



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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Naval Construction Battalion Center, Gulfport, Mississippi

March 24, 2011

Seabees provide relief efforts in Japan

By MCSN Steve White
CFAO Public Affairs

Five Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 at Camp Shields, Okinawa, have been sent to mainland Japan to join the III Marine Expeditionary Force and Commander Task Force 76.

Four of the Seabees will work as subject matter experts (SMEs) within Humanitarian Assistance Survey Teams with one Seabee functioning as a liaison officer stationed in Yokota, Japan. The team will begin assessing the damages caused by the 9.0 magnitude earthquake and tsunami that struck Sendai, Japan, on March 11.

Their expertise in providing medical care, setting up communication systems and conducting engineering projects in arduous conditions will assist the U.S. military and Japanese government by assessing critical facilities. These facilities include schools, government buildings and locations that could support the search and rescue missions being conducted for Operation Tomodachi.

"They're out there to get an assessment of the damage and work with the government of Japan on finding out what the requirements are and how the U.S. military can best support the operations," said Lt. Cmdr. Joshua Gamez, NMCB 133's operations officer.

When the teams arrive in the vicinity of Sendai, Japan, they will report their findings and assessments to



Builder 2nd Class Charles Hannah, attached to Naval Facilities Engineering Command (NAVFAC) Far East Det. Misawa nails together two-by-four planks that he'll use to help reinforce the U.S. FISC Yokosuka Defense Fuel Support Point Hachinohe fence line following a tsunami that damaged the facility. An 8.9-magnitude earthquake triggered the massive tsunami that devastated Japan's eastern seaboard. A crew of Seabees from NAVFAC Misawa, spent the day reinforcing the facility's fence area that was damaged by a tsunami just days prior. (U.S. Navy photo by Chief Petty Officer Daniel Sanford/Released)

their liaison officer in Yokota, Japan, who relays the information back to NMCB 133 Headquarters in Okinawa.

The length of time that the surveys will be conducted may last any-

where from two weeks to a month, but they are willing to stay in Japan for as long as the mission requires.

"I think it's very important that we're here to support; it's what we're here to do. Seabees are de-

ployed around the world and NMCB 133, specifically, is deployed to the Pacific for operations just like this: to support and provide humanitarian assistance, disaster recovery and operations," said Gamez.

Military families from Japan arrive in Seattle

By MC2 Nathan Lockwood
NPASEW, Det. Northwest

More than 120 DoD family members arrived at Seattle Tacoma International Airport (SEATAC) March 21, from Japan.

Fleet and Family Support Centers throughout Navy Region Northwest provided assistance with lodging, relocation, child care, new parent support, phone contact information, interpretation services and along with Navy Region Northwest's manpower department, helped families with Navy Family Accounting and Assessment System (NFAAS) updates.

"NFAAS is actually critical," said Lynne Flynn, program director for Fleet and Family Support Center, Naval Base Kitsap. "We have to make sure we know where all our family members are, so in-taking them here is critical in inputting them into NFAAS."

NFAAS is a standardized method for the Navy to account, manage, and monitor the recovery process for personnel and their families affected by a wide-spread catastrophic event. The NFAAS provides valuable information to all levels of the Navy chain of command, allowing

See ARRIVE page 22

Seabee Day 2011 schedule of events
page 5

NMCB 133 'Bee NECC Sea SOY
page 16

Meet FFSC's new EFMP Liaison
page 18

New performance eval requirements in effect as of March 15

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25 NCR Commander
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Public Affairs Officer
MCC (SW/AW) Scott Boyle

NMCB ONE
Commanding Officer
Cmdr. Mike Saum
Public Affairs Officer
Lt.j.g. Christopher Ely
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MC1 (AW/NAC) Aron Taylor

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Commanding Officer
Cmdr. Jayson Mitchell
Public Affairs Officer
MCC (SCW/AW/SW) Yan Kennon

NMCB ELEVEN
Commanding Officer
Cmdr. Michael Monreal
Public Affairs Officer
Ensign Timothy Palik
Mass Communication Specialist
MC1 Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
Cmdr. Richard Hayes
Public Affairs Officer
Lt.j.g. Sonny Rowland
Mass Comm. Specialist
MC1 (SCW/SW/AW) Ryan Wilber
MC2 Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
Cmdr. Christopher Kurgan
Public Affairs Officer
MCC (SW/AW/PPJ) Ryan C. Delcor

NCTC Gulfport
Commanding Officer
Cmdr. Bill Whitmire
Public Affairs Officer
Chaplain (Lt.) Rob Guilliams

From Navy Personnel Command Public Affairs

Beginning March 15, Navy performance evaluations and fitness reports must conform to new policies announced in NAVADMIN 286/10.

The evaluation form "NAVPERS 1616/27 (Revision Aug. 2010) Evaluation and Counseling Record for E7 through E9," also known as the "CHIEFEVAL," is not affected by the new requirements and its use will continue as usual.

To more clearly define top-performing Sailors, NAVADMIN 286/10 changed the promotion recommendation rules for E-5 Sailors and aligns them with E-6 Sailors under the same recommendation require-

ments. For reports dated March 15 and beyond, "Early Promote" and "Must Promote" recommendations combined cannot exceed 60 percent of the ranking group.

In addition, "Must Promote" recommendations may increase by one for each "Early Promote" quota not used.

An update to NAVFIT98A — known as "Version 29" — was rolled out to the fleet incorporating the new rules. Work stations on the unclassified Navy/Marine Corps Intranet (NMCI) automatically received this new version. For non-NMCI users, the "Version 29" upgrade is available for download from the Navy Personnel Command (NPC) website.

Service members should verify they are using "Version 29" by checking "About NAVFIT98A" under the help tab in NAVFIT98A, which will display "Version 2.2.0.29."

"Validating reports with the new NAVFIT98A version will help ensure commands comply with the new promotion recommendation rule and help eliminate common errors in preparing reports," said Jim Price, director of NPC's Performance Evaluation Division.

Those with questions or concerns about performance evaluations or fitness reports can contact NPC customer service by calling toll-free (866) 827-5672, DSN 882-5672 or by emailing cscmailbox@navy.mil.

**118th Chief Petty Officer's
Birthday**
1893-2011
**OPEN TO ALL HANDS
AT
BASE THEATER**
**1 APRIL 2011
1300-1400**
UNIFORM : CPO'S – KHAKI WITH COMBO COVER
**UNIFORM : OFFICER'S/E6 AND BELOW – UNIFORM OF
THE DAY**
UNIFORM : CIVILIANS – APPROPRIATE CIVILIAN ATTIRE

Great Day of Soccer volunteers . . . Volunteers are needed for the "Great Day of Soccer" events competition March 26, from 7:30 a.m. - 2 p.m. at the County Farm Soccer Fields (north of Gulfport on County Farm Road). Volunteers will judge one of five different events at a soccer skills competition. If you can help out, contact Jeff Bruni (SMSC President) at jeff-bruni@bell-south.net and jbruni@gulfport-ms.gov.

Sailor's Creed

I am a United States Sailor,
I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,
I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,
I proudly serve my country's Navy combat team with Honor, Courage and Commitment,
I am committed to excellence and the fair treatment of all.

Command Action Line

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, E-mail: CNRSE_HOTLINE@navy.mil.



The Navy Marine Corps Relief Society (NMCRS) and Navy Officers' Spouses Club (NOSC) held the 2nd Annual Seabee Ball Gown Fashion Show and Silent Auction March 11 at the Naval Construction Battalion Center (NCBC) Heritage Center. The show featured a wide variety of designer gowns ranging from floor length gowns to mini dresses which are now on sale at the Thrift Shop for under \$20. Thrift Shop operation hours are Tuesday, Wednesday, Friday, 9 a.m. to 1 p.m. (U.S. Navy photo by Equipment Operator Constructionman Shakenia Ceazer/Released)

Seabee Ball Fashion Show aids Seabees, families

By EOCN Shakenia Ceazer
NCBC Public Affairs

Just in time for the Seabee Ball, the Navy Marine Corps Relief Society (NMCRS) presented its 2nd Annual Seabee Ball Fashion Show March 11 at the Heritage Center.

The idea for the show from a former commanding officer who proposed an idea for collecting and selling used gowns at the Society's Thrift Shop to Alice Huffman, Navy Marine Corps Relief Society (NMCRS) director. The thought was that a more reasonably priced gown would enable greater participation at the Seabee Ball. The gowns could be previewed at the fashion show and then sold at the Thrift Shop. Huffman thought the idea was great, but she knew that the NMCRS would need help with the event.

The Naval Officer's Spouse's Club (NOSC) agreed to become a partner in planning this event. Last year, the Seabee Ball Fashion Show made its successful debut and it was decided to make the show an annual event.

This year's show featured a wide variety of designer gowns ranging from floor length gowns to mini dresses. A total of 18 women volunteered to model in the show. Over 125 gowns were contributed by various sources, including many local businesses and Walter and Kelly from the Magic 93.7 FM Morning Show narrated the event.

While the fashion show was happening, a silent auction was also taking place at the event. Some of the items being auctioned off were limousine services, manicure and pedicure packages, tanning services, jewelry, spa baskets and hair salon gift cards.

More than \$800 was raised during the silent auction. The money raised was donated to the NMCRS' Active Duty Fund Drive Campaign and the NOSC.

The Seabee Ball Fashion Show is just one of the many activities held during the NMCRS Active Duty Fund Drive. The NMCRS is also sponsoring the 7th Annual Run for Relief Challenge 1 mile and 5k March 26, at 8:15 a.m. in conjunction with Seabee Day. A motorcycle Poker Run for Relief took place March 19.

The NOSC will be awarding two scholarships in the amount of \$500 with some of the proceeds raised at the Fashion Show. The scholarships are given to sponsors and dependents associated with NCBC. Applications are available at www.nosecgulfport.org.

Since the Fashion Show, more than 40 gowns have been sold. All of the gowns are available for purchase at the Thrift Shop for under \$20.

Thrift Shop hours are Tuesday, Wednesday, Friday, from 9 a.m. to 1 p.m. Hurry on in and pick out your gown before the April 2, Seabee Ball.



Around the Center



Steelworker Constructionman Carlos Vila and Builder 2nd Class David Rubio, assigned to Naval Mobile Construction Battalion (NMCB) 24 and 14, work together to build a Sea Hut for Seabee Day. Seabee Day is an annual event celebrating the Navy Seabees and allows the community to learn more about the naval construction force. Seabee Day will take place March 26, from 9 a.m. to 4 p.m. (U.S. Navy photo by Equipment Operator Constructionman Shakenia Ceazer/Released)

Children from the Child Development Center (CDC) help Sparky the Fire Dog celebrate his 60th birthday by assisting him with blowing out his birthday candles. Sparky, the official mascot of the National Fire Protection Association, teaches adolescents about fire hazards and precautionary safety procedures. The party was supported by Balfour Beatty's Lifeworks program. (U.S. Navy photo by Utilitiesman Daneia Johnson/Released)



Cmdr. Michael Brown, Naval Construction Battalion Center (NCBC) Chaplain, and Chief Steelworker Scott Baker, assigned to Twentieth Seabee Readiness Group (SRG), presents Alice Huffman, Director of the Navy Marine Corps Relief Society (NMCRS), a check in the amount of \$500 to go toward helping with Sailors and their families. The check was presented at the Active Duty Fund Drive Kick Off celebration March 8. (U.S. Navy photo by Utilitiesman Daneia Johnson/Released)



Culinary Specialist 3rd Class David Miller, assigned to Naval Construction Battalion Center (NCBC) prepares a dish for the Soup for the Soul fundraiser held March 16 at the Seabee Memorial Chapel Fellowship Hall. Proceeds from the event went to the NCBC Multi-Cultural Diversity Committee for future base activities. (U.S. Navy photo by Utilitiesman Construction Apprentice Daneia Johnson/Released)



SEABEE DAY 2011



Naval Construction Battalion Center
Gulfport, Mississippi

Food

Exhibits

Games

Saturday
March 26, 2011
9 a.m. to 4 p.m.
Free Community Event
Open to the Public
www.seabee.org

Fun for the whole family!

Join us for Free Carnival Rides, Great Food,
Awesome Car, Truck and Motorcycle Show,
Mountains of Military Displays, Free Kids Play Area
Petting Zoo and Earth Day exhibits,
1 mile and 5 K run (8:15 a.m. start)
Music and More!

Free Parking

Enter the base via the Pass Road Gate and follow the signs
to free parking.



AND DON'T FORGET,
WE ARE
CELEBRATING NAVY
WEEK WITH A
PARADE MARCH 25
AT 6 P.M. ON COURT-
HOUSE RD. IN
GULFPORT. COME
OUT AND SAY THANK
YOU TO ALL OUR
NAVY SERVICE
MEMBERS AND
THEIR FAMILIES ON
THE GULFCOAST.

[See Schedule of Events, page 5](#)

Gulfport Patriots Parade

There will be a Gulfport Patriots Parade and street party March 25 at 6 p.m. on Courthouse Rd in Gulfport. Secretary of Navy, the Honorable Ray Mabus, has been invited to be the Grand Marshal. This event is hosted by the City of Gulfport to celebrate Navy Week. The parade starts on 16th Street behind the White Cap Restaurant. There will be a pre-party at 4:30 p.m. at the corner of Dolan Avenue and 16th Street featuring the band Starz. The Patriots Parade rolls from 16th Street on to Courthouse Road. The parade will head north along Courthouse to the Hardy Court Shopping Center where there will be live music on the City Stage. There will be dozens of floats and the United States Navy Band will march in the Patriots Parade. Restaurants and merchants in Mississippi City will have booths along the parade route. There will be food and fun for whole family.

7th Annual Run for Relief Challenge 5K

Do you have the fastest runners in your command? Are you ready to run for an individual award? The Naval Construction Battalion Center, Gulfport, invites you to the 7th Annual Run for Relief Challenge 5K, March 26 at 8:30 a.m. The Command with the fastest three-person team will take home the Championship Trophy for one year and bragging rights forever. Awards to first overall male and female and solo runners in age groups. T-shirts to registered participants. Proceeds benefit the Annual Active Fund Drive in support of Navy-Marine Corps Relief Society. For more information, contact NMCRS director Alice Huffman, 228-871-2610 or alice.huffman@nmcrs.org.





SEABEE DAY 2011



Schedule of Events

Time	Event	Location
7 a.m.	Gates open for vendors	
7 a.m.	Registration begins for Car, Truck, Motorcycle show	Car Show area
8:15 a.m.	Seabee Day 2011 One Miler begins followed by 5K	In front of Bldg 361
9 a.m.	Seabee Day 2011 opens	
10-10:20 a.m.	Opening Ceremony - Invocation, Gold Coast SkyDivers and NCTC Color Guard present colors, National Anthem, NCBC /20SRG CO welcome, presentation of 5K trophy	On Stage
10:20 to 10:30 p.m.	Convoy Security Team Demonstration	5th Street
10:30 a.m. -noon	Midnight Magic (Classic Rock/Country)	On Stage
11:10 to 12:20 p.m.	Working Dog Demonstration	In front of Stage
12:30 - 2 p.m.	Red Room Arrangement (Top 40/Variety)	On Stage
2 -2:10 p.m.	Convoy Security Team Demonstration	5th Street
2:10 - 2:20 p.m.	Working Dog Demonstration	In front of Stage
2:20 - 2:30 p.m.	Gold Coast Skydivers jump in with Seabee Flag	
2:30 - 3 p.m.	Car, Truck and Motorcycle Awards	Car Show Area
2:30 - 4 p.m.	Cozy Corely and the Debornairs (Motown, Reggae, R&B)	On Stage
4 p.m.	Seabee Day 2011 comes to a close/Vendors Depart NLT 6 p.m.	
All Day Events		
9 a.m. - 4 p.m.	Kids Play Area (pony rides, petting zoo, carnival midway games, gyroscope, mechanical bull, inflatable jousting ring as well as four other inflatable units, craft stations, bingo tent and a little tykes area for those under 3 years old)	Inside SoftBall fields
9 a.m. - 4 p.m.	Carnival Rides	Parking lot adjacent to Auto Hobby shop
9 a.m. - 4 p.m.	Car, Truck and Motorcycle show	Car Show area

Wanted: Seabee Divers!



Underwater Construction Team (UCT) 1 is looking for motivated Seabees and CEC Officers. Join an elite force. Travel as a small professional team. Execute specialized construction, diving and demolitions skills with the latest technology and equipment. Contact S1/CCC @ 757-462-3986/3988 or go to www.facebook.com/seabee.diver for more information on this challenging career field.

VITA

VITA Center now open . . . The VITA Center is officially up and running to offer free tax return preparation for active duty service members, dependents of active duty personnel, and activated reservists. VITA volunteers are all IRS-certified and they are qualified to prepare most military federal and state tax returns. The CBC VITA Center is located in building 60 (same building as Navy College), in Room 250. One-hour appointments are available Monday through Friday, and can be made by calling 228-822-5072. At this time, the VITA Center is operating at full capacity assisting active duty service members, their dependents, and activated reservists. As such, the Center is unable to see retirees at this time. However, retired service members and their eligible dependents may be able to obtain VITA services by calling the VITA Center at Keesler AFB at 228-376-8141 or by calling 1-800-906-9887 to arrange an appointment at one of the other area VITA sites.

AD SPACE

AD SPACE

NMCB 1 Seabee 'builds' physiques

By NMCB 1 Public Affairs

Utilitiesman 2nd Class (SCW) Elijah Maine is currently assigned to Naval Mobile Construction Battalion (NMCB) 1; Maine a.k.a. "Supermaine" has been getting notoriety not only amongst the Navy fitness community, but in the civilian sector as well.

Born in Rochester, N.Y., Maine joined the Navy when he was 18 years of age, wanting to try something new and with the long term goal of making the future safer for his family. Maine has been featured in various fitness magazines such as IRON MAN, and FLEX just to name a few.

Early in his career he got into lifting weights and staying fit and the motivation was there for him to see just how far he could go. An inspiration to many of his fellow Seabees, Maine is more than willing to sit down with anyone of his shipmates, and help motivate them to reach their fitness goals.

Chief Utilitiesman (SCW) Duane Jerry, NMCB 1's Com-

mand Fitness Leader, also works with Maine in Bravo Company. Maine is one of Jerry's Unit Fitness Leaders and together they are coming up with innovative and cutting edge ways to keep their fellow Seabees fit to fight.

"His support as my UFL in piloting the new battalion fitness program and adhering to the principles, for which the new program was designed around, ensures NMCB 1 Seabees are in top physical condition and they possess the skills needed to maintain that level of fitness," said Jerry. "Petty Officer Maine is dedicated to the Navy, he keeps an arduous schedule typically working late and Maine excels at every task."

Maine has been sponsored by one of the world's most popular sports supplement companies Optimum Nutrition.

"They have helped me with preparing for my competitions by sending me supplements and contacts with the top nutrition experts in the business," said Maine.

Petty Officer Maine can testify

to how much dedication and drive it takes to keep up this lifestyle and still be a full-time Seabee; he can also attribute his success to being a Seabee, and the support he gets at home from his wife Cristina.

"Being a Seabee has helped a lot with the cardiovascular portion of my training, it gives me the edge to train twice a day, running in the morning and circuit training with Bravo Company has allowed me to reach my goals faster and easier," said Maine. "This type of lifestyle also takes a toll on your family as well, my wife Cristina is very supportive of my interest in bodybuilding and helps me get through rough days and keeps me motivated to eat right while tempting me with her amazing pastas at home."

Utilitiesman 2nd Class (SCW) Elijah Maine works out during a photo shoot for IRON MAN Magazine. Maine is currently assigned to Naval Mobile Construction battalion (NMCB) 1. (U.S. Navy photo/Released)



Navy victorious in NCTC Sports Day

By NCTC Public Affairs

March 11 was a competitive sports day for the Naval Construction Training Center Tri-Service students. Four different sports competitions provided challenging fun for all skill levels of athletes and helped to develop camaraderie while giving the students a much needed break from the rigors of studying.

Football, Basketball, Volleyball and Dodgeball games were the plan of the day as they always are for these quarterly events.

The Navy students captured the football title with victories over the Air Force and Army. The Army won the dodgeball category by beating out the Air Force and Army. The future Seabees of the Navy took the volleyball title by knocking off not only the students from the other two services but a staff team from the Air Force as well.

The basketball games turned out to be even more physical than the football competition. After some very hard fought games, the Army knotted up the overall competition when it was crowned the winner



Cmdr. William Whitmire, commanding officer, Naval Construction Training Center (NCTC) Gulfport holds the NCTC Tri-Service Trophy while surrounded by students and staff of Echo Company. The Navy students of NCTC had just captured the trophy in the quarterly Sports Day competition. (U.S. Navy photo/Released)

with victories over the Navy and Air Force teams.

It all came down to the tie breaker event. A best of three competition in a tug of war between the Army and the Navy. In two decisive pulls that were never in question, the Navy out muscled their Army counterparts to win the coveted trophy for the first time in recent memory.

NMCB 28 supports NAVSTA Guantanamo Bay



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 28 lay concrete during the construction of a recreation center at Camp America. NMCB 28 is deployed in support of community-oriented projects for Naval Station Guantanamo Bay, Cuba and tenant commands. (U.S. Navy photo by Mass Communication Specialist 2nd Class Joseph Eballo/Released)

22 NCR, NMCB 74 work together in support of Maritime Strategy

By MC2 Michael Lindsey
NMCB 74 Public Affairs

Capt. Kathryn Donovan, commodore 22nd Naval Construction Regiment (22 NCR) and 22 NCR Command Master Chief Joseph Perrone, (now assigned to Naval Construction Battalion Center Gulfport), traveled from Gulfport to Camp Lemonnier, Djibouti to visit the Seabees of Naval Mobile Construction Battalion (NMCB) 74 Detail Horn of Africa (Det. HOA) Feb.17-18. NMCB 74 Det. HOA is currently deployed to Combined Joint Task Force-Horn of Africa (CJTF-HOA) to assist in building partnerships in partner nations where the U.S. and coalition forces have common strategic interests.

Donovan and Perrone met with Rear Adm. Brian Losey, commander CJTF-HOA, and members of his staff to discuss the role of the Seabees in Africa, and how they can best be utilized to accomplish the Navy's Maritime Strategy.

"Command Master Chief and I came to see what "74" was doing, to improve relationships with CJTF-HOA, and see what future work we can get for the Seabees," said Donovan. "When I met with Adm. Losey, he couldn't say enough about all the work NMCB 74 has done here and how the



Steelworker 1st Class Wade Allred, assigned to Naval Mobile Construction Battalion (NMCB) 74 Detail Horn of Africa (Det. HOA), directs a question to U.S. Navy Capt. Kathryn Donovan, Commodore 22nd Naval Construction Regiment, concerning the role of Seabees deployed to the Horn of Africa on Camp Lemonnier, Djibouti Feb. 18. Donovan visited with members of NMCB 74 and key leaders of Combined Joint Task Force Horn of Africa (CJTF-HOA) to ensure the Seabees are being used effectively in providing construction engineering support assisting CJTF-HOA in accordance with the U.S. Maritime Strategy. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

Seabees are one of his most effective units that he can send out to make a quick decisive impact."

During their visit, Donovan and Perrone were able to see firsthand the work going on at the Ecole 5 primary school construction project in Djibouti. They both said they were impressed with the hard work NMCB 7 and NMCB 74 put in to make so much

progress on the school.

"It's this type of project that builds relationships between our troops and the locals nearby. Once the project is completed, these local school children will remember us and we'll have left a positive impression," said Donovan.

"This is executing the Maritime Strategy of building partnerships with our host nations and it's just amazing, the



Utilitiesman 3rd Class Jemol Gresham, assigned to Naval Mobile Construction Battalion (NMCB) 74 Detail Horn of Africa (Det. HOA), gives a brief lesson on painting interior walls to U.S. Navy Capt. Kathryn Donovan, Commodore 22nd Naval Construction Regiment, at the Ecole 5 primary school project in Djibouti Feb. 18. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

NMCB 11 delayed party reunites with family, friends

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

On March 15, Naval Mobile Construction Battalion (NMCB) 11's delayed party returned to Naval Construction Battalion Center (NCBC) Gulfport completing a PACOM deployment that lasted more than 10 months. Smiles, hugs and tears of joy were plentiful as families reunited. Some fathers met their son or daughter for the first time. Prior to departing Okinawa, Japan, one of the battalion's new fathers, UT2 (SCW) Clarence Kennedy expressed

his anticipation. "This is the heaviest amount of anticipation I have ever carried in my entire life. I have dreamed and built castles in the air for this day for many months of Sundays. It has been said that no man succeeds in life without a good woman beside him . . . I am very blessed!" Another new father, NCI (SCW) Johnathan Britten remarked after returning home with the battalion's advanced party March 5th, "It has been a new experience and very exciting!" During the flight from Japan to Gulfport, Seabees were filled with anticipation for loved ones. BU3 (SCW) Christine

Kroboth said of the deployment, "I've loved every aspect of it, but it really helps you realize how much you miss your family. I was only 4 months into my marriage before the deployment, so it's going to be exciting to get home and finally spend some quality time with my amazing husband."

During this deployment, NMCB 11 was headquartered in Okinawa though many of its men and women were spread throughout the Pacific region in places such as Guam, Sasebo, Yokosuka, Christmas Island, Chinhae, Diego Garcia, Timor Leste, Philip-

ines, Thailand, Palau, Vietnam, Indonesia, and Port Hueneme. Some deployment statistics include: 33,529 man-days on contingency response team projects and 14 tactical convoy security missions for a total of 21,889 man-days on 37 projects affecting an estimated 135,000 people; 263 crane lifts for a total weight of nearly 3.5 million pounds, 115 embark surface shipments, and 156 air shipments for a total of 2,678 tons of cargo shipped from all sites.

Cmdr. Michael Monreal, commanding of-

See NMCB 11 page 24

Building financial wealth



Jeff Isabel (left), Work and Family Life Specialist with Fleet and Family Support Center (FFSC) Gulfport, speaks with Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 about Military Saves Week Feb. 22. Military Saves is a social marketing campaign to persuade the military community to establish new norms around money by saving and investing consistently over time, and reducing or eliminating dependence on consumer debt. U.S. Navy photo by Chief Mass Communication Specialist Terry Spain/Released)

Seat Belts Save Lives . . . Buckle Up!

**69th annual
SEABEE BALL
April 2,
6 p.m. - midnight
Mississippi Coast
Convention Center**

**Uniforms:
E1-E6: Service Dress Blue with large
medals;
E7 - O3: Dinner Dress Blue; O4 and
above: Dinner Dress
Blue Jacket;
Civilians: Formal**

**Ticket prices:
E1-E7: \$15
E7 and above: \$40
See your command
rep for more info**

AD SPACE

Buzz on the Street



By UTCA
Daneaia Johnson
Who do you think will win the NCAA tournament?



"Duke, because they're the best team."

BUCA Wyman Tolbert
NMCB 11
Hometown: Atlanta, Ga.



"I really don't follow basketball too much, but I am going with Notre Dame."

BU3(SCW) Justin Keffer
NMCB 7
Hometown: New Oxford, Pa.



"I feel like Kansas has the best chance of winning the tournament this year."

PS3 Bruce Abood
NMCB 26
Hometown: Lansing, Mich.

NCBC frames...

**Construction Electrician
2nd Class (SCW)
Felipe Martinez**
By Builder 3rd Class (SCW)
Cassandra Secher

FF: What single experience during your career stands out the most, and why?
CE2: Earning my MTS (Master Training Specialist) pin, because it is the most recent major milestone I have achieved in my career.

FF: What has been your biggest motivation throughout your career?
CE2: My wife and family, because they keep me grounded and keep me motivated in whatever I am doing.

FF: What advice would you give to future Seabees/Sailors?
CE2: Be flexible and maximize your potential in what ever you do in life.



FF: What is your favorite part about being/working with the Seabees, and why?
CE2: Working in different job fields because the knowledge you get is not

just in your rate; you work in multiple field areas.

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

Though almost everyone in my chain of command has helped me considerably, CE2 Ross is the most influential because he has mentored me in both work and personal issues throughout my whole career.

Postal Note . . . The Contract Post Office will be closed April 22, due to floor maintenance. The Official Mail Center will close at 11 a.m., all outgoing mail will secure at 10 a.m. The Contract Post Office will open for normal operational hours April 23.

AD SPACE

AD SPACE

Intervert rocks Beehive Lounge!

By Dexter Mobley
Special Contributor to
Seabee Courier

Naval Construction Battalion Center Gulfport hosted its first-ever live music event at the Beehive Lounge, March 19.

Sailors were entertained by "Intervert," a rock band out of Covington, La. Intervert's lead singer Jevon Saez, is a former member of the U.S. Army.

Intervert was proud to do this free function for the military as a way of showing their appreciation for the great things that the men and women of the military are doing to preserve the nations freedoms.

Morale, Welfare and Recre-



The rock band Intervert entertained Sailors at the Beehive Lounge on board Naval Construction Battalion Center (NCBC) March 19. Band members are from left, Jevon Saez, Lead Singer; Bill Laurence, Guitarist; Jeff McIntyre, Drummer; Benjamin Shaw, Bass Guitar; and Duke Russell, Guitarist. (U.S. Navy photo by Dexter Mobley / Released)

ation (MWR) booked the live act as part of an ever-evolving mission to improve on base leisure activities for Sailors.

Judging from audience response, this show was definitely a step in the right direction. The

crowd really enjoyed the groups' performance!

For more information on Intervert, visit their social media sites at facebook.com and myspace.com by typing in "Intervert."

Unless otherwise posted, speed limit on board NCBC is 25 mph

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NMCB 74 Seabee CPO commissioned

By MC1 (SCW) Ryan G. Wilber
NMCB 74 Public Affairs

Chief Builder Christopher Walton, assigned to Naval Mobile Construction Battalion (NMCB) 74, was commissioned an Ensign in the Civil Engineer Corps (CEC) during a ceremony held at Camp Mitchell on Naval Station Rota, Spain March 1.

Walton, a native of Maple View, N.Y., served just over 12 years in the Navy prior to his commissioning, two of those years as a chief petty officer. One of only five fiscal year 2010 limited duty officer selectees, he stressed the importance of setting goals as he addressed the attendees of the ceremony.

"You can't be lackluster. Just because you got to a goal that you met, you can't just put the brakes on. You've got to keep moving forward," said Walton. Always think about what your next step is going to be, prepare for it and be ready to take it, said Walton. You never know when it's going to come. Challenge yourself and you will be amazed at the things you can achieve."

Walton thanked his wife and son for their support of him throughout his career, as well as those he has worked with and for. He said that being commissioned was the second best day of his career, paying respect to the chief petty officers in attendance.

"I stand here today, not to celebrate the next step in my career, but hopefully to inspire people to set goals and to chase those goals," said Walton. I know I wouldn't be in the position I am today with out great leaders that saw something in me, and great troops that made me look good.

Before taking orders to his first duty station as a Civil Engineer Corps officer, Ensign Walton will attend Civil Engineer Corps Officer School in Port Hueneme, Calif. in March.

NCBC Quality of Life Survey March 1-31 . . .

The Morale, Welfare, and Recreation Department of NCBC Gulfport is committed to assessing and monitoring the quality of programs and services they provide. As part of an ongoing improvement process, they would appreciate your feedback and all submissions will remain anonymous. Just visit <http://www.surveymonkey.com/s/NCBCQualityofLifeSurvey>

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Thanks for everything



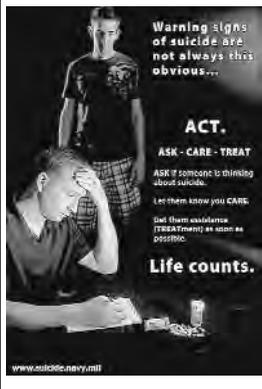
SAN LORENZO - Honduras Equipment Operator 2nd Class Joseph Smittle, assigned to Naval Mobile Construction Battalion (NMCB) 28, receives a certificate of appreciation from a student at Escuela Rural Lempira during a closing ceremony in support of Southern Partnership Station (SPS) 2011. SPS is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ricardo J. Reyes/Released)

PSD Gulfport Closure . . . PSD Gulfport will be closed March 24 from 7:30 - 10 a.m. for mandatory training. This includes I.D. card services as well. Normal service will resume at 10 a.m.

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Suicide Prevention is an All Hands Evolution



NCBC Public Safety Info . . . Did you know that the Department of Public Safety uses the NCBC website to keep you advised of the most current Navy wide and Installation based security concerns? For a better understanding of Warning Indicators involving Violence in the Work Place, go to <https://www.cnbc.navy.mil/Gulfport/index.htm> and visit the Department of Public Safety's programs which were developed by the Security Division for your informational needs. Under the link for Crime Prevention you will find Disgruntled Employee and Domestic Terrorist Warning Indicators. Additionally, the Anti-Terrorism and Force Protection link provides detailed information involving Warning Indicators for Insider Domestic Terrorism. The Public Safety page also provides a wide range of emergency telephone numbers, as well as other valuable information posted with your safety in mind.

Installation Antiterrorism Note . . . All personnel should be alert and inquisitive about strangers, especially those seen loitering, taking photographs or notes near the installation's perimeter or gate areas. Be suspicious of items that don't belong in the area and be alert for abandoned parcels. All suspicious activity should be reported immediately to Security at 228-871-2361.

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Youth Activities Center will offer "Career Launch", a program that teaches teenagers basic interview, application, and resume skills May 2 from 6 p.m.-7 p.m.

Iddy Biddy Baseball-Hit One Out Of The Park! The Iddy-Biddy T-ball program is open to youth 3-4 years. Children must be 3 by April 1 to be eligible. Registration ends March 31. The \$35 fee includes uniform, participation award and an end of season banquet. Call 228-871-2251 for more details.

Spring Break Camp Registration - Spring Break Camp sign-ups are now taking place at the Youth Activities Center. Many exciting activities, games and crafts are planned. The Camp Program will run April 21-22 and April 25 for Gulfport City Schools and April 18 - 22 for Long Beach City Schools. Hours are 6 a.m. - 5:30 p.m., lunch is included.

Summer Camp Can Do Registration - Program registration for military dependants is underway, DoD Civilian registration begins April 1.

Fitness Center

A Power Lifting Contest will take place June 18. There will be three weight classes for males, females, and teens. The contest will consist of three lifts for the Bench press, Squat and Deadlift. For more details on proper technique, contact Michael McLaughlin at 228-822-5108, e-mail michael.e.mclaughlin1@navy.mil. Contest sign-ups begin May 18.

Intramural Sports

Billiards Tournament sign ups take place March 21 -30. The season runs April 4 - May 10. Games will be held Monday and Tuesdays from 6:30 - 8:30 p.m.

Dodge ball challenge is April 15 at 7 a.m. in the gymnasium. Sign ups begin April 6 at CBC Fitness Center



MNCB ONE Sluggers placed 1st in the CBC Gulfport MWR Winter Softball Tournament, and finished 2nd in the Season standings. Back Row (L to R): YN3 James Clancy, CMCN Nolan Neumann, UT3 Theodor Ryerson, UTCN Travis Smith, BUCN Michael Gramm, BU1 Craig Miller, BU3 Paul Thiele, UT1 Sean Beck ; Front Row (L to R): CE3 Curtis Hynes, CMCN Bradley Stenzel, EOCN Andrew Aguilar Not Pictured: IT3 Stephen Vieting (U.S. Navy photo/Released)

front counter. A team consists of six to eight players and all teams must be signed in by 6:45 a.m. so the first game can begin promptly. Challenge will be single elimination and Captain's Cup points will be awarded for the winners.

IM Racquet Ball sign-ups are in progress until March 28. The season will be April 4 -June 30. For more information contact Sam Perkins, Sports Coordinator at samuel.perkins2@navy.mil or 228-822-5109.

Aquatics

Group Swim Lessons are available at the Fitness Center Pool. Sign ups begin April 11 and lessons will be from April 18 - May 2. Registration forms can be picked up in the pool lobby located in the CBC Fitness Center. Swim lessons will be offered for ages six months and up, Monday-Thursday with make-up lessons on Fridays for a fee of \$35 for the first child and \$25 for siblings. Lesson times will be 5 p.m. for parent/tot (6 months and up), 5:30 p.m. level 1 and 6 p.m. for level 2 & 3. For more information you can contact Alex McCollum at 228-822-5103 or by email at richard.mccollum@navy.mil.

Liberty Center

Want to get out of the Barracks and have some fun? You can do that and more with Liberty! Check out what we have going on at the Liberty Center in the coming weeks! Liberty has Open Mic Night March

29 at 6 p.m. This will be an open forum for all musicians, poets, singers and songwriters! If you have something to share with the world then let it be heard at the Liberty Center! Show off your skills in a Pool Tournament April 6 at 6 p.m. On April 7, we're having Lunch with Liberty! Please take your lunch outside and enjoy the beautiful April weather with us!

Save yourself some cash and take advantage of the free shuttle service provided by Liberty to the following places: Aquarium of Americas in New Orleans, March 27, tickets are only \$10! A Dinner Dash to the Crossroads Mall April 1; Waveland Oyster Fest April 2; Shopping at Edgewater mall, April 5.

Information, Tickets, and Tours (ITT)

Global Wildlife Center Safari April 9 from 9 a.m.-3 p.m. Come on a Safari with ITT. Bring the whole family. Adults \$20, Children (2-11) \$15, and kids under 2 are free. Sign up by March 25. Minimum of ten people must sign up for this trip.

New Orleans School of Cooking, May 14 from 11 a.m. - 6 p.m. Come learn how to cook authentic food "Nawlins" style at the New Orleans School of Cooking. You will learn how to cook shrimp and artichoke soup, crawfish etouffee, and pralines. \$33.50/person. Sign up by May 6. Ten people minimum for trip.

Vehicle Storage

CBC Base Housing Residents - All vehicles and RV's receive 50 percent off the regular storage rate. For information and space availability please contact your MWR Auto Hobby Shop at 228-871-2804. Vehicle Storage Deployment Special: Free storage for first vehicle and 50 percent off each additional vehicle including all RV's for all deploying troops. Must present a letter of deployment from your command. For more information, contact MWR Auto Hobby Shop at 228-871-2804.

Auto Hobby Shop

The Auto Hobby shop offers "do it yourself" mechanics a place to work on their own vehicles with the guidance of experienced mechanics.

Stop by the Auto Skills Center during the hours of Noon - 4 p.m.

every Tuesday-Saturday and let us trouble shoot your vehicle with our new diagnostic machine. Stop by and let us check your vehicle before you take it to your mechanic as it may be something simple you can repair yourself and save money.

New hours of operation are Tuesday-Friday 11 a.m.- 7 p.m., Saturday 9 a.m.- 5 p.m., closed Sunday and Monday. *The last 30 minutes of operation are devoted to clean-up and check out only. No work is to be performed during this time.

Seabee Recreational Park Area

The recreational park has many things to offer for your outdoor en-

joyment such as pavilions, grills, large covered kid friendly play-ground area, basketball court, sand volleyball court, four practice golf holes, chipping and putting green, driving range, paintball field, dog park, walking trail and paddle boats at Seabee Lake. Contact the MWR Outdoor Rental Center for more information at 228-871-2127.

MWR Vehicle Resale Lot

The Resale Lot is located on 5th Street and offers patrons an area where they can sell their car, RV, boat, or trailer. The cost is \$5 /week or \$15/month. For more information please contact your MWR Auto Hobby Shop today at 228-871-2804. Car Wash

Keep your car looking great this spring with a wash and wax at the MWR Car Wash at Marvin Shields Blvd. and Rodgers Ave. This car wash has all of the amenities you need including high suction power vacuums, stain remover, shampooer and fragrance selections. There is even a shade structure to keep you cool if you towel-dry your car.

Youth Activities Center

Teen Counselor in Training Jobs! - If you are 14 to 17 years old and interested in working for the Youth Activities Center Summer Camp Program please call 228-871-2251 or stop by the Youth Activities Center, building 335, to pick up an application package.

Career Launch For Teens-The

Movie Ticket

Training Hall Theater, Movie Hotline 228-871-3299

March 24, The Tourist, PG13, 6:30 p.m.

March 25, Gulliver's Travels, PG, 5:30 p.m., The Next 3 Days, PG13, 7:15 p.m.

March 26, Harry Potter and the Deathly Hallows Part 1, PG13, 6:30 p.m.

March 27, Harry Potter and the Deathly Hallows Part 1, PG13, Noon; Chronicles of Narnia: The Voyage of the Dawn Treader, PG, 2:45 p.m.; Tangled rated PG at 5 p.m.; Gulliver's Travels, PG, 7 p.m.

March 28, Hereafter, PG13, 6:30 p.m.

March 29, Love and Other Drugs, R, 6:30 p.m.

March 30, The Warrior's Way, R, 6:30 p.m.

March 31, The Next 3 Days, PG13, 6:30 p.m.

April 1, Little Fockers, PG13, 6 p.m.; Season of the Witch, PG13, 8 p.m.

April 2, Yogi Bear, PG, 11:30 a.m.; Chronicles of Narnia: Dawn Treader, PG, 1:30 p.m.; Tron Legacy, PG, 3:30 p.m.; True Grit, PG13, 6:30 p.m.

April 3, Tangled, PG, 11:30 a.m.; Yogi Bear, PG, 1:30 p.m.; 127 Hours, R, 3:30 p.m.; The Fighter, R, 6:30 p.m.

April 4, Black Swan, R, 6:30 p.m.

April 5, Country Strong, PG13, 6:30 p.m.

April 6, The Kings Speech, R, 6:30 p.m.

April 7, Season of the Witch, PG13, 6:30 p.m.

Movies contingent upon training requirements

NMCB 133 'Roo selected as NECC Sea SOY

By MC2 (SW) Michael R. Hinchcliffe
NECC Public Affairs

Navy Expeditionary Combat Command (NECC) named its Reserve, Shore and Sea Sailors of the Year (SOY) during a luncheon March 10.

Gunner's Mate 1st Class Joseph Jeffcott, Construction Electrician 1st Class Leonardo Calderon and Utilitiesman 1st Class James Penney were named NECC Reserve, Shore and Sea SOYs respectively.

Jeffcott will go on to compete for Commander, Navy Reserve Force (CNRF) Command Sailor of the Year. The CNRF Reserve SOY winner will continue on to the chief of naval Reserve competition in April.

"We, as reservists, have two distinct full-time jobs - a full-time job in the Navy and a full-time job with our families," said Jeffcott. "Our job as leaders today is to bring those two together. That works for both providing success to both the Sailors and the family. Winning this award today signifies the success in my goals of achieving that synergy between the two families."

Jeffcott, who is assigned to Maritime Expeditionary Security Group 2, competed against Reserve SOY finalists Hospital Corpsman 1st Class Joseph Dronchi, MESSG 1; Construction Electrician 1st Class Scott Lewis, Construction Battalion Maintenance Unit 202; and Personnel Specialist 1st Class Paulo Vasquez, Expeditionary Combat Readiness Center.

Calderon and Penney are

now in the running for United States Fleet Forces (USFF) Sailor of the Year.

Calderon, who is assigned to the 31st Seabee Readiness Group, competed against Shore SOY finalists Intelligence Specialist 1st Class Bryan Bruce, Maritime Expeditionary Security Squadron 1; Personnel Specialist 1st Class Rishka Elzie, NECC; and Explosive Ordnance Disposal Technician 1st Class Edward Hart, Explosive Ordnance Disposal Group 1.

Penney, who is assigned to Naval Mobile Construction Battalion 133, competed against Boatswain's Mate 1st Class Griffin Testa, Navy Cargo Handling Battalion 1; Hospital Corpsman 1st Class Danielle Tuton-Gillette, Maritime Expeditionary Security Squadron 3; and Boatswain's Mate 1st Class Tristan Vecere, Riverine Group 1.

Throughout the week the finalists were treated to a dinner cruise on board the Spirit of Norfolk, participated in a boat and weapons simulators at MESSG 2, as well as luncheons and receptions.

"This week's SOY selection process validated our Navy's commitment to excellence," said Master Chief Navy Diver William Rubow, NECC senior enlisted advisor. "Each SOY finalist, their family members, and the command teams devoted countless hours to orchestrate an incredibly professional operation. Their overall personal sacrifices em-

bodied the Navy's core values of honor, courage, and commitment."

The winners of the USFF Sea Sailor of the Year and CNRF Sailor of the Year will be meritoriously advanced to the rank of chief petty officer.

The USFF Shore Sailor of the Year winner will go on to compete at the next level at the Chief of Naval Operations competition.

The Navy's SOY program was initially established in 1972 and modified throughout the years to include the Navy Enlisted Reservist of the Year (inactive). The program recognizes one Sailor from each command who demonstrates sustained superior performance, proven leadership, outstanding professionalism and dedication to self-improvement.

"These Finalists represent the best of NECC, and I couldn't be more proud of their accomplishments," said Rear Adm. Michael Tillotson, commander, NECC. "Their performance, proven leadership, dedication to self improvement and outstanding professionalism makes me proud to call them shipmates."

NECC is an enduring force providing capability across the full ranges of military operations in the maritime strategy to include forward presence, maritime strategy, humanitarian assistance and disaster response, seas control, power projection, and deterrence, now and in the future.



Utilitiesman 1st Class (SCW) James Penney of Naval Mobile Construction Battalion (NMCB) 133 is pictured with the Navy Expeditionary Combat Command (NECC) Sea Sailor of the Year award he won after his selection. Penney is now in the running for the United States Fleet Forces (USFF) Sailor of the Year competition. (File photo)

March 24, 2011

Seabee Courier

Gulfport Patriots Parade . . . There will be a Gulfport Patriots Parade and street party March 25 at 6 p.m. on Courthouse Rd in Gulfport. Secretary of Navy, the Honorable Ray Mabus, has been invited to be the Grand Marshal. This event is hosted by the City of Gulfport to celebrate Navy Week. The parade starts on 16th Street behind the White Cap Restaurant. There will be a pre-party at 4:30 p.m. at the corner of Dolan Avenue and 16th Street featuring the band Starz. The Patriots Parade rolls from 16th Street on to Courthouse Road. The parade will head north along Courthouse to the Hardy Court Shopping Center where there will be live music on the City Stage. There will be dozens of floats and the United States Navy Band will march in the Patriots Parade. Restaurants and merchants in Mississippi City will have booths along the parade route. There will be food and fun for whole family.

NCBC Marquee Message Procedure . . . The electronic marquees located at the Pass Road and Broad Avenue gates are not in operation at this time. Until they are repaired, the Fleet and Family Support Center, Fitness Center and the Seabee Heritage Center marquees are available to display our messages. Please email your requests at least five days prior to the date you want the message posted and make sure the message is no more than 15 words to allow for placement on the marquees. There are space restrictions unique to each marquee, so the messages will be broken down to fit on the marquees properly. Every effort is made to accommodate all requests, though not all messages are guaranteed to be posted. Postings are at the discretion of the Public Affairs Office. For more information or to submit requests email bonnie.lindley@navy.mil or robert.c.mims@navy.mil.

NMCB 74 detachments maintain culture of fitness with use of resistance bands

By MC1 (SCW) Ryan G. Wilber
NMCB 74 Public Affairs

Seabees are no strangers to being sent down-range in small, autonomous detachments and finding themselves with little or no exercise facilities available. Recognizing that fact, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 headed over to the Naval Station (NAVSTA) Rota, Spain Base Gym for resistance band training Feb 15.

Seabees are also well known for their “Can-Do” attitude when it comes to solving a potentially difficult problem. For Construction Electrician 1st Class Chivas Mathews, a detachment squad leader, his problem is meeting the demands of readiness set by the Navy; his solution (to the physical fitness piece at least) is physical training with resistance bands.

“It is my responsibility that these guys in any given situation will have an opportunity to be able to maintain their physical fitness, especially with the rules of the PFA (Physical Fitness Assessment) and BCA (Body Composition Assessment) getting a little more strict and PTS (Perform To Serve) kicking in,” said Mathews. “I want to make sure these guys, even if they’re in the middle of nowhere and they’ve got to blow off some steam, other than do push-ups and sit-ups with rocks and stuff like that, they have something they can put in their toolbox that they can utilize out in the field.”

According to Stephanie Whipple, NAVSTA Rota’s fitness coordinator, resistance bands are one part of the Navy’s new Navy Operational Fitness and Fueling Series (NOFFS) program; a fitness program designed to be used by Sailors on ships, forward deployed Seabees and many others. Whipple and her colleague, NAVSTA Rota’s Fitness Specialist Meghan Batteau, facilitated the training and are available to give specialty classes to any command attached to NAVSTA Rota that want to use their services to enhance their troops physical fitness.

“We are here for any forward deployed or people stationed here to train them; TRX (Total Bodyweight Resistance Exercise), bands, anything we can do to keep the guys fit,” said Whipple.

The resistance band kits come with various sized bands and a set of instruction cards with exercise descriptions, all packed in a small backpack type bag for easy transport.

Batteau said that the bands offer a Seabee a good way to maintain their physical fitness wherever they may find themselves.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 participate in resistance band training at the base gym on Naval Station Rota, Spain. The Seabees plan to use the training and resistance band equipment to maintain their physical fitness standards while forward deployed to remote locations. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

“If they don’t have access to regular gym equipment, these are a really great alternative. They’re lightweight, easy to transport and you can work every muscle group with them,” said Batteau.

From the perspiration visible on the Seabee’s exercise uniforms, it was clear that resistance band training presented physical challenges that the participants may not have anticipated. A few, personally versed in weightlifting and cardio, even started out with some of the heaviest bands and had to move down to lighter bands before the session was over in order to finish with good form.

Overall the participants had nothing but positive things to say about their experience.

“I think it’s going to do us wonders if you stick to

the program. It’s a pretty diverse program and it doesn’t take much to actually get it done. I was definitely surprised on how well it worked us out,” said Utilitiesman 2nd Class Nathan Bane, NMCB 74 detachment crewmember. “It was real intense. I was burning, I was sweating. The whole group was sweating. They put on a real good class here at MWR (Morale, Welfare and Recreation),” added Mathews.

With training completed and a resistance band kit in their possession, these Seabees are ready to maintain the battalion’s “culture-of-fitness” standards while forward deployed, and using the NOFFS system of physical training taught by experts employed throughout the Navy, it is certain that many detachments will follow in their footsteps.

Command Career Counselor Note . . .

Command Career Counselor Pages are now on Navy Knowledge Online (NKO). These pages, in conjunction with NKO’s recently expanded Career Management

pages, link CCCs to knowledge, tools and resources required to support professional development throughout a Sailor’s Navy career. The CCC section of this page provides important information for Sailors in regard to ben-

efits of education, advancement, military pay and military service. The CCC page may be accessed by logging on to NKO and clicking the following links: NKO Home > Career Management > Command Career Counselor.

Mississippi homeschool testing starts this summer

From Kevin Byrd
NCBC School Liaison Officer

A new Mississippi law says that starting this summer, homeschooled students might be tested before transferring into public schools. Legislators say the optional test would help ensure the students are enrolled at the proper grade level. Current law already states that students transferring into Mississippi public schools from private schools or from other in-state or out-of-state public schools may have to be tested. Governor Haley Barbour signed the Homeschool bill March 16, and it becomes law July 1. To see the entire bill, go to billstatus.ls.state.ms.us/ and click on bill status-then type in House Bill 636.

Bullying prevention programs boost resilience, intervention

By Paul Tracy
81st Medical Operations Squadron
Family Advocacy Outreach Manager

Think about the word "bully," and what image comes to mind? Many people imagine a loner — a tough talking, menacing playground nemesis that lies in wait to knock down and steal the lunch of the unfortunate classmate.

On the contrary, research indicates that most bullies are not socially isolated; they have an easier time making friends than children who don't bully others. Bullies often have at least a small group of friends who support and encourage their bullying behavior. Another myth about bullies is that they possess low self-esteem. In fact, they typically have average or above average self-esteem. And girls bully, too — while boys tend to be more overt, girls may use rumors, gossip and teasing to gain power and social control.

While certainly not new, bullying has become increasingly aggressive and widespread in the 21st century. And when it occurs in the lower grades it carries disastrous long-term outcomes. Victims tend to become anxious, insecure, overly cautious and suffer from low self-esteem. They may lack social skills and, in an attempt to end the bullying, self-isolate. Bullying is negatively linked to child development, relationship formation and psychological well-being. Bullies learn that anti-social behavior and exerting control over others is acceptable and that it works. Bullying creates an atmosphere that is toxic for everyone.

Because of this, many schools now

promote bullying prevention programs for students and train staff in detection and intervention. Parents need to be educated too, so that they are in touch with what their kids actually face every day. Parents can model and reinforce resiliency by being consistently supportive and available in the life of their children.

For the past six weeks, the Family Advocacy Program has teamed up with the Youth Center to discuss situations and skills to increase empathy and boost resistance to being bullied. Using songs, interactive exercises, computer videos and role-play, Youth center kids ranging from 5 to 12 have participated in the after-school program.

Social work intern Megan Gajewski and outreach manager Paula Tracy collaborated on the program, tailoring it to the ages and interests of the kids.

"I was amazed at the ideas and insight the children already have," stated Ms. Gajewski. "They really thought about the content and brought their own experiences to the discussion. It was great working with them."

Parents wanting to learn more about how they can help their kids become bully-resistant are in luck. Excellent resources for kids are available, including "The Berenstain Bears and the Bully" (Stan & Jan Berenstain, 1993), "Bully on the Bus" (Carl Bosch, 1988), "Bullies are a Pain in the Brain" (video/ Trevor Romain, 1998), and "What's Wrong With Timmy?" (Maria Shriver, 2001). Parents can visit www.bullybeware.com or www.cfchildren.org for a wealth of information or call family advocacy, 228-376-3457.

EFMP Liaison now in house at FFSC

By Fleet and Family
Support Center Gulfport

Military service members and their families now have a new resource at the Fleet and Family Support Center (FFSC) to address their special needs in areas such as physical, dental, psychological and educational needs. The Exceptional Family Member Program (EFMP) Liaison is Madonna Shannon, who assists service members and their families living in Mississippi, Louisiana, and Texas.

The Navy EFMP has been in existence since 1987. The goal of the program is to coordinate the permanent change of station (PCS) process and to ensure availability of services required to meet a family's special needs. The program interfaces with military and civilian agencies to provide coordinated services, information and support.

Despite the many advantages of this program, many avoid enrollment due to lack of knowledge and misinformation as well as fear that it could impact the military member's career.

Shannon's primary function as the EFMP Liaison is to assist with the enrollment process through referral to the Medical Treatment Facility EFMP Coordinators, provide referral information appropriate to the family's needs, and develop and facilitate program education in order to increase awareness and emphasize the im-



Exceptional Family Member Program Liaison Madonna Shannon works with families who have special physical, dental, psychological and educational needs. Located at the Fleet and Family Support Center (FFSC), Shannon may be reached by calling 228-871-4257/3000 or toll free at 1-800-342-3525. (U.S. Navy photo courtesy of FFSC/Released)

portance of enrollment.

She believes that by helping military members understand that when their family lives are stable, they are able to focus on the successful navigation of their military careers.

A New Orleans native, Shannon recently retired from the Air Force. She has a child with exceptional needs and understands the concerns of balancing military life with

family life, but believes that with the right support, that balance is attainable. She served the last ten years of her career as an Air Force Recruiter and Recruiter Instructor. She retired from Keesler Air Force Base and calls Mississippi home.

For more information, contact Madonna Shannon at the FFSC, 228-871-4257/3000 or toll free at 1-800-342-3525.

FFSC offers "Communicating in your Child's Love Language"

If you would like to discover the secrets to making sure your child feels loved, "Communicating in Your Child's Love Language" is for you. This workshop for parents will be held April 5, from 9:30 - Noon at the Fleet and Family Support Center (FFSC). Lunch will be provided, but seating is limited to 15 participants. Please contact the FFSC at 228-871-3000 to sign up. Registration deadline is April 1. For more information, contact Cmdr. Goldberg at 228-871-3778.

Chapel Corner



Seabee Food Pantry:

Non perishable items please.

Donation drop off points are:

Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home.

Praise and Worship

Team: Come out Sunday to see the newly formed Praise and Worship Team perform contemporary Christian music at the 10:30 a.m. Protestant service.

Marriage Enrichment

Retreat: May 6 - 7, Seabee Memorial Chapel

Vacation Bible School:

June 13 - 17, 5:30 - 8 p.m.

Looking for volunteers to help with VBS.

Catfish Fridays for

Lent: Every Friday, March 11 - April 15, 11 a.m. - 1 p.m. and 3 p.m. - 5 p.m. \$7 per plate. Delivery - 228-342-1087

Easter Revival:

April 21 - 24.

Group 4:12: A young adult group for any military member, every Thursday at 6 p.m. in the Fellowship Hall of Seabee Memorial Chapel.

Seabee Blood Drive:

April 14, 8 a.m.-1 p.m. in the Fellowship Hall, Seabee Memorial Chapel.

Facebook page:

Visit the Chapel Facebook page by typing Seabee Memorial Chapel in the Facebook search bar.

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Volunteer Opportunities

Pass Christian Boys and Girls Club - Six volunteers are needed to fix a pool table leg and assemble an air hockey table at the PC Boys and Girls Club. Call Leah at 228-326-5643 for more info.

Roof and Stair Repair - A resident of Ocean Springs is asking for assistance to fix stairs and make repairs to her roof. If you can help, please call Shirley at 228-875-4700 or 228-217-2034.

Great Day of Soccer - Volunteers are needed for the "Great Day of Soccer" Events Competition to judge one of five different events at a soccer skills competition on County Farm Soccer Fields (north of Gulfport on County Farm Road March 26 from 7:30 a.m. to 2:00 p.m. Contact Jeff Bruni (SMSC President) at jeffbruni@bellsouth.net and jbruni@gulfport-ms.gov

Building project - Volunteers are needed to help construct a covered area for wheel chair ramp and covered area for RV for a disabled couple in Saucier. Please contact Gail Preston at 228-209-0503 or email her at crazygailtoo@cableone.net

Pennies for the park - Volunteers are needed. Pennies for Your Park II has a refurbish and build project in Picayune, MS. From April 12 to 16 from 8 a.m. to 8 p.m., they will refurbish and add to their community park. Lunch and dinner will be served to all volunteers helping with this project. Rain or shine this project will go on. We need skilled and unskilled workers to help in the refurbishing and building of new areas to expand our current park. We will need equipment to lay the new foundation and the refurbishing along with any tools you may have. For further information and schematics of the park please go to our web site penniesforyour-parkII.com or contact Dawn Bechtel at dawnbechtel@yahoo.com or 601-916-8193.

The Great American Cleanup - Volunteers are needed for the Great American Cleanup. There are a variety of projects available in Bay St. Louis - from cleanup to building. Contact Katharine Ohman at 228-324-0414.

Renew our rivers - Volunteers are needed for a cleanup event at Ansley Preserve in South Hancock County April 8 or 29. The area is part the Department of Marine Resources Coastal Preserves and was impacted tremendously by debris during Hurricane Katrina. It has remained untouched until last October when the Renew Our Rivers event removed 31.1 tons in one day. There are still at least 50 tons of debris to be removed - it is so plentiful that it continues to impact the health of the marsh. The sooner we can remove it, the sooner the preserve can begin recovering. We can use up to 60 additional personnel to assist the other volunteers in relaying the debris out to the dumpsters. We will also be cleaning up debris by hand that will not require cutting up. We will be supported by several "Marsh Buggies" with cranes and will be rigging larger items for removal as well. For more information, call Flinda Hill at 228-897-6402 or 228-518-1002.

Ocean Springs Boys and Girls Club - Six volunteers are needed to caulk windows, add attic insulation and remodel a restroom. Call Julia at 228-219-2279 or email julia.weaver@att.net.

Harrison Central Elementary School Field Day - 15 - 20 volunteers are needed to supervise and manage field day game activities April 15, from 7 a.m. - 1 p.m. for children ages 5 - 9 years old. Contact James Smith, assistant principal at 228-832-2701 between 8 a.m. and 1:45 p.m.

To subscribe to the Seabee Courier eCourier edition, send an e-mail to seabeecourier@navy.mil.

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Lynn Meadows Discovery Center/Beau Rivage Resort and Casino present: Dreams - A Celebration of America

The Beau Rivage Resort and Casino and The Lynn Meadows Discovery Center present Dreams - A Celebration of America at the Beau Rivage Theater April 14 at 7 p.m. Over 300 young actors, singers, musicians and dancers from across the coast will perform in a blockbuster multimedia musical event that pays tribute to our great country and the wonderful men and women who serve to protect it. Colors will be presented by the Naval Construction Training Center of Gulfport and the 338th Training Squadron Freestyle Drill Team from Keels Air Force Base will take the stage in a dynamic demonstration! A flag folding ceremony by the Marines will also be a part of the evening. Don't miss this family event. Tickets are \$10 for students and seniors 65 plus and \$20 for general admission. WW II Veterans are admitted free of charge as our honored guests. (Please call for your reserved VIP ticket.) Tickets are available on line at www.lmdc.org or by calling 228- 897- 6039.



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, 228-273-4158, e-mail nmcbonefrg@gmail.com or Secretary Krystin Canipe, 704-726-5751, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes friends and family members to attend FRG meetings the third Tuesday of each month at 6 p.m. at the NCBC chapel. Children are welcome and baby sitting is provided for children four and under. Please contact FRG President Dawn MacKenzie at 850-748-6242 or Vice President Laura Linder at 402-369-4090 for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families and friends of NMCB 74 are invited to the 74 FRG meeting held the 3rd Monday of each month at the MWR Youth Activities Center, Bldg. 335 off Bainbridge Ave. behind the Grinder on CBC base. Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at <http://nmcb74frg.zymichost.com>

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sit-

ting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail hansonk154@yahoo.com. To receive updates log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg>

Naval Officer's Spouse Club

The Gulfport Naval Officers' Spouses' 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, please email noscgulfport@yahoo.com. We hope to see YOU soon!

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, Wednesday 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 & 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 information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

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 60, room 105. For more information contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com; or AGC Enrique Acosta-Gonzalez at 228-688-

5288 or enrique.acosta@navy.mil.

SOICIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood night, the remaining Fridays are Steak night. Breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

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 each month at 7 p.m. All are welcome and encouraged to attend. For more information call 228-832-0017.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for information or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at Anchors & Eagles at 7 p.m. For more information, contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for an application.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446 and is open Monday-Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more info.

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commanders to make strategic decisions which facilitate a return to stability.

"NFAAS plays a very big role in accounting for the families as they leave Japan, and again once again when they land here," said Navy Region Northwest Regional Master Chief (AW/SW) Dave Bisson.

"Make sure that we understand where all the family members are so we can account for them at any given time."

After landing at SEATAC the families were given a short briefing on what to expect during the check-in process after landing. Once the families departed the plane Naval Base Kitsap Command Chaplain Cmdr. Manuel Biadog, Jr. greeted and led them to baggage claim where Sailors waited to help transport bags provide escorts to the next station in the check-in process.

"The process was great; I was surprised how organized it was," said Stephanie Castro, wife of Lt. Jaime Castro from Naval Air Facility Atsugi, Japan. "Everybody helped with the bags. A bunch of us are traveling alone with several kids and that can be hard, but I was really impressed with everybody's generosity."

Along with the families, 19 pets arrived and were taken to a pet staging area where they were accounted for, fed and watered then examined and treated by an Army veterinarian.

Two DoD-chartered flights carrying more than 350 passengers have arrived at SEATAC to date. The first flight arrived March 19, bringing more than 230 family members. The second flight arrived today.

Presently, an estimated 6,800 family members are expected to arrive at SEATAC as part of Operation Tomodachi on 20 separate flights.

For more information on the voluntary authorized departure for eligible DoD family members from designated areas in Japan, read NAVADMIN 093/11 at www.npc.navy.mil.

All Sailors or family members who are in need of assistance should utilize the NFAAS support site at www.navyfamily.navy.mil to ensure the Navy can track and assess support requirements for all parties affected. Navy Fleet and Family Support Center has a 24-hour hotline available to provide family support information at 866-854-0638.

Homefront in Focus: Tragedy, Triumph; Courage and Cowardice

By Beth Wilson
Military Spouse Contributor

Have you been glued to earthquake and tsunami coverage from Japan? It's hard to view the footage of devastation and not be moved. It is difficult to watch the events at the Fukushima Daiichi power plant and not be gripped with concern. The world has not seen such events in our lifetime.

Originally I intended this column to inspire you with stories from Japan, to encourage us to take this teachable moment to review our disaster preparedness. However, in the last few days, I've become convinced this is not the time to make the story in Japan 'about us.' I'd like to tell you about an untold story of amazing commitment and courage.

Today we see another courage . . . we see the respectful, patient citizens of Japan wait in line hours for two bottles of water, then give one bottle away to someone they see in need. But there is another story of courage that is not fully appreciated or, perhaps valued, by the media.

I have a family member who is a nuclear engineer. He has given me regular updates from 'within' the nuclear

community on the efforts at the Fukushima Daiichi power plant. He tells me of dedicated workers at a crippled nuclear power plant, so committed to protecting life and community, fighting with all their knowledge, wisdom, education and strength to bring those reactors back to safety – at their own peril. Courage.

I'd like to share with you the texts from my family member . . . his insight into an amazing group of men. In the early hours he shared with me some of the culture of the people of Japan and those at the nuclear plant, "The Nipponese are smart people and they value life and community. They won't give up without a good fight. They have brought some of the best from Europe and the US." Did that jump out at you? Their culture values life and community?

As the news media seemed to feel a need to find villain, dispersion was cast against both the government of Japan and TEPCO, owner of the plant. Here is a text with a different perspective, "It is a serious situation – can't just shut off like a light bulb. Culturally they like to fix a problem then tell about it."

We all know conditions con-

tinued to deteriorate and Wednesday I received this test, "Pray. These folks are going to die working to cool this [reactors] off. Several are over dosed and will be sick shortly . . . just could not get enough water fast enough. Employees are volunteering for death runs to turn on water valves and pumps. Much respect to these folks"

And three days ago I received this, "They are beyond exhausted yet they keep showing up to the fight..."

Much of the American media has now turned this into a story about "us." It is not about us, about our earthquake vulnerabilities, about our nuclear power plants. It is about JAPAN! There will be a moment to assess and learn lessons from these events, but that moment is not now. People are without food, water and shelter - nothing we are missing - and we're making this event about us? One-hundred, eighty men have pledged to fight radiation to their death - and without a miracle they will die - that others will live. Courage, amazing courage.

I am not sure why there has not been a drive for funds to help the people of Japan but they need our support.



Beth Wilson

Please give generously to the Red Cross (www.redcross.org or text 90999 for \$10 donation); the Salvation Army (www.salvationarmyusa.org or text 80888 for \$10 donation) or Samaritan's Purse (www.samaritanspurse.org) - three highly rated and highly effective relief organizations.

And please join with me in praying for the people of Japan and especially the workers (and family members) at Fukushima.

Connect with Beth on Twitter (@Beth_Wilson), Facebook or email her at beth@homefrontinfo.com. Check out her new eZine at www.enlisted-spousecommunity.com.

Do you crochet or knit?

The Navy Marine Corps Relief Society is looking for six individuals who can crochet or knit and might be interested in volunteering with their Layette Program. The small afghans made by their volunteers are given to the attendees of the NMCRS monthly Budget for Baby Workshop. They are included in the free Junior Sea Bag that is issued after attending the workshop. Active duty, retirees, civilian personnel and family members are welcome to consider volunteering with this program. Interested individuals can reach Alice Huffman at 228-871-2610.

NEX systems celebrates 65th anniversary

From NEX Public Affairs

The Navy Exchange System will celebrate its 65th anniversary April 1. Over the past 65 years, the NEX has worked diligently to support Sailors and their families around the world.

"The Navy Exchange System has changed over the years, but the one thing that hasn't changed is our mission to serve our military service members and their families," said Rear Adm. (Sel) Glenn Robillard, Commander, Navy Exchange Service Command (NEXCOM). "We are part of the Navy and proudly serve alongside our service members wherever we're needed. We have been an important benefit for the past 65 years and will continue to be for many years to come."

NEXs have come a long way since the days when bumboats sold their wares to Sailors aboard Naval vessels in the 1800s. Back then, Sailors had to depend on these unreliable boats to get their personal items while aboard ship. Unfortunately, goods sold by the bumboats were typically inferior and sold at very high prices. As an alternate to bumboats, many Navy ships operated canteens so that the money spent by the crew members stayed on the boat to improve the quality of the food served by the general mess. The first canteen opened on board USS INDIANA in 1896.

By 1909, the Naval Appropriations Act established the first official resale activity, the Ships Stores and Commissary Stores. The act allowed the Navy to procure and sell merchandise to Navy and Marine Corps officer and enlisted men and to civilian employees at naval stations outside the continental United States and Alaska. In 1925, the Ships

See NEX page 24

No Butts about it! . . .
NCBC is a No Litter Zone!
Pitch In! . . . Use the Bin! . . .

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From NMCB 11 page 8

ficer of NMCB 11 expressed his gratitude and pride in the Seabees under his command with the following statement. "NMCB 11's 2010-2011 Pacific Deployment was a marathon, and our Seabees ran it with the utmost professionalism and focus on safety and quality. We were able to hone our construction skills in all the trades. I

was truly amazed at the level of camaraderie and morale of our Seabees across the entire battalion. We finished strong and left an enduring legacy as Seabee Ambassadors across the vast expanse of the Pacific. The "Lucky" ELEVEN Seabees can be justifiably proud of their accomplishments, having lived up to our motto of "Constructing the Future, Remember-

ing the Past!"

The Seabees of NMCB 11 will have some well-deserved time to relax and refresh before beginning what is shaping up to be a busy homeport. With all the experience gained during the PACOM deployment of 2010-2011, the Seabees of NMCB 11 are better prepared to handle anything that may come in future deployments.

Questions on Recycling? Call CBC Recycling at 228-871-4738

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From NEX page 23

Service was created to provide Navy crew members nearly any legal article of merchandise without the profit restrictions placed on the Ships Store. However, these Ships Services had no foundation in law.

It became clear by 1942 that there was no need or space for two ships service type stores aboard Navy ships. A recommendation was made to the Chief of Naval Operations by the Supply Officer, U.S. Atlantic Fleet to merge the two stores into one official ships store operation. The recom-

mendation was accepted and by 1944, the Secretary of the Navy made the establishment of the merged stores mandatory on all ships that had a supply officer and permissive on all Naval activities.

Ships Service Stores ashore also began steps towards centralization in 1945 when a committee was formed to study the resale activities. The recommendation of the committee, headed by Capt. Wheelock H. Bingham, SC, USNR, was that all resale activities be operated like a large chain of retail stores and that a central office be established to oversee

the operation of the Navy Resale System. The new central office for the Navy Ships Store Office was established in Brooklyn, N.Y., April 1, 1946. This office was later renamed NEXCOM and relocated to Virginia Beach, Va., in 1993.

Today, NEXCOM provides oversight for 102 NEX complexes with nearly 300 stores, as well as Navy Lodges, ship's stores and the Uniform Program Management Office. Worldwide, the Navy Exchange System employs over 14,000 associates, 27 percent of whom are military family members.

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ITT continued

Discover the ultimate Rock 'N' Roll experience at Graceland May 28-30. The full Graceland experience will take you from Elvis' humble beginnings through his rise to superstardom. Enjoy video, photos, Elvis' personal mementos, memorabilia, stage costumes and much more. Tour includes an audio-guided tour of Graceland Mansion and grounds, a self-guided tour of Elvis' custom airplanes, automobile museum, his Hollywood exhibit, Elvis Lives: The King and Pop culture exhibit, and many others. Call ITT at 228-871-2231 for prices. Sign up by May 20, minimum of 10 for trip.

Anchors and Eagles

This Wi-Fi hotspot is located in building 303 near the Pass Road Gate. Open Tuesday - Thursday from 2 - 9 p.m.; by reservation all other days. With a rental fee of only \$25/hour, why wouldn't you call and book your special event at A&E? Call 228-424-6892/228-871-4750.

Beehive Lounge

Located in building 352, the Beehive Lounge has a lot in store for you this month! Come see the new dart room! "Slave to the Day" performs LIVE April 16 at 8:30 p.m. along with the Bud Girls. Live DJ on site April 9 from 7 - 11 p.m. Call 228-871-4009/228-871-4750.

Outdoor Recreation

ODR is setting sail to Ship Island. Bring your fishing pole, coolers, and sunscreen. Let's enjoy the waves and sandy beaches or explore Fort Massachusetts. Last day to sign up is April 3, and we must have a minimum of 10 people for trip.



Seabee Day 2011 . . . a celebration of the U.S. Navy Seabee on board Naval Construction Battalion Center. Seabee Day will take place March 26 from 9 a.m. to 4 p.m. at the MWR grass athletic fields and will feature a one mile and 5K run (note: run begins at 8:15 a.m.), festival atmosphere, games, fun, food, free carnival rides, car, truck and motorcycle show, musical guests and much, much more. This community event is FREE and OPEN TO THE PUBLIC. Everyone is invited on board for a first-hand look at the Navy's construction engineers and many other military unit displays. Seabee Day 2011 highlights the mission and accomplishments of

the men and women of the Naval Construction Force, affectionately known as the Seabees. There will be a Welcoming Ceremony at 10 a.m. with a parachute team from Gold Coast Skydivers performing a jump bringing in the American Flag. Midnight Magic will kick off the musical entertainment at 10:30 a.m. with some good classic rock and country music. There will be a Chicken Wing Eating Contest at noon in front of the main stage. Red Room Arrangement will be on stage at 12:30 p.m. performing pop and rock hits. Cozy Corley and the Debonairs will be on stage performing Jazz, Motown, Pop and R&B at 2:30 p.m. The Broad Ave and Pass Road gates will be open for visitors to use. For a full list of events and sponsors, please go to www.seabeeaday.org.

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Healthy Snacking: A Slimmer Dipper for Hummus

(NAPS) — A crunchy California endive leaf filled with a dollop of creamy chickpea hummus makes a great guilt-free snack. The contrast of the creamy hummus, lightened with olive oil and lemon, and the crisp endive leaf is both refreshing and delicious.

Easy to make, lighter, fresher-tasting chickpea hummus, made without the tahini, a rich sesame paste, shows off its versatility in the basic recipe, plus four simple variations: roasted red pepper and walnuts, curry powder and grated ginger, avocado and cilantro, and grated Parmesan and sun-dried tomatoes.

Keep one or all on hand for a casual get-together, cocktail nibbles or snack attack.

The perfect slimmer dipper, California endive leaves are ideally shaped. They easily glide through a bowlful of dip or safely cradle a spoonful of dip without the threat of drips or spills.

Endive — Just One Calorie Per Leaf

At approximately one calorie per leaf, and with an impressive nutritional profile of vitamins A, B, C and K, beta-

carotene, potassium and fiber, the concept of substituting California endive leaves for more-caloric chips and crackers is a no-brainer for the health-conscious savvy cook. Because the cost per pound of endive is cheaper than most chips and crackers, it's a less expensive choice as well.

Each head of California endive has about 15 leaves that are large enough for dipping. To prepare the leaves, slice about ½ inch from the base of each head and carefully separate the leaves. As each layer of leaves is separated, cut thin slices from the base until all the larger leaves are released. For extra crispness, give the leaves a 10-minute soak in a bowl of ice water. Drain, pat dry and store in a plastic storage container or food storage bag. Save the tightly packed endive hearts for a vegetable stir-fry or salad.

Because endive keeps much longer than other lettuces (10 to 14 days), there's even more reason to add American-grown California endive to your shopping list of refrigerated staples.

Light Lemon and Dill Hummus

1 can (15–16 ounces) chickpeas, rinsed and drained

3 tablespoons fresh lemon juice

2 tablespoons chopped fresh dill

1 garlic clove, chopped

½ teaspoon salt

½ cup extra virgin olive oil

3–4 heads California Endive, stem-end trimmed, leaves separated, hearts reserved for other use

Process chickpeas, lemon juice, 1 tablespoon dill, garlic and salt in food processor to rough puree. With motor running, gradually add the oil and process until mixture is creamy. Mound a heaping teaspoon into each endive leaf and sprinkle with remaining dill.

Variation:

Hummus with Avocado and Cilantro

Omit the dill from Basic Recipe and use lime juice instead of lemon juice. Add 1 peeled and pitted ripe avocado, 2 tablespoons coarsely chopped cilantro and 2 teaspoons chopped jalapeño, or more to taste, to Basic Recipe and proceed as directed. Garnish with cilantro leaves.

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A reminder from

NCBC Safety . . . Motorcycle Safety Training is mandatory for all Sailors who ride motorcycles. Sign up on line at: <http://www.navymotorcyclerider.com> or call NCBC Safety at (228) 871-4343 if you have questions. In order to improve the skills and knowledge of motorcyclists, it's

mandatory for all Sailors who are motorcycle riders to attend motorcycle safety training courses. Courses are available at no cost. There are three types of courses:

Basic Rider Course (BRC): A two day course required for all military who ride motorcycles. Then depending on the type of motorcycle owned the next class is either:

Experienced Rider Course (ERC): A one day course for standard cruiser or touring motorcycle greater than 500cc. Must complete no later than three years following BRC.

Military Sport Bike Rider Course (MSRC): A one day course required for all sport/touring bike riders. Must complete no later than 60 days following BRC.



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GULF COAST USO
3001 6th St., Building. 306,
(228) 575-5224
Office hours: Monday-Friday,
8 a.m. - 5 p.m., Saturday,
11 a.m. - 7 p.m., (Closed Sundays)



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.

Daily Mass: Monday-Friday, 11:15 a.m.

Protestant Service: Sunday, 10:30 a.m.

Protestant Sunday School, 9 a.m.

Center Chaplains:

**Lt. Cmdr. Michael Brown,
Protestant Chaplain**

**Lt. Yoon Choi
Protestant Chaplain**

**For information concerning other faith groups,
call the chapel office at (228) 871-2454**