

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 55 No. 7

Naval Construction Battalion Center, Gulfport, Mississippi

February 26, 2015

Chief of Civil Engineers celebrates 73 years of Seabee history with Camp Lemonnier 'Bees



Chief of Civil Engineers, Rear Adm. Katherine Gregory, center, delivers remarks during 73rd Seabee Birthday Ball at Camp Lemonnier, Djibouti. Gregory and Seabee Force Master Chief Christopher Levesque

are conducting site visits throughout the European Region to assess various engineering support facilities and bases. (U.S. Navy photo by Mass Communication Specialist 1st Class Julia A. Casper/Released)

See page 6 for coverage of Rear Adm. Gregory's site visit to Naval Station Rota

NCBC

Commanding Officer

Capt. Paul Odenthal

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Mass Comm. Specialist

MCCS(SCW/SW)

Jeffrey Pierce

Special Contributors

CE3 Dustie Bond

BUCN Samantha Opyoke

BUCA Elizabeth Mills

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeecourier@navy.mil.

Eight ways to boost resilience between military couples

By Jenny Collins

Naval Center for Combat & Operational Stress Control Public Affairs

The Naval Center for Combat & Operational Stress Control (NCCOSC) facilitates research and develops evidence-based programs that provide Sailors and Marines with important tools to build and maintain resilience.

As service members build resilience, military couples can also take steps to boost their resilience as well.

Military spouses and significant others play an important part in offering encouragement and support to today's service members.

With a military career that often includes deployments and extended separations, military couples must work harder at being able to withstand, recover, and grow together in the face of stressors, adversity, and changing demands.

Below are 8 ways military couples can improve their resilience.

1. Maintain Your Connection.

Being apart can be tough. By figuring out a system of regular contact, couples can build a strong foundation of open communication. It's best to time conversations about upsetting issues as to not overwhelm your partner. Open conversations should still consist of an overall positive and supportive tone.

2. Reshape Interpretation.

Some highly stressful life events are inevitable in military life. One cannot change when or how these events happen, but couples can certainly shape their attitudes to best react and respond. Use flexible thinking to place some perspec-



tive on the situation.

3. Remain Optimistic. Maintaining optimism in the face of stressors is a couple's best chance to move forward during stressful times. Try to envision what you both want instead of worrying about what you're both scared of.

4. Trust. Discuss in detail your expectations of one another on the homefront and while you are apart. Work together to find ways to maintain trust. Talk about concerns but don't dwell on them. Focus on how to work past them.

5. Take Care of Yourself ... and Each Other. Set aside a couple of minutes a day to decompress. Meditation is a great tool to alleviate stress. Make sure that your partner is doing the same or offer ways to help one another. Taking care of yourselves helps keep your minds ready to deal with situations that require resilience.

6. Understanding. If you and your partner are in the middle of a conflict, focus on what is upsetting you and vice versa. Try to disregard what caused the

fight. Concentrate and work together to find the solution. This type of behavior control will be much more effective.

7. Create and Work Towards Goals Together. Couples who have common goals are often more successful in their relationship. Develop realistic goals with deadlines. Even completing small accomplishments can help improve your relationship.

8. Professional Help. It's important to recognize that unresolved relationship problems have the potential to impact a service member's well-being and focus on the job. If the stress of military life becomes overwhelming for either party, don't hesitate to seek help from a support group, counselor, clinician, or chaplain. Reaching out for support can help you manage any reaction and boost your resilience.

Resilience is very effective in helping our active duty population manage operational and combat stress, both in their work life and their home life.

At NCCOSC, we envision a future of innovative and relevant research that will increase our knowledge of psychological health. The knowledge that is gained will ultimately contribute to the readiness and resilience of our Sailors and Marines as they face the future challenges of military service.

For more information about NCCOSC, visit www.nccosc.navy.mil.

Service members on board Naval Construction Battalion Center (NCBC) Gulfport may contact Fleet and Family Support Center (FFSC) at 228-871-3000 or Seabee Memorial Chapel at 228-871-2454 for information on programs that are available to assist them.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Safe Helpline
Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

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



NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal signs the 2015 Military Saves Campaign Proclamation, as Fleet and Family Support Center (FFSC) Personal Education Specialist Saudi Rodgers looks on during the Military Saves kick off and resource fair at the Fleet and Family Service Center on board NCBC Gulfport, Feb. 23. Military Saves is part of the DoD's Financial Readiness Campaign created to persuade, motivate and encourage military families to save money every month. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Chief Engineman David Boulter, left, practices a drag carry with Utilitiesman 3rd Class Annetta Duff during Expeditionary Combat Skills (ECS) training on board NCBC Gulfport, Feb. 19. Students enrolled in ECS will apply these skills during a practical exam on Feb. 20. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Chief of Naval Operations' Ombudsman at Large, Martha Fallar meets with enlisted and officer spouses for an informative conversation at Heritage Center on board NCBC Gulfport, Feb. 20. Ombudsmen-at-Large act as a focal point for the flow of information from Navy Ombudsmen, Sailors, and their families to the CNO and serve as an advocate for the Navy Family Ombudsman Program. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Above: A 34-foot patrol boat is under cover at Construction Equipment Division (CED) on board Naval Construction Battalion Center (NCBC) Gulfport. CED is performing upgrades to the boat which is operated by Coastal Riverine Squadron EIGHT out of Newport, R.I. Left: Heavy Mobile Equipment Operator, Adam Williams, a Construction Equipment Division (CED) employee, replaces wiring in a patrol boat on board NCBC Gulfport. The upgrades being performed by CED are expected to increase service life by as many as five years. (U.S. Navy photos by Builder Constructionman Samantha Opyoke/Released)

CED upgrades patrol boats on board Center

By BUCN Samantha Opyoke
NCBC Public Affairs

Navy Expeditionary Combat Command (NECC), has entrusted personnel assigned to the Construction Equipment Division (CED) located on board Naval Construction Battalion Center (NCBC) Gulfport to upgrade patrol boats in their inventory. Until recently these upgrades were completed by private contractors.

According to Richard Palmer, the project manager for the repairs,

the upgrades will consist of striping and repainting the boats, the removal of existing wiring, mechanics and communications gear and installation of updated equipment. Upgrading the patrol boats will increase their service life by as much as five years.

"These boats are constantly evolving and we are learning as we go," said Palmer. "The opportunity to work on these patrol boat upgrades has opened up a lot of work and job opportunities for future employees."

The patrol boat the crew at CED is currently working on is operated by Coastal Riverine Squadron (CORIVRON) 8, homeported in Newport, R.I.

"These patrol boats are used all around the world. Their missions include harbor and homeland defense, coastal surveillance and special missions," Palmer said. "I am excited for the opportunity to work on these boats. As long as this job is successful, it will increase the amount of boats we are offered to work on."

The upgrades are scheduled to take six months. CED took delivery of the first patrol boat in late January and work is on track to be completed in July.

The crew at CED expects to take delivery of a second patrol boat in 2016. Parts will be preordered in anticipation of its arrival to ensure the upgrades are completed within the allotted six-month time frame.

"We usually work on Seabee-related gear and the crew likes the change of pace," Palmer said.

All Hands Domestic Violence Awareness Brief

In accordance with Secretary of the Navy (SECNAV) directives, NCIS' Crime Reduction Program 2nd Quarter's training "DOMESTIC VIOLENCE AWARENESS" will be held at the Training Hall

theatre, Building 446, at the following times for personnel on board Naval Construction Battalion Center (NCBC) Gulfport:
 March 3, 9 – 11 a.m.
 March 5, 2 – 3:30 p.m.
 March 10, 8:30 – 10 a.m.
 March 12, 2 – 3:30 p.m.

March 17, 8:30 – 10 a.m.
 March 19, 2 – 3:30 p.m.
 March 24, 8:30 – 10 a.m.
 March 26, 2 – 3:30 p.m.
 March 31, 8:30 – 10 a.m.
 Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

Operation Ball Gown Giveaway

March 5 from 2 to 7 p.m.
 Thrift Shop, Building 20
 Limit of 2 gowns per active duty sponsor
 Subject to change, based on inventory
 Gowns will go on sale March 6
 For more information, contact NMCRS
 228-871-2610



Got Gowns?



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

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



Hayley Hancock with Lt. Kena Montgomery attached to the Public Works Department on board NCBC Gulfport, stands next to the PWD and Naval Facilities Engineering Command sign, Feb. 19. Hancock, a 4th grader from Jefferson Davis Elementary School in Biloxi, shadowed Montgomery for a career day project. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

Elementary school student shadows CEC officer for a day

By BUCA Elizabeth Mills
NCBC Public Affairs

Hayley Hancock, a 4th grader at Jefferson Davis Elementary in Biloxi, got the opportunity to shadow Lt. Kena Montgomery, a civil engineer with Public Works Department (PWD) on board Naval Construction Battalion Center (NCBC) Gulfport, Feb. 19. According to Hancock, civil engineering is one of the careers she is interested in pursuing and her visit was part of a career day project at school.

Hancock's day started at PWD where she donned the appropriate personal protective equipment such as steel-toed boots, safety glasses, a reflective vest and a hard hat for her tour to job sites around the base.

When asked why she wants to be an engineer, her response was straightforward, "I love drawing and building," said Hancock.

Montgomery took Hancock on a tour of the new medical facility under construction on board NCBC Gulfport. Hayley took pictures of the detailed work



Hayley Hancock, a 4th grader from Jefferson Davis Elementary in Biloxi, tours the new medical facility with Lt. Kena Montgomery, on board NCBC Gulfport, Feb. 19. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

and the view of the base from the second floor.

Hancock said she is amazed by the process of how a building is built.

"My favorite part about today was going to see the medical building and the inside and outside that isn't finished," said Hancock. "I would definitely like to be there to watch it being built. I think that is so cool!"

Hancock admitted that she prefers the computer-

aided design portion of the job rather than the actual construction work.

Before the day ended, Hancock was able to look at the blue prints of the medical facility she toured earlier and learned more about the architectural side of the project.

According to Hancock, shadowing Montgomery was very beneficial because she learned more of what a civil engineer does every day.



Buzz on the Street

By BUCN Samantha Opyoke

In honor of the 2015 Military Saves campaign we asked: "How do you save money?"



Morvon Washington
1108th Theater Aviation Sustainment Maintenance Group, Gulfport
Hometown: Miami, Fla.

"I have a TSP account and put money into it bi-weekly."



Joy Gerty
Navy Exchange Clerk
Hometown: Gulfport, Miss.

"I have two separate savings accounts to put money into; a savings account for Christmas and a regular savings account."



EOGR Dylan Monson
NMCB 1
Hometown: Lynnwood, Wash.

"I put a portion of my paycheck into savings each month."

Chief of Civil Engineers, FORCM visit Naval Station Rota

By MC2(SW) Grant Wamack and Morgan Over
Naval Station Rota Public Affairs

The Chief of Civil Engineers and Seabee Force Master Chief (FORCM) visited Naval Station Rota Feb. 17 and - 18 as part of a visit to assess engineering support facilities and bases throughout the Region.

Rear Adm. Katherine Gregory and Seabee FORCM Christopher Levesque met with Spanish and American personnel assigned to Naval Facilities Engineering Command (NAVFAC) Public Works Rota, held an all-hands call with Seabees and civilians assigned to Rota, and toured construction projects aboard the installation.

"For the United States Navy, Rota is a tremendously important base," said Gregory. "In the last several years it has become an even more important base as we move ships here ... getting those ships here and supporting this activity in the Mediterranean and in the Atlantic is very important to the U.S. and our allies."

Gregory went on to say that the work NAVFAC Rota has accomplished has been "a journey of discovery ... but you have all done it brilliantly. If there's one



NAVAL STATION ROTA, Spain - Chief of Civil Engineers, Rear Adm. Katherine Gregory, right, speaks about budget cuts and how they will affect the Seabees during an all-hands call in Rota. Gregory and Seabee Force Master Chief Christopher Levesque are conducting site visits throughout the European Region to assess various engineering support facilities and bases. (U.S. Navy photo by Mass Communication Specialist 2nd Class Grant Wamack/Released)

thing the Navy has done well in the last several years, it has been you and Rota supporting the Forward Deployed Naval Forces mission."

Prior to Gregory's call, she coined Utilitiesman 1st Class Mike Boyle saying, "I want to give this coin to Petty Officer Boyle, but really it's for all of you," she said, referring to all personnel in attendance.

Levesque also spoke to the Spanish and American personnel touching on the important role of Rota's Seabees.

"NAVFAC has a tremen-

dous amount of activity going on around the world and Rota, Spain, is no exception," said Levesque. "The world out there is changing and our forward presence is so important to the mission of our Navy."

NAVFAC is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship.

Seaplane Ramp Repair



Builder 2nd Class Christopher Farmer and Builder 2nd Class Matthew Dawson, assigned to Underwater Construction Team (UCT) 2, and Builder 3rd Class Jacob Kirk, assigned to Naval Mobile Construction Battalion (NMCB) 3, form a support ledger for new precast concrete panels. UCT 2's Construction Dive Detachment Bravo is repairing an old Seaplane Ramp, which is now being used as a boat ramp by various Navy Expeditionary and Naval Special Warfare units in Coronado. (U.S. Navy photo by Chief Builder Jason Cortez/Released).

February 26, 2015

RECALL NOTICE: Kidde Recalls Disposable Plastic Fire Extinguishers Due to Failure to Discharge

Kidde plastic valve disposable fire extinguishers are being recalled due to a faulty valve component which can cause the disposable fire extinguishers not to fully discharge when the lever is repeatedly pressed and released during a fire emergency, posing a risk of injury.

The extinguishers were sold at Home Depot, Menards, Walmart and other department, home and hardware stores nationwide, and online from August 2013 through November 2014 for between \$18 and \$65, and about \$200 for model XL 5MR.

This recall involves 31 models of Kidde disposable fire extinguishers with Zytel® black plastic valves. The recalled extinguishers are red, white or silver and are either ABC or BC rated. The ratings can be found to the right of the nameplate. Manufacture dates included in the recall are July 23, 2013 through October 15, 2014.

Visit: <http://www.cpsc.gov/en/Recalls/2015/Kidde-Recalls-Disposable-Plastic-Fire-Extinguishers/> for more information or call Kidde toll-free at: 855-283-7991 from 8 a.m. to 5 p.m. ET Monday through Friday, or online at www.kidde.com and click on Safety Notice for more information and to obtain a replacement extinguisher.



Seabee Ball

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

Mississippi Coast Coliseum

Guest Speaker: Retired Chief Equipment Operator, Ron Harvey

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

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

Point of contact: BUC Eric Van Norman, email: eric.vannorman@navy.mil. Contact your command representative for tickets through March 6. CBC rep: MCCS Jeff Pierce: jeffrey.j.pierce1@navy.mil

Seabee Courier

NMCB 1 TRAINS IN THE FIELD: 'OPERATION BEARING DUEL'

U.S. Navy photos by
Chief Mass Communication Specialist Kim Martinez/Released



Seabees from Naval Mobile Construction Battalion (NMCB) 1 participate in a mass casualty drill during Operation Bearing Duel, a field training exercise in preparation for their upcoming deployment.

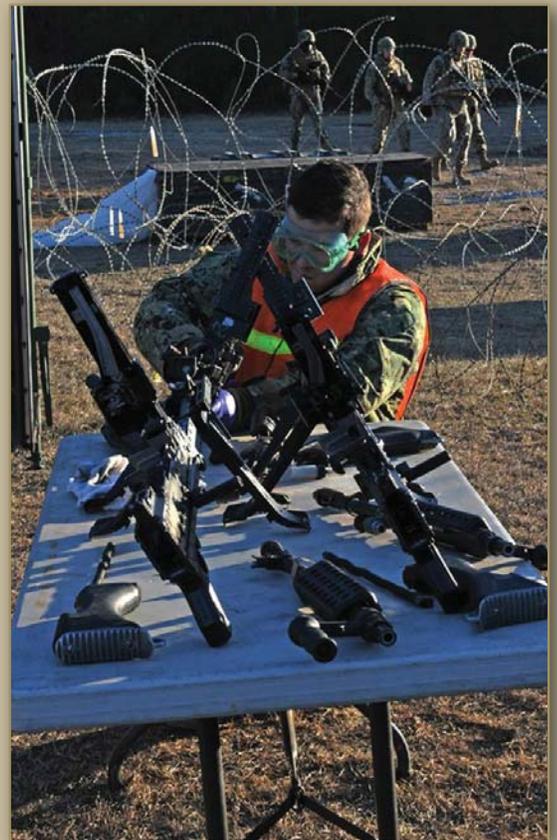


Seabees from Naval Mobile Construction Battalion (NMCB) 1 construct Southwestern Asia Huts (SWAHUTS) at Camp Shelby, Miss., during Operation Bearing Duel. deployment.

'THE FIRST AND THE FINEST'



Builder 1st Class Luland Taylor, from Naval Mobile Construction Battalion 1 Detachment RMT, removes a drill attachment during Operation Bearing Duel. DET RMT Seabees are leveling the grounds, which will become a sports complex.



Seabees from Naval Mobile Construction Battalion (NMCB) 1's forward operating base 1 conduct construction operations during Operation Bearing Duel.

Focus on Education

Education Notes

GI Bill Reminder

Before transferring your Post-9/11 GI Bill benefits, review the obligated service requirements. Visit www.public.navy.mil/buperspc/career/education/GIBill/Pages/default.aspx and read NAVADMINs 203/09 and 235/11 for more information. By choosing to transfer your benefits to a dependent, you may incur additional service requirements; please take the time and read the information before transferring your benefits.

Balfour Beatty Communities Foundation Scholarships

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

Coastline Community College

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

FAMILY READING TIME

At your Learning Resource Lab in ITT

Saturday, Feb. 28

1030-1130

Enjoy a guest reader and
St. Patrick's Day craft!

Open to all parents and children!

Call 228-871-2231 for more information

Join us again on March 28!



UPCOMING ADVANCEMENT EXAMS

The March 2015 Navy-Wide Advancement Examination (Cycle 227) will be administered at Building 433 on the following days.

E6: March 5

E5: March 12

E4: March 19

Doors will open at 6:30 a.m. All participants shall be in Uniform of the Day with Military ID and DoD ID Number. No watches, cell phones, or calculators with memory storing capability will be allowed.

NCBC Gulfport School

Liaison Officer is Kevin

Byrd, MWR, Building

352, 1706 Bainbridge

Ave., Phone: 228-

871-2117, email:

kevin.r.byrd@navy.mil

Nearly 100 more items added to Commissary value brand

By Kevin L. Robinson
DeCA Public Affairs
Specialist

With nearly 100 more items set to be added to the Commissary Value Brand program, military patrons will have even more opportunities to save, according to the Defense Commissary Agency's senior enlisted advisor to the director.

"The reenergizing of this program is still in its infancy, but we are making improvements each and

every day," said Air Force Command Chief Master Sgt. Stuart M. Allison. "We recommend that patrons continue to monitor the orange 'Value' signs in the stores because they will see a larger offering of products."

The new Value Brand products include several cheeses, condiments, canned and powdered milk, canned soup, dry pasta, honey, rice, laundry bleach and paper towels.

DeCA reintroduced Commissary Value Brand in November, bringing back a sales initiative known 14 years ago as the "Best Value Item" program. The average savings for Value Brand is about 42 percent when compared to national brands and 25 percent against the store brand and private label items



found in commercial retail stores.

With the influx of new items, the Value Brand mix will boast nearly 400 products such as frozen vegetables, pizza and entrees; pet foods; health and beauty care; cereals; cleaning supplies; soft drinks; coffee; canned fruit, soup and fish; disposable lunch and storage bags; condiments and more.

Shoppers like Dr. Thelma G. Smith, the spouse of a disabled Vietnam veteran, said she's seen the or-

ange signs at the Fort Lee Commissary. "I've chosen a few of them basically because of the pricing. From the few things that I've bought, I found the frozen vegetables to be very good – good quality for taste and good quality for cooking."

The orange "Value" signs on the shelves, along with posters, banners, buttons, danglers and special displays make it easy for customers to spot these extra savings in stores. Shoppers who venture on DeCA's website, commissaries.com, or stay tuned to the agency's social media outlets, especially Facebook and Twitter, can get a heads up on value deals before they hit the store.

In addition to Commissary Value Brand items,

biweekly promotions and other special sales offer targeted discounts. If commissary patrons take the time to add Value Brand to their savings strategy it will pay off at the register, Allison said.

"We are a big believer in checking the commissary sales flyer found on www.commissaries.com," said Allison about how he and his wife prepare before they shop. "We also like to check out the promotional sales items, and we use our Commissary Rewards Card. By adding the Value Brand program to the mix, we maximize our savings even more."

Allison said that commissary patrons can only benefit from a program that is growing and improving every day. His advice: Look for those orange signs.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Snow Day Slumber Party

At the time, I thought it was a good idea. At the time, I thought it would be fun. At the time, I thought it would make me look like Mother of the Year.

Yes, at the time.

My brain must've been frozen when I had the bright idea to allow our teenage daughters, Anna and Lilly, to invite friends to a "snow day slumber party," because it didn't exactly turn out as I had envisioned.

My husband picked up our excited daughters and their friends from school after early dismissal, while I was at home frantically vacuuming our base house in hopes that no one would notice that I haven't dusted since Truman signed the Marshall Plan.

Upstairs, while sucking a dust bunny and a paper clip from a corner, I heard them.

The back door burst open with an uproar of giggles. Backpacks thunked on our government-issue-linoleum floor, and I heard the suction-breaking sound of our refrigerator door opening. Our daughters and their friends swarmed the house like marauding bees, buzzing with excitement from room to room, until finally settling in Lilly's bedroom to post the first of many slumber party selfies and Snap Chats.

Instinct told me to hide in my room for

the next two days, communicating with my husband via cell phone to bring me wine, Pringles and People magazines. But if I wanted these teenagers to think I was a cool mom, I knew I couldn't cower in fear. I checked myself in mirror (Okay, trendy sweater and some decent boots, at least I'm looking the part ...), took deep breath (They're teenagers, not blood-sucking zombies, right?), and entered the fray (Here goes nothing.)

Leaning nonchalantly on the door jam, I interrupted the group draped over Lilly's bed.

"Hey girls, how's it going?" Sensing my pathetic need for recognition, Anna shot me an "Oh Brother" look, but her friends flashed genuine smiles. So far so good.

Later in the kitchen, I knew that a cool mom would create a Pinterest-worthy slumber party dinner like Euro-Asian fusion organic kebabs or something. However, the best I could muster was turkey noodle soup and grilled cheese sandwiches. Mercifully, the girls hailed the low-brow buffet as the "perfect blizzard meal" and my reputation was spared.

Despite the fact that my mental stability depends heavily on my nightly couch time, my husband and I relin-

quished the entire first floor of the house to the giggling gaggle, so they could splatter brownie mix all over the kitchen, light popcorn bags on fire in the microwave, charge expensive movies on our Netflix account, and make more noise than a herd of stampeding Wildebeests.

The next morning, while silently suffering anxiety over making the perfect chocolate chip pancakes -- Oh Lord, please don't let me burn them this time -- I noticed that our house had turned into a combat zone, strewn with dishes, socks, bendy straws, blankets, popcorn, sweat-shirts, soda cans, cell phones, and lip gloss.

Thankfully, the group went sledding after breakfast, giving me time to wash the dishes, tidy the house, and take a shower. Towel drying my hair in my bedroom, I breathed a huge sigh of relief. I think I'm a cool mom after all, I thought. Sipping my coffee, I reached out to separate the blinds, hoping to catch a heartwarming glimpse of the girls sledding in our snowy Currier and Ives base neighborhood.

"Oh, good God," I sputtered, coffee shooting from my nose. Apparently, sledding is not thrilling enough. Apparently, it is more fun to jump off our garage into a



snow bank. Apparently, this experience is even better if you film the stunts and upload clips to social media for all your friends -- and, unfortunately, their parents -- to see.

Driving the girls home in our salt-splattered minivan that afternoon, I chuckled at myself for trying so hard to be a cool mom, and realized that I should just be thankful I was returning the girls home with no apparent injuries other than a few minor hot chocolate burns and a bit of sleep deprivation.

Despite it all, motherhood is truly rewarding, I thought while looking out at the winter wonderland ... and then, I made a mental note to update our liability insurance.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Leave - Use it or Lose it

From Chief of Naval Personnel Public Affairs

Military service members' February leave and earning statement (LES) will carry a reminder that as of Oct. 1, any accrued leave more than 60 days will be lost.

Since 2008 Sailors have been allowed to carryover up to 75 days of leave each fiscal year as authorized by Congress. That authorization will end at the end of fiscal year 2015 after which leave carryover will revert to 60 days. In general, any leave balance in excess of 60 days on Sept. 30, 2015 will be lost.

Service members' LES may have an incorrect use/lose leave balance. Defense Finance and Accounting Services (DFAS) is reprogramming pay systems to account for the return to the 60 day leave carryover by the June 2015 LES.

Sailors should check their LES and talk with their Command Pass Coordinator (CPC) for help understanding their correct use/lose balance.

There are some specific exceptions. Sailors with more leave days than the authorized carryover limit, who are also assigned to hostile fire or imminent danger pay areas or deployed on a ship or mobile unit for at least 60 continuous days, may apply for special leave accrual (SLA) to retain any excess leave days. This request is typically done at the command level. Instructions on how to apply for and administer SLA are outlined in MILPERSMAN 1050-070.

Sailors are encouraged to work with their commands to manage their leave balances throughout FY15.

Commands with questions on leave policies should contact their local Personnel Support Detachment (PSD) or call the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).

NCBC Helping Hands

BETHESDA FREE CLINIC - The Bethesda Free Clinic of Ocean Springs will be sponsoring booths at Ron Meyers Harbor Fest, March 28, 10 a.m. to 8 p.m. at Jones Park in Gulfport. Volunteers are needed at both the events to help with setting up and breaking down booths, passing out flyers, etc. Volunteers may sign up to help all day or any hours that would be convenient. To volunteer, contact Teresa Dubuisson, 228-818-9191 or email info@bfhcd.com.

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

RED CROSS EVERYDAY HEROES - The American Red Cross sets aside the month of March to recognize the nation's Everyday Heroes who help those in need in their community. We are looking for individuals to discover their "inner hero" by giving time as a volunteer. Specifically, we are asking servicemen and women to join us in promoting the Everyday Heroes by volunteering to "shake the can" at an Every Red Cent Counts event, from 10 a.m. - 6 p.m., March 13 and March 14, at the Gulfport Walmart Supercenter on Hwy 49 and the Pass Christian Walmart on Hwy 90. Volunteers can work one hour, or more and will be provided with a table with handouts, Red Cross cans and vests. Point of contact is Michelle Wilson, 228-896-4512 or michell.wilson@redcross.org.

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

MISSISSIPPI GOLF RESORT CLASSIC - Would you like to get an inside-the-ropes view as golf legends play during the Mississippi Gulf Resort Classic (MGRC), March 26-29. Habitat for Humanity Mississippi Gulf Coast (HFHMG) is the tournament's benefiting charity, as well as the official sponsor for the 18th Hole. As the sponsor, HFHMG needs volunteer marshals for the entire tournament. Volunteers will receive a golf shirt, and a lunch voucher. Volunteers who complete three shifts also get other perks, including a free round at Grand Bear. Shifts will be approximately noon to 5 p.m. Volunteers should plan to park about 1 hour prior to their shift and check in 30 minutes prior to their shift start time. Marshals also handle noise control in the sky boxes so if someone is mobility limited, that gives them a chance to participate. Contact Adele at alyons@hfhmgc.org for registration info.

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

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.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Di-

anna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com 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. Call 228-871-2610 to volunteer.

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

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

February 26, 2015

Seabee Courier

Seabee Memorial Chapel

Religious Services
Sunday:

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



NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

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

What's happening at the Chapel?

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

Mondays: Catholic Mass: 11:15 a.m.

Tuesdays: Catholic Mass: 11:15 a.m.

Wednesdays: Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon - 1 p.m.

Thursdays: Catholic Holy Hour: 5 p.m., Catholic Mass: 6 p.m., Catholic Fellowship: 6:30 p.m., Catholic Bible Study: 7 p.m.

Fridays: Catholic Mass: 11:15 a.m.

Workshops with You in Mind

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

Digital Cinema at the Training Hall

Feb. 26
6 p.m.

American
Sniper
(R)



Feb. 27
6 p.m.

Project Almanac
(PG13)

8:15 p.m.
Black or White
(PG13)

Feb. 28
2 p.m.

Paddington (PG)

4 p.m.
Project Almanac
(PG13)

6:30 p.m.
Selma
(PG13)

Mar. 1
2 p.m.

Black or White
(PG13)

4:30 p.m.
Taken 3
(PG13)

24 Hour Movie Hotline
228-871-3299

Information, Tickets & Travel

2/28 Family Reading Time at ITT
St. Patrick's Day books & craft!

Fun for all ages

3/13 ITT's Live it Up Locally
Travel Fair



In the NEX Courtyard



11 a.m. - 3 p.m.

FREE Food & Prizes

Visit with local attractions &
Plan your next vacation!

Call 228-871-2231 for details

Beehive

Catch the excitement of UFC 184 on
Pay-Per-View on Sat, Feb. 28 at 7

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

FEB 27- MAR 5

Fitness

Join us for NEW Virtual Fitness Classes
beginning on 3/2!

3/17- March Insanity Basketball/
Workout Bracket

3/17- St. Patrick's Run for the Gold 5K
Is your pot of gold at the end of the
race?

3/17- King of Swings Softball
Tournament

Call 228-871-2668 for information

Navy Outdoor Recreation

It's a beautiful month for a bike ride!
Rent your bicycle package at NOR
today for \$5/day or \$15/week!
Call 228-871-2127 for details



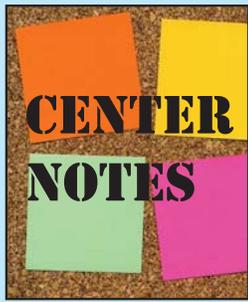
Feb 27- 5:30 p.m., Miami Heat vs. New
Orleans Pelicans, \$30

Feb 28- 6 p.m., Monster Jam, \$27

Mar 1- 1 p.m., NBA 2K15 Tournament,
1st Place Prize

Mar 3-5:30 p.m., Gumbo Cooking Night
w/ Dennis Burke, \$35

Mar 5- 6:30 p.m., Free Movie at the Digital
Cinema, Pick up coupon at Liberty



SUPPORT
Family Readiness
Groups

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

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

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

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

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

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The

Thrift Shop is staffed 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 classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Di-

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

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

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

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

come and encouraged to attend. Call 228-832-0017 for more info.

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

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1 Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil 228-871-3877 or Cell 228-224-5038 or Robert Smith, at Robert.p.smith5@navy.mil, 228-871-2436. Or join us on the second Thursday of each month at 6 p.m. in the Gulfport DAV, Chapter 5, 2600 23rd Ave, Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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



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.

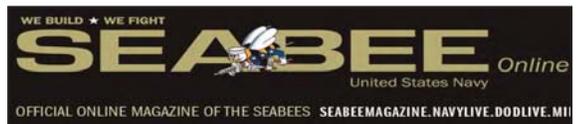


GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

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.

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



Energy Savings Tip: If you have a forced-air furnace, do NOT close heat registers in unused rooms. Your furnace is designed to heat a specific square footage of space and can't sense a register is closed - it will continue working at the same pace. In addition, the cold air from unheated rooms can escape into the rest of the house, reducing the effectiveness of all your insulating and weatherizing.