

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

May 29, 2014



Soccer Field Ribbon Cutting
June 4, 3:30 p.m.
8th Street and Colby Avenue



A time to remember



A Naval Mobile Construction Battalion (NMCB) 11 family participates in the time-honored tradition of placing American flags at the grave sites of the more than 18,000 veterans who are laid to rest at Biloxi National Cemetery during Memorial Day weekend. The 54-acre Biloxi National Cemetery was established in 1934, and serves over half a million veterans in Mississippi, Louisiana and Alabama. (U.S. Navy photo courtesy of NMCB 11/Released)

Left to right: Rear Adm. Katherine L. Gregory, Chief of Navy Civil Engineers, presents awards to Lt. Jeremy Potts, assigned to Naval Facilities Command Southwest; Lt. Cmdr. Dean Allen assigned to Naval Facilities Command Far East; Steelworker 1st Class Coogan Kennedy assigned to Naval Mobile Construction Battalion (NMCB) 11 and retired Cmdr. Fred Broome, employed with Marine Corps Logistics Base, Albany, during the Joint Engineer Training Conference in Orlando, Fla. (U.S. Navy photo/ Released)

NMCB 11 'Bee earns Marvin Shields honors

By MC1 Michael C. Barton
NMCB 11 Public Affairs

Steelworker 1st Class Coogan J. Kennedy received the Marvin Shields Award for calendar year 2013 during a ceremony in Orlando, Fla., May 21. In a Navy message dated Feb. 19, Kennedy was announced as the winner of the Marvin Shields Award by Rear Adm. Katherine L. Gregory.

Kennedy's exceptional leadership, management, and volunteer work were emphasized among the multiple reasons given for his achievement.

"Petty Officer Kennedy exemplifies the Seabee 'can do' spirit, for which Marvin Shields serves as

the ultimate example," Gregory stated in the message.

"This was a huge honor to receive this award, and without my fellow Seabees and superior chain of command it wouldn't have been possible," said Kennedy, who is assigned to Naval Mobile Construction Battalion (NMCB) 11.

The Award is named in honor of Congressional Medal of Honor Recipient, Construction Mechanic 3rd Class Marvin G. Shields.

It is presented in recognition of the Seabee who has made extraordinary contributions to the mission of the Naval Construction Force and has upheld the highest traditions and legacy of the U.S. Navy Seabees over the past year.

NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
Editor
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Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
Special Contributors
 CE2(SCW)
 Courtney Demastus
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Capt. Paul Odenthal, NCBC Gulfport commanding officer, shares petty officer advancement results with personnel on board Naval Construction Battalion Center (NCBC) Gulfport before kicking off the annual 101 Critical Days of Summer Safety Standdown, May 22. During the standdown, base personnel visited 10 different interactive stations which emphasized off-duty recreational safety, as well as general safety. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

Boatswain Mate 3rd Class James Hill, discusses boating safety and answers questions about the U.S. Coast Guard for Fleet and Family Support Center (FFSC) staff during the 101 Critical Days of Summer Safety Standdown, May 22. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



A service member assigned to Naval Construction Battalion Center (NCBC) Gulfport takes a ride on the "Seat Belt Convincer" during the annual 101 Critical Days of Summer Safety Standdown, May 22. The Seat Belt Convincer demonstrates the effects of coming to a sudden stop at approximately 8 to 10 miles per hour. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

NCBC Summer Safety Standdown



Command Master Chief Mark Thomas, NCBC Gulfport, attempts the drunk goggle simulator obstacle course during the 101 Critical Days of Summer Briefing on board the Center, May 22. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Congratulations to the newest crop of Navy petty officers! Bravo Zulu!





Cathy Ladner, left, and Edie Smith, soft line managers at the Navy Exchange (NEX) Gulfport give advice to participants on how to purchase professional wardrobes on a budget at a class hosted by Fleet and Family Support Center (FFSC) on board NCBC Gulfport, May 21. For more information on classes offered by FFSC call 228-871-3000 (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



CEC/Seabee Historical Foundation President William Hilderbrand presents Capt. Paul Odenthal, NCBC Gulfport commanding officer, with a cased 1942 Camp Peary Virginia cushion cover at the Seabee Heritage Center on board NCBC Gulfport, May 19. The donation was made by Seabee Veteran Builder 3rd Class Robert Snow and will be displayed in the Gulfport Seabee Heritage Center. The Heritage Center is co-located with the Seabee Museum Store. They are open Mondays-Fridays, 10 a.m.-4 p.m. Visit them in the Training Hall, building 446 or call 228-871-3619. To view items for sale in the store, visit: <http://www.seabeesmuseumstore.org/shop/index.php>. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

Morale Welfare and Recreation (MWR) sponsored a Powerlifting Competition, May 17 in the Fitness Center where Thomas Taylor, 21, and weighing 161 pounds, bench pressed 275 pounds, squatted 375 pounds and deadlifted 365 pounds for a total weight of 1,015 pounds. Taylor won 1st place in his weight class and was the overall winner of the competition. Joseph Kaisen, 24, and weighing 210 pounds, bench pressed 255 pounds, squatted 375 pounds and deadlifted 380 pounds for a total weight of 1,010 pounds. Kaisen won 1st place in his weight division and 2nd place overall. Josh Geddis, 26, and weighing 181 pounds, bench pressed 275 pounds, squatted 315 pounds and deadlifted 375 pounds for a total weight of 950 pounds. Geddis won 1st place in his weight division and 3rd place overall. (U.S. Navy photo courtesy of MWR/Released)



NCBC Frames

FREEZE

FRAME

**Religious Program Specialist 3rd Class
Jamar Pegues
NMCB 11**

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

JP: When I was allowed to participate in the Marines' Corporal's Course on deployment in Horn of Africa (HOA). The Marine course taught me about how to conduct myself as a non-commissioned officer

(NCO) in the United States military. The course also taught me how to communicate and lead properly. The instructors took their time and made sure everyone in the class understood the importance of this new role. Corporals' course also gave me the opportunity to interact with other services and

understand their customs and courtesies.

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

JP: The people around me motivate me to do the best that I possibly can.

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



JP: Follow the rules, and remember that there are some people in your command that want you to do your best.

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

JP: Not all RP's get to serve with Seabees so this will definitely be something I can talk about later in my career. Also they

deploy a lot so I get to see the world.

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

JP: YNC Drummond, helps me with military and also personal issues. Whenever I need to talk about either issue, he helps me or points me into the right direction to get it resolved.

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Buzz on the Street

By CE2(SCW) Courtney Demastus
NCBC Public Affairs

"After attending the 101 Critical Days of Summer Safety Standdown, what information was most helpful to you for planning summer activities?"



"The advice the Fire Department and paramedics gave about sunburn care."

YNSA Sherri Mercier
NCBC Gulfport
Hometown: Pinehill, N.J.



"Bouncy house safety. I didn't know they had to be anchored down before use."

UT2 Erin Burig
NCBC Gulfport
Hometown: Jacksonville, Fla.



"I need to drink even more water for the hot weather coming up."

EO3 Raphael Lee
NCBC Gulfport
Hometown: Austin, Texas

NCBC shows appreciation to Gulf Coast educators

By UTCN Alicia K. Fluty
NCBC Public Affairs

Gulf Coast educators came together with Capt. Paul Odenthal, commanding officer, NCBC Gulfport, and Kevin Byrd, NCBC Gulfport school liaison officer, for an Educator's Appreciation Awards Ceremony at the Heritage Center on board Naval Construction Battalion Center (NCBC), May 20. The event recognized 24 school personnel, including teachers, bus drivers, administrators, counselors, and military and family life consultants (MFLCs) that have worked hard to support military students.

According to Byrd, the selection process of educators to be recognized is in large part through the MFLCs who work at the schools. There are currently 10 MFLCs spread out all over the Gulf Coast working with approximately 20 schools.

"We get a list of educators' names and then we [Byrd and MFLCs] talk about them to see how each of them has helped our military children, because that's



Gulf Coast educators came together with Capt. Paul Odenthal, commanding officer, NCBC Gulfport, and Kevin Byrd, NCBC Gulfport school liaison officer, for an Educator's Appreciation Awards Ceremony held at the Heritage Center on board NCBC, May 20. The event recognized

24 school personnel, including teachers, bus drivers, administrators, counselors, and military and family life consultants (MFLCs) that have worked hard to support military students. (U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)

the most important thing," said Byrd.

Byrd added that some teachers go out of their way to support military children, such as helping start a Lunch Bunch Program at their school where the students have the opportunity to sit down for lunch in the school cafeteria with a MFLC and talk about things, such as a parent being deployed or any other personal issues. One school's principal has even helped set up a deployment club where military students meet at a certain time each week and they can talk about their parents being on deployment.

"Those [the ones that go out of their way and above what is requested of them] are the type of people we look forward to honoring," said Byrd.

During his opening remarks, Odenthal said the biggest concern a military parent has is where their kids are going to go to school, the house and the job are secondary. Odenthal said it is not about the school building or the test scores. It is about the people and how they take care of the kids.

"We truly appreciate that support across the board of what you do," said Odenthal. "Thank you

and that's why I think it is great that today we are going to recognize individuals within the local schools that do so much for our military children and have great interaction with our kids."

This is the second year NCBC Gulfport has recognized Gulf Coast educators who have gone above and beyond in supporting military children, and next year the MFLCs will be expanding to three more schools around the Gulf Coast.

For more information about military school programs, contact Kevin Byrd at 228-871-2117, or kevin.r.byrd@navy.mil.

Balfour Beatty Communities prepares to kick off 2014 Housing Survey

From Balfour Beatty Communities

At Balfour Beatty Communities, our primary goal is to provide quality housing and customer service so that our residents have a positive and enjoyable experience living with us.

In a few weeks, residents will be invited to give feedback on Balfour Beatty Communities (BBC) operations through our CEL Resident Satisfaction Survey. The annual survey is an important part of our continuous improvement program that helps us analyze performance and make any necessary changes and enhancements to ensure we consistently deliver quality service across all aspects of our community operations.

Topics covered in the survey include resident experience with leasing, community management, maintenance and quality of the homes.

All surveys are completely confidential and anonymous and residents are encouraged to provide open and honest insights.

"The Resident Satisfaction Survey allows us to see where we are excelling operationally and where there is room for improvement," said Courtney Collier, Community Manager for BBC. "We encourage all residents to complete the survey so that we may better meet their needs

as well as those of our future residents."

Surveys will be available at neighborhood events that will be hosted during the month of June. If you are unable to attend the events, please stop by the Community Management Office to pick up a survey or call us at 228-863-0424 and we will deliver one to your residence.

Completed surveys should be sealed in the postage paid envelope provided and either mailed or returned to the authorized locked mailbox located at the Balfour Beatty Communities Management Office. Residents who submit a completed survey by June 30, 2014 will be entered to win a prize. Residents that hand in a survey before June 15, will also qualify for a special Early Bird prize drawing.

The final day for residents to submit their completed Resident Satisfaction Survey is July 8.

Thank you in advance to all residents for their participation in the survey process—we look forward to receiving your feedback.

Balfour Beatty Communities Management Office
3502 East Eighth Street Building 452
Gulfport, MS 39501 228-863-0424

NMCB 25 honors the Fallen during Camp Phoenix Memorial Day service

By MC1 Patrick Gordon
NMCB 25 Public Affairs

KABUL, Afghanistan – Naval Mobile Construction Battalion Two Five (NMCB 25) gathered to honor the fallen of conflicts past and present in a ceremony at Camp Phoenix, Afghanistan, May 26.

After parading the colors and rendering honors, members of the battalion's First Class Mess spoke on the sacrifices of those who gave their lives in the defense of their nation.

"We acknowledge those who nobly gave of themselves, even unto death, for a purpose that they believed was greater than them," said Builder 1st Class (SCW/PJ) Michael Fleck. "We remember those who, even though they returned home, they left something behind, a part of themselves, and could not live with the memories of lost friends."

Fleck spoke on the history of the holiday, which officially began in 1868 following the carnage of the American Civil War. U.S. Army Maj. Gen. John A. Logan issued General Orders No. 11, which set aside May 30, 1868, for the decoration of graves for those who had fallen in combat. Throughout the years it has grown into a solemn remembrance of the sacrifice and duty of all American service members who lost their lives as a result of conflict.

"One day a year, if even for a few moments we should



Members of Naval Mobile Construction Battalion (NMCB) 25 flag detail prepare to parade the colors past a memorial display of an upturned rifle during a Memorial Day ceremony at Camp Phoenix, Afghanistan. The battalion performed honors throughout the day to honor the nation's fallen service members. (U.S. Navy photo by Mass communication Specialist 1st Class Patrick Gordon/Released)

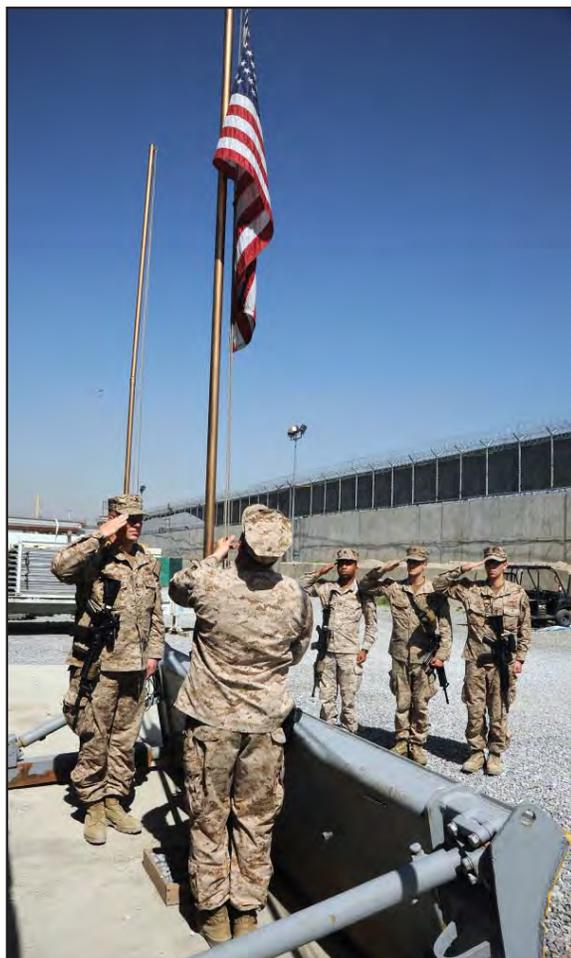
set aside the hectic business of our everyday lives, our screaming kids, bills due, taxes paid, all that life throws at us," said Fleck. "And as it is easy to forget the real significance of this day, remember. Remember on this day set aside, for us, for all of us to honor the brave men and women who have sacrificed their lives while serving in our armed services."

After Fleck's remarks, other members of NMCB 25 read the names of fallen. Those listed, reaching as far back as World War I, were all known to the battalion in some way or another. Some of those lost were friends, others family, but all shared a common bond as they were remem-

bered by those in attendance.

Of note were the names of three former members of NMCB 25 who were lost during the battalion's deployment to Iraq in 2006. Some currently deployed with NMCB 25 had served with the three, and remember their service and sacrifice quite well, eight years on.

"Not a day goes by that I don't think about it. It's tough to deal with and I don't think anybody came back [from that deployment] the same that they left," said Utilitiesman 1st Class (SCW) Scott Kallas of the loss of his comrades. "When they went out it was always . . . you know . . . You don't ever say goodbye. You go out and do your job



Master-at-Arms 1st Class (SCW) Timothy Martin lowers the National Ensign to half-mast while other members of Naval Mobile Construction Battalion (NMCB) 25 render salutes on Memorial Day at Camp Phoenix, Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

and come back safe. Stay as safe as possible. I mean if I could go back, I'd say don't go but they would have gone anyway."

"[I would like] to tell them how much they meant, all three of them. A day doesn't go by that I don't think about you. I know that they're in a

better place and they're doing everything that they would be doing here. We miss you."

With the solemn ceremony, NMCB 25 ensured that the sacrifice of their members, and all American service members, was not in vain, so long as their cause and their dedication are remembered.

Navy Expeditionary Combat Command Integrated Exercise

Capt. Stephen Revelas, commander, 22nd Naval Construction Regiment (22 NCR), conducts a mock interview after completing a key leader engagement for the Navy Expeditionary Combat Command Integrated Exercise (NIEC). 22 NCR completed the two-week exercise May 22, as the command and control element in charge of eight Navy expeditionary units from across the U.S. The exercise was the final certification for 22 NCR to be deployment ready. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)



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Naval Construction Group 2 special visitors



Above: (From left) Force Master Chief Christopher Levesque, Rear Adm. Katherine Gregory, commander, Naval Facilities Engineering Command, and Rear Adm. Mark Fung, deputy, Naval Construction Force, Navy Expeditionary Combat Command listen as Lt. Cmdr. Paul Magoulick explains standard operations at the technical trainer on board Naval Construction Battalion Center (NCBC) Gulfport, May 17. Levesque, Gregory and Fung visited Naval Construction Group Two (NCG2) areas and spoke with NCG2 Sailors during the two-day visit. Right: Chief Engineering Aide Rusty Sitter explains how battalions use the technical trainer for qualifications to Rear Adm. Gregory, during her visit to NCBC Gulfport. (U.S. Navy photos by Chief Mass Communication Specialist Athena Blain/Released)



Catching up with NMCB 1 during PACOM deployment



Left: Seabees with Naval Mobile Construction Battalion (NMCB) 1 conduct construction operations including concrete placement, masonry block construction and electrical work. NMCB 1 is currently deployed to several countries in the Pacific area of operations and three sites in the United States. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

Above: Fleet Master Chief April Beldo speaks with Sailors after an all-hands call at Camp Shields in Okinawa, Japan. Chief of Naval Personnel (CNP) Vice Adm. Bill Moran and Beldo fielded questions and discussed topics such as petty officer advancement, uniform matters and the Enlisted Early Transition Program, May 21. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

Focus on Education

NCBC Sailors take part in Navy VOLED "My 5 Words" campaign



Construction Electrician 2nd Class Courtney Demastus and Ship's Serviceman 3rd Class Carrington Sherman, assigned to Naval Construction Battalion Center (NCBC) Gulfport, participate in Center for Personal and Professional Development's (CPPD) My 5 Words campaign, celebrating the 40th anniversary of the Navy Voluntary Education (VOLED) program.



The campaign offers Sailors an opportunity to express why they have participated in VOLED while on active duty. For more information about the CPPD, visit: <https://www.netc.navy.mil/centers/cppd/> and www.navy.mil/local/voledpao/. (U.S. Navy photos by Utilitiesman Constructionman Alicia Fluty and Chief Mass Communication Specialist Ryan G. Wilber/Released)

Coastline Community College Registration

Registration for Coastline Community College's summer term is open until June 9. The summer term runs June 15 - Aug. 10. Additional information can be obtained by calling Dr. David Drye, 228-871-3439, ddrye@coastline.edu or by visiting the Navy College Office in building 60, room 239.

NCBC School Liaison

Officer Kevin Byrd is located at MWR, Building 352, 1706 Bainbridge Ave., Phone: 228-871-2117, Email: kevin.r.byrd@navy.mil

Armed Forces Kids Run



In honor of Armed Forces Day, May 17, children from families of all branches of the military participated in world-wide Armed Forces Kids Runs. Youth on board Naval Construction Battalion Center (NCBC) warmed up and stretched before running distances which were designated by age. For their hard work and participation, each child received a free T-shirt. (U.S. Navy photo courtesy of MWR/Released)

Commissaries offer tips for selecting quality produce



By Jessica Rouse
DeCA Public Affairs Specialist

Warm weather offers shoppers a vast assortment of colorful, fresh fruits and vegetables, and the commissary has a few tips to help pick some of the more popular spring-summer produce items.

"It's been a plentiful year for many items ranging from asparagus to strawberries, so now's a good time to highlight what to look for when selecting them, said Bridget Bennett, the Defense Commissary Agency's produce category manager.

Asparagus: Look for smooth skin, bright green color, compact heads and freshly cut ends. Look for asparagus that is as green (or purple or white in the case of purple or white varieties) as possible to up your chances of biting into tender spears.

Cherries: Sweet cherries, including the popular Bing and Rainier varieties, are available from May to August. Sour cherries have a much shorter season and can be found for a week or two in the middle of June in warmer areas and as late as July and August in the colder regions.

If possible, taste the cherries before you buy them. Sweetness varies from farm to farm and week to week. Always look for shiny, plump cherries with fresh, green stems and dark coloring for the variety.

Grapefruit: Grapefruit is at its best in late winter through early summer. As with all citrus, choose fruits that are heavy for their size.

New potatoes: New potatoes are freshly harvested young or small potatoes. They have paper-thin skins and lots of moisture inside, and they tend to be sweeter than older potatoes. New potatoes are pure perfection in potato salad or simply boiled with a bit of butter and a few chopped herbs. Look for new potatoes in the spring and early summer.

Peas: Fresh green peas – straight off the vine and right out of the pod – are a fabulous feature of spring and early summer eating.

Radishes: Radishes are available year round, but in temperate climates their natural season is spring and summer – that is when they are at their sweetest and best.

Strawberries: Strawberries

are the first fruit to ripen in spring and early summer. Perfectly ripe strawberries are best eaten out of hand, but they also make great additions to salads and plenty of desserts. Choose brightly colored, dry, firm, shiny, plump berries that still have fresh-looking green caps attached. Avoid soft, dull-looking or shriveled berries. Since strawberries do not ripen after being picked, avoid berries that are partly white or otherwise unripe. It may seem obvious to say, but strawberries should smell like strawberries. Take a whiff before you buy.

"Knowing what to look for when shopping for produce is very important, especially for people who may be interested in trying something for the first time," said Bennett. "Our produce associates are always glad to answer any questions customers may have about how to choose."

NCBC Gulfport Commissary hours:

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

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'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

An annual dose of dirt

I've got dirt under my fingernails. There's a blister the size of Delaware on my thumb. My face is sunburned in a distinctive raccoon pattern around my sunglasses. I'm walking with slight limp, thanks to the pain in my knee from too much squatting.

This happens to me every spring. As the bees begin to buzz, I get the bug to plant things in my garden. The grocery stores display flats of pansies outside the entrances and the hardware stores offer specials on grass seed, and I find myself heaping my cart with annuals, perennials, shrubs, vegetables and herbs.

We moved into base housing at Naval Station Newport, Rhode Island last July, too late to plant. So this spring, as soon as winter gave up its death grip on the soil, I was ready. I dropped a pretty penny at the local Garden Center, and informed my husband that we had to dig out the overgrown shrubs running along the driveway of our base house.

We found our shovels that hadn't been unpacked since our last move, and went to work. We thought we'd lever the root ball of each shrub out with a few scoops of the shovel, but of course, the overgrown plants wouldn't budge. One inch under the topsoil was a complex tangle of woody roots and random rocky deposits, the removal of which could have warranted



the use of combat grade explosives.

For an hour, we chopped, hacked, tugged, and pulled, but still hadn't uprooted the first shrub, despite spewing every expletive in the book. We guzzled water between breathless attempts, as sweat soaked through our shirts. My husband began grunting and groaning with every heave of the shovel, like a middle-aged male version of Monica Seles. Finally, the last stubborn root broke free, and we triumphantly hurled the severed bush away.

One down, only five more to go.

Needless to say, the next day after we removed all six shrubs and two diseased rhododendrons, my husband and I could barely walk. It took me a week to recover enough energy to plant the new perennials I'd purchased at the Garden Center, and my knee still feels like it's going to buckle like some kind of hyperextended Barbie Doll leg.

This week, I finally managed to get everything in the ground, the pots, and the window boxes, and

although it doesn't exactly look like the recreation of Epcot that I'd imagined, I've satisfied my annual spring gardening fix.

Thankfully, my horticultural urgings are more about the process than the end result.

Every spring, I crave the catharsis of digging in the dirt, and long to revive my hibernating muscles with the rigors of yard work. I can smell the aroma of freshly mulched borders, see the hues of artistically arranged beds, and taste the refreshment of a cold beer after a long day outdoors. I envision myself, in a flowered sundress and straw hat, walking through my abundant garden barefoot on a hot midsummer day, placing my own freshly cut flowers, aromatic herbs, and plump vegetables into a basket.

Come summer, it never quite turns out the way I'd hoped, and I usually find myself totally dumbfounded when my tomatoes suffer from bottom rot and my azaleas have blight. My thumb might be blistered, but unfortunately, it isn't green. But let's face it, I can buy whatever I want at a grocery store. And besides, when it comes to the fulfillment of gardening, I've been paid back in spades.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @MolinariWrites

Health Watch

Did You Know?

You can sign up for electronic TRICARE information updates

Courtesy of Naval Branch Health Clinic Gulfport

As part of the Department of Defense's (DoD's) efforts to reduce health care costs and "go green" by cutting down on the use of paper, you will receive e-mail messages from the Defense Manpower Data Center directing you to milConnect to get correspondence about your TRICARE benefit. Just provide your e-mail address in milConnect and opt in to receive eCorrespondence for important information about your TRICARE benefit. Up-to-date information and correspondence is always available on milConnect, so check back frequently.

To sign up for eCorrespondence to get these e-mail notifications:

- ~ Log in to milConnect. A Common Access Card, Defense Finance and Accounting Service myPay PIN or DoD Self-Service Logon is required. For more information about how to log in to milConnect, visit <https://myaccess.dmdc.osd.mil>.
- ~ Click on the "My Profile" menu.
- ~ Select "Update and View My Profile."
- ~ Add your primary and alternate (if available) e-mail addresses.
- ~ Select "Yes" next to each e-mail address.
- ~ Save your information by clicking "Submit."

Once you are registered to receive eCorrespondence, you will get an e-mail message from milConnect each time you have a letter or other information available to read online.

To view your eCorrespondence:

- ~ Log in to milConnect.
- ~ Click on the "eCorrespondence" menu.
- ~ Select "Read eCorrespondence."

If you have any issues with accessing eCorrespondence, please refer to the Frequently Asked Questions (FAQs) to resolve your issue. You can also send an e-mail to for assistance to DMDCeCorrespondence@mail.mil. Include the approximate time you visited the eCorrespondence page in your e-mail.

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account (www.relay-health.com) to contact or follow-up with your provider.

Fraud, Waste and Abuse Hotline

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

NCBC Helping Hands

WEST ELEMENTARY SCHOOL FIELD DAY VOLUNTEERS - West Elementary School, 4051 15th Street, Gulfport, needs volunteers to help at their Field Day May 30, 8 a.m. - 1:30 p.m. If you can help with judging and organizing races and contests, you are asked to report to the school at 7:45. Rain or shine, Field Day will be held. For more information, call 228- 870-1025.

RAIDERS OF THE LOST ARK, THE ADAPTATION The makers of "Raiders of the Lost Ark, The Adaptation" need skilled sheetmetal workers and non-skilled workers to complete their movie set. All tools and materials will be provided. The work is being done at 14308 Liz Payton Road, Vancleave. Volunteers are needed ASAP. Also qualified medical personnel are needed during film shooting the week of June 7. Point

of contact is Chris Strompolis, producer, 323-370-3260.

HARRISON CENTRAL HIGH SCHOOL - Volunteers are needed to build lockers for the HCHS volleyball team's locker room. Plans, tools and supplies will be provided. Project needs to be completed before the season begins in August. Point of contact is Lisa Sigworth, 228-326-7674.

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

LONG BEACH HIGH SCHOOL MENTORSHIP INITIATIVE - Long Beach High School is seeking 200 volunteers to serve as

mentors at LBHS by May 2015. Mentor training will take place at the end of this school year and each volunteer will receive a Mentor Handbook to assist in preparing students for success. To participate in this project please complete a Long Beach High School Volunteer Application and e-mail the school at vivian.robinson@lbsdk12.com or contact LBHS Principal Peter Dabbs at 228-863-6945 for more information.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military

experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

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

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteer-

ing at the store are asked to call 228-871-2610.

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

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

SEE SOMETHING, SAY SOMETHING



Report Suspicious Activity To:

Roy.wertz@navy.mil (228) 871-2105

Ronald.perry1@navy.mil (228) 871-2104

On Base Call, (228) 871-2361, Prompt #3

Off Base Call, 911



Boo Bash Haunted Trail

The City of Gulfport is planning to hold their annual Halloween event, "Boo Bash" Oct. 25, and they are asking clubs and organizations interested in building a haunted trail in Jones Park to contact them. Point of contact for more information is Brittany Dyess at 228-868-5881.



Seabee Memorial Chapel

Religious Services
Sunday:

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



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

For more information about Chapel programs, please call the Chapel at: 228-871-2454

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

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m.

(childcare available via volunteers)

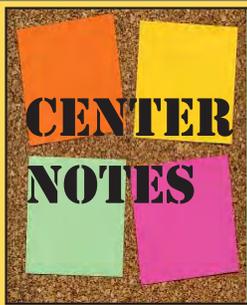
Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings
The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Feb. 3, May 5, Aug. 4 and Nov. 3.



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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

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 Cen-

ter. Children are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

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

Gulfport Officer's Spouse Club The Gulfport 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, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsofamerica.org for more information on NWCA.

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

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

TRAINING

Naval Sea Cadets

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

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center class-

room. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

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

VFW Post 3937 Long Beach 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 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

The Ladies Auxiliary to the VFW Post 3937 Long Beach would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

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

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

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

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information. **Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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



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

Free services:

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

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

For the latest NCBC info, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



**FITNESS CENTER
EXTENDED POOL HOURS!**

Call (228) 871-2668
for more information.
Monday-Friday
5:30 a.m. – 7 p.m.
Saturday-Sunday
9:30 a.m. – 4 p.m.

**AUTO HOBBY SHOP
6 NEW OPERATIONAL LIFTS**

Call (228) 871-2804
for more information.

**VEHICLE STORAGE
11 NEW 40' SPOTS!**

Call (228) 871-2804
for more information.

FITNESS CENTER

**POWERLIFTING COMPETITION
5/17/14 10:00 A.M.**

AQUATICS

NEW POOL HOURS!

**SWIM CLUB
MONDAY-THURSDAY
11 A.M. – 1 P.M.**

CDC

**TRANSITION TO KINDERGARTEN
5/16 @ 9:30AM
TRAINING HALL
MOTHER'S APPRECIATION TEA
5/19 @ 2:30PM**

CONTACT US!

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th 10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251		
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

OUTDOOR RECREATION

**MAY SPECIAL
TURF MAINTENANCE PACKAGE
ONLY \$10/DAY**

BEEHIVE

**COME HAVE FUN AT THE BEEHIVE!
DARTS, POOL,
7 TVS, MUSIC AND MORE!**

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**INFINITY SCIENCE CENTER TICKETS
ONLY \$6!**