more than 800 schools, 10 health districts and various community and faith-based organizations.

Harris earned a Bachelor of Science degree in dietetics from Western Michigan University at Kalamazoo in 1993, and a Master of Public Health degree from the University of North Carolina at Chapel Hill in 2000.