

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

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Home at last



Steelworker 2nd Class Matthew Long, assigned to Naval Mobile Construction Battalion (NMCB) 133 takes a family selfie with his wife and child during their reunion on board Naval Construction Battalion

Center (NCBC) , Jan. 25. Long was one of over 300 Seabees from NMCB 133 to return home from a seven-month deployment to various locations overseas. (U.S. Navy photo/Released)

Exercise SOLID CURTAIN-CITADEL SHIELD 2015 Feb. 2 - 13

Know how to update/access Navy Family Accountability and Assessment System (NFAAS) at:
<https://www.navyfamily.navy.mil>

This exercise may cause traffic and base access delays!

Get Notified
Sign up for ADHOC Notification System at:
cnic.navy.mil/gulfport

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Commentary

Doing what is right even when no one is looking:

Something to keep in mind ... Don't be a knucklehead

By Rob Mims

NCBC Gulfport Public Affairs Officer

Integrity. By definition integrity means "adherence to moral and ethical principles; soundness of moral character; honesty." In short, it means doing what is right even when no one is looking.

We are all busy on board the Naval Construction Battalion Center (NCBC) and may not remember we live in a world of rules and regulations. Many of the base rules or guidelines are meant to help protect the men and women on board the installation. Some are really just common courtesy, i.e. respecting each other. Please take a minute and check out a short list below.

Headphones

Headphones and ear buds are only allowed on the track by the Fitness Center. When people are running along any other path on base, there are roads to cross. Runners must be able to hear traffic approaching. Don't be a knucklehead.

Driving on base

Texting and driving is as bad as drinking and driving. Even on base where the max speed is 35 mph, drivers who look down at their phones for three seconds will travel 52 yards or the length of half a football field. While this is not illegal yet in Mississippi, it is on base. Don't be a knucklehead.

Please get off the phone and drive. Talking on cell phones while driving is not allowed on base. Drivers who must talk on the phone need to pull over to handle a call. Don't be a knucklehead.

Slow down (or speed up). The speed limit on base is 25 mph unless otherwise posted. The parking lot speed limit is 5 mph; faster than that and drivers risk hitting pedestrians or other cars. The speed limit when passing runners or marching troops is 10 mph. Don't be a knucklehead.

Pedestrians have the right-of-way. That means if someone is waiting at a crosswalk, stop and let them cross. Don't be a knucklehead.

Stop at stop signs. Slow rolling through stop signs doesn't allow drivers the time to look both ways to ensure no one is coming. It will also earn drivers a ticket. Don't be a knucklehead.

Colors plays at 8 a.m. sharp. If people stop in front of you and it is 8 a.m., do not pass them. In the evening, colors coincides with sunset. Those times are typically posted in the plan of the week. Don't be a knucklehead.

No one really wants to hear how loud your vehicle is. Revving it up outside of a building may not be illegal, but it is quite annoying. The same can be said about your stereo, the majority of people on base do not care that you can make your teeth chatter to "It's all about that bass." Don't be a knucklehead.

When emergency vehicles are stopped with their lights on, do not attempt to go around them without being told to; there is a reason they are stopped. Don't be a knucklehead.

Don't bring contraband or weapons on base. There is a reason the security personnel ask the question every time. Some people may get away with it once or several times, but eventually, they will get caught. Don't be a knucklehead.

**Miscellaneous**

Trash does not go into recycling bins. If there is trash in those bins, the recycling team will typically not pick it up. Ensure the material going into recycling bins is recyclable. Don't be a knucklehead.

Pull away from the pump. While there is a nice new gas station with plenty of pumps, that doesn't mean people wanting to shop in the mini mart shouldn't pull into a parking spot. Be courteous and move. Don't be a knucklehead.

When calling 911 from on base, the first thing callers should do is let the dispatcher know the call is from the Seabee base. They will automatically transfer calls to the dispatch center. The quicker they know where to respond, the faster help will arrive. Don't be a knucklehead.

This may seem like a long list, but it sometimes becomes necessary to let everyone know that if they are not using integrity on board NCBC, they are probably a knucklehead.

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.



Navy Marine Corps Relief Society (NMCRS) celebrates their 111th birthday at the NMCRS Thrift Shop on board NCBC Gulfport, Jan. 23. The celebration included a cake cutting, a small get together with the NMCRS workers and an opportunity for the customers to take a percentage off their shopping bill. The Thrift Shop is open Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. and Thursday, 8 a.m. - 6 p.m. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Students enrolled in the Expeditionary Combat School (ECS) practice different types of carries used to move casualties off the battlefield on board NCBC Gulfport, Jan. 21. The students are in the first phase of the course which focuses on basic expeditionary first aid techniques. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



The Fleet and Family Support Center on board NCBC Gulfport hosted a job fair, Jan. 22. The goal of the job fair was to give potential employees a chance to speak with employers who are currently hiring. Businesses were on hand to field questions about the opportunities they had available. The 14 companies included construction firms, railroads, staffing agencies, financial services, as well as representatives from the Long Beach Police Department, Veterans Affairs and two universities. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

FREEZE FRAME

NCBC Frames

Builder(SCW) 2nd Class Cassandra Locke
Naval Construction Training Center Gulfport
Navy Military Training Instructor (NMTI)



By CE3 Dustie Bond NCBC Public Affairs

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

CL: "The first time I was on a project I asked so many questions and I was fortunate enough to have leaders that helped me along the way. Since then, I am determined to help and encourage questions."

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

CL: "Family, whether it is my husband and son or the military family I have accumulated over the years. They have all helped motivate me in some way."

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

CL: "There is always someone that may or may not know more than you. Remember to learn from others,



share your knowledge and remember where and what you came from."

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

CL: "The community. No matter what, there is a way to get the job done. The way everyone pulls together during the hard times is truly amazing."

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

CL: "I have many mentors that continuously impact different areas of my career every day. However, since day one in battalion LS1(AW/SW/SCW) Fuller-Ryan was a strong and professional mentor I was lucky to have. She pushed me to do my best."

Motorcycle Safety Foundation Basic Rider Course (BRC)

Feb. 14 - 15, 7:30 a.m. - 3:30 p.m.

Building 60, Room 150, Dong Xoi Ave., NCBC



If you can't get away during the week, this weekend course might fit your schedule.

- ~ Six loaner bikes will be available, but you must sign up for one at the time of enrollment.
- ~ Class held rain or shine.
- ~ PPE: DOT approved helmet, eye protection, full fingered gloves, long pants, long sleeve shirt or jacket, over the ankle boots.
- ~ Sign up at www.navymotorcyclerider.com

clerider.com or through ESAMS. To cancel, contact your Motorcycle Safety Representative (MSR), local safety office or dis-enroll through navymotorcyclerider.com; 24 hour notice is required to prevent being identified as a no-show. Points of contact: Betty Long, 228-871-3115, Bruno Maio, 228-871-3801 or Jim Buckles, 850-501-4433 or jbuckles@teamisci.com.



Volunteer Income Tax Assistance (VITA) organizer, Chief Legalman Tracey Mitchell, right, shows Yeoman 3rd class Jorge Sosa how to properly complete a tax exempt form on board NCBC Gulfport, Jan. 27. The VITA office is open Monday through Friday, 8 a.m. - 4 p.m. and is located in building 60, room 116Z. To make an appointment, call 228-871-2620. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released

VITA now open to help with tax preparation

By BUCN Samantha Opyoke
NCBC Public Affairs

To kick off this year's tax season, the Volunteer Income Tax Assistance (VITA) office has opened its doors to all active duty and retired military, and their dependents. The program involves highly-trained military volunteers who can help people file their taxes in a professional and timely manner.

According to VITA organizer, Chief Legalman Tracey Mitchell, every volunteer has completed the IRS online training course as well as hands-on training with the tax filing system.

"My main goal for this organization is to serve as many Sailors as we can," Mitchell said. "We teach them how to do their own taxes and give them the tools and assistance they need."

VITA offers some of the same services as other leading tax preparation service companies, but is free of charge.

According to Mitchell, the VITA office offers customers a great way to learn how to file their taxes on their own, but help is available if needed.

The VITA office will close April 17 and Mitchell wants everyone who needs assistance to make an appointment to ensure their taxes are filed on time.

The VITA office is looking for volunteers. If you are interested call 228-871-2620 and speak with Mitchell. Volunteers must complete the IRS online training course and complete the hands-on training before they can start. Volunteering with VITA is considered community service and is an opportunity to lend a helping hand.

The VITA office is open Monday through Friday, 8 a.m. - 4 p.m. To make an appointment, call 228-871-2620. The VITA office is located in building 60, room 116Z on board NCBC Gulfport.

interACT Sexual Assault Prevention program
Training Hall, Jan. 29, 11 a.m. - noon All Hands invited
Training Hall, Jan. 29, 3 - 4 p.m. - NCTC students
interACT troupe presents complicated, realistic scenes about domestic violence and sexual assault.



Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

"What do you think about the new 'Bees to Badges' program?"



BU3(SCW) Alicia Courtright
NMCB 133
Hometown: Greenville, Calif.

"I feel like the 'Bee's to Badges' program will be a great program allowing Seabees to have a field to go into. With the stress of C-Way this could be a blessing for some; this will help open advancement and allow more leadership opportunities within the ranks."



BUCN Jason Curtis
NMCB 1
Hometown: Belton, Texas

"I personally feel that 'Bee's to Badges' is perfect for the Seabees, given that we already have combat arms training. Rather than give us only the option to get out because of downsizing, 'Bee's to Badges' gives us one more very available option."



SW3(SCW) Iesha Chong
NCTC
Hometown: Liberty, Texas

"I think it's a good thing, having people cross rate will help open up the rates so Seabees can start advancing."

Still time to sign up for base weight lifting competition

By CE3 Dustie Bond
NCBC Public Affairs

The Fitness Center on board Naval Construction Battalion Center (NCBC) Gulfport is sponsoring a weight lifting competition. Anyone with base access can participate.

According to NCBC's Fitness Coordinator, Michael McLaughlin, the competition consists of four different events over the next four months. The competition kicked off Jan. 23 with the dead lift round. The bench press competition is Feb. 20. The third event is the squats

competition March 20. The fourth and final event is the Masters competition April 18. The Masters competition will include a combination of the dead lift, bench press and squats.

All events will score the best lift out of three. There are different weight classes for men and women.

Women's classes are: 105-120 pounds, 121-130 pounds, 131-140 pounds, 141-150 pounds and 151 pounds and up. Men's weight classes include 123 pounds and below, 124-136 pounds, 137-151 pounds, 152-169 pounds, 170-187 pounds, 188-206 pounds, 207-231 pounds and 232 pounds and up.

The first, second and third place finishers of each weight class will receive medals and anyone who can lift a combined weight over 1,000 pounds during the Masters competition will receive an embroidered gym bag.

"Even though the competition has started, you can still participate," McLaughlin said. "You still have plenty of time to show NCBC what you've got."

For more information on the competition, call the Fitness Center at 228-871-2668 and ask for Michael McLaughlin. The Fitness Center is open Monday through Thursday, 4:30 a.m.-10 p.m., Fridays 4:30 a.m.-7 p.m., Saturdays and Sundays, 9 a.m. - 4 p.m.



Special Warfare Boat Operator 1st Class Brendan Strohkirsch demonstrates the proper technique to perform dead lift. The dead lift was the first of four events scheduled over the next four months in a weight lifting competition sponsored by the Fitness Center on board NCBC Gulfport. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

Restoration Advisory Board Meeting: The next NCBC Gulfport Restoration Advisory Board (RAB) Meeting is scheduled for Feb. 9, from 6-7:30 p.m. at the Isiah Fredericks Community Center in Gulfport. The meeting will be held in an "availability session" format, meaning that the technical content will be presented using display boards and handouts and that the Environmental Restoration Program scientists and engineers will be available to discuss the content with the RAB members and interested community members. RAB meeting content will include a new topic, Environmental Restoration Activities at the Disaster Recovery Disposal Area (Site 1) and the World War II Landfill (Site 2) as well as an ongoing topic, The History of Dioxin at the Seabee Center. Point of contact for more information is Gordon Crane at: 228-229-0446 or gordon.crane@navy.mil.

NMCB 11 relieves NMCB 133 during transfer of authority



Cmdr. Jeff Powell, commanding officer of Naval Mobile Construction Battalion (NMCB) 133, exchanges salutes with Capt. Joseph Polanin, commander of Naval Expeditionary Task Force Europe and Africa 68, during a transfer of authority ceremony. (U.S. Navy photo by Lt. David Carter/Released)



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 raise the battalion flag at the transfer of authority ceremony with Naval Mobile Construction Battalion (NMCB) 133. NMCB 11 assumed control of Camp Mitchell and ongoing Seabee missions throughout Europe and Africa during the ceremony. (U.S. Navy photo by Lt. David Carter/Released)

SEABEES GEAR UP FOR CBR TRAINING



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 1 conduct a chemical, biological and radiological drill on board Naval Construction Battalion Center, Jan. 22. The Seabees are preparing for their upcoming field train-

ing exercise at Camp Shelby in February. NMCB 1 is one of three active-duty battalions on the Mississippi Gulf Coast. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

NCG 1 builds bikes for foster children



Seabees assigned to Naval Construction Group (NCG) 1 participate in a "bike build" benefiting local foster children on board Naval Base Ventura County (NBVC) Port Hueneme, Calif. (U.S. Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released)

By MC1 Chris Fahey
Naval Construction Group
One Public Affairs

Fifteen volunteers from Naval Construction Group (NCG) 1 spent their morning building bicycles for local foster children outside their command building aboard Naval Base Ventura County Port Hueneme, Jan. 22.

Teaming up with Together We Rise, a national non-profit organization dedicated to improving the foster care experience for the 1,200 children who enter the system each day, NCG 1 donated their time and building skills to provide local foster

youths with an extra smile.

"I saw the organization on Facebook and made contact doing research and asking the right questions," said Information Systems Technician 2nd Class Rebecca Rubalcava. "I have two of my own children now, but before, I parented three foster children. I saw how much love and attention they needed and wanted to give them that. Now, I love giving back as much as I can. It's something in my nature – in my blood."

According to volunteer Construction Mechanic Constructionman Shaawn Stevens who has only been

in the Navy for six months, the volunteer event offered him the chance to commune with the local community.

"This makes me feel important," said Stevens. Knowing that I was part of the reason kids receiving these bikes are smiling makes me feel really great – that I've done something to make a difference."

The Naval Construction Force is a vital component of the U.S. Maritime Strategy. The force provides deployable battalions capable of providing disaster preparation and recovery support, humanitarian assistance and combat operations support.

Keep What You've Earned ... Drivers with blood alcohol content of .08 or above are considered too drunk to drive in every state. You may reach this limit faster than you think. Even one drink could affect your ability to drive safely and react in time - especially if you haven't eaten in a few hours. Know your limit - before you get there.

Seabee divers train jointly under stress for success

By MC3(DV) Tyler Thompson
Expeditionary Combat
Camera

Seabee divers assigned to Underwater Construction Team (UCT) 1 and UCT 2 conducted two weeks of training in Key West, Fla., Jan. 11-28.

The training reinforces standard operating procedures, qualifies personnel, maintains proficiency, and evaluates dive protocol during scuba, surface-supplied and recompression chamber operations.

Nearly every diver present was put into a dive supervisor role, many of which had never worked with or met one another.

"We do this training in a joint setting to ensure all of our divers are working together and that the policies of UCT 1 and UCT 2 align with one another," explained Lt. Thomas Hallam, executive officer of UCT 1.

"These divers put their lives in the hands of the dive supervisor. They [supervisors] are responsible for the divers going down, accomplishing the mission, coming back up and being able to get home at the end of the day. We put them under pressure to ensure missions can be accomplished no matter what the scenario."

Throughout the training, divers would surface with simulated diving-related injuries to test the dive supervisors' response under pressure.

"This training really takes the supervisors to the maximum level of stress. It's really easy to forget it's just a scenario," said Engineering Aide 2nd Class Garrett Snyder.

Capt. John Adametz, commander of Naval Construction Group 2, visited the training site and had the opportunity to participate in a surface-supplied familiarization dive with the divers.



Builder 2nd Class David Madmon Underwater Construction Team (UCT) 2, conducts a surface supplied dive using the Kirby Morgan 37 dive helmet during diver training aboard USAV Matamoros (LCU-2026). Diver training is a two-week, joint training evolution between UCT 2 and UCT 1, designed to reinforce standard operating procedures, qualify personnel, maintain proficiency, and evaluate dive protocol during scuba, surface supplied and recompression chamber operations. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler N. Thompson/Released)

"What I've noticed from this team is cohesion," said Adametz. "When you think about what makes a successful team, it comes down to guys looking out for one

another and wanting each other to succeed. They're not about individuals - they're about the team and the mission."

UCT 1 and UCT 2 provide

responsive inshore and ocean underwater construction, inspection, repair and maintenance of ocean facilities in support of Naval and Marine Corps operations.

Focus on Education

U.S. Naval Academy Summer 2015 seminar seeks students

By Lt. Teng K. Ooi, PhD
USNA/NAVAIR Reserve Program

Applications for the Naval Academy Summer 2015 Seminar (NASS) opened Jan. 15, at www.usna.edu/admissions/NASS. Session dates include May 30-June 4, June 6-11 and June 13-18.

The United States Naval Academy Summer 2015 Seminar invites a select group of young men and women to attend this fast-paced, six-day experience designed to introduce the Naval Academy to rising high school seniors.

At the core of the seminar is the academic program involving 90-minute workshops designed to promote problem-solving skills using critical thinking, optimization, innovation, creativity, and team work.

Students choose eight workshops from a wide range of subjects to include: Information Technology, Topics in Math, Meteorology and Oceanography, Robotics, Computers and Naval Weapons Systems, Electrical and Biometrics Engineering, Ship Behavior in



Summer Seminar students participate in piloting the Chinook model helicopter. While participating in the Summer Seminars, students who have completed their Junior year in high school have an to interact with Naval Academy faculty and midshipmen, who serve as role models and mentors. (U.S. Navy photo courtesy of Lt. Teng Ooi/Released)

Waves, Ocean Engineering, Cyber Operations, Mechanical Engineering, Aeronautical Engineering, Astronautical Engineering, Chemistry of Photography, Chemistry, Foreign Languages, History, Political Science, Introduction to Literature, Economics, Physics,

Character Development Seminars, Martial Arts, Seamanship and Navigation, Nuclear Engineering.

Students participate in project-based modules applying hands-on, real-world approaches to solving design and analysis problems utilizing the Naval

Academy's world-class laboratory facilities. These facilities provide a unique learning environment outside the traditional classroom.

The NASS teaches prospective applicants about the life of midshipmen at the Naval Academy, where academics, athletics, and professional training are key elements in developing our nation's leaders. Students live in the dormitory, eat in the dining hall and participate in academic and leadership workshops.

They also participate in daily physical training including group runs and conditioning exercises. Seamanship and navigation classes culminate in a cruise aboard a Navy Yard Patrol Craft. The seminar helps educate, motivate and prepare selected students who are considering application for appointment to the Naval Academy.

If you think that you may be interested in pursuing an appointment to the Naval Academy and serving your country as an officer, you should seriously consider attending the Naval Academy Summer 2015 Seminar.

School Liaison Officers serve as the primary point of contact for school-related matters. They assist military families with school issues and coordinate with local school systems.

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

FIRST CLASS ASSOCIATION

CHILI SALE!

Spicy
Chili



Chicken
Chili

Come on out and support NCBC's First Class Association for their 3rd Annual Chili Sale. There will be numerous varieties of chili to satisfy every taste bud!

Venison
Chili

WHEN: Jan. 30
TIME: 11 a.m. - 1 p.m.
PLACE: Outside the NEX

Pork
Chili

Seabee Ball

March 28, 5:30 - 11 p.m.
Mississippi Coast Coliseum

Guest Speaker: Fleet Master Chief (AW/SW/IDW) Chuck Clarke
Uniform: Dress Blues or equivalent civilian attire. If dual military, one may wear an evening gown (females) or suit (male).

Cost: E1 - E4: \$25; E5 - E6: \$30, E7 - 03,
Retirees and Civilians: \$40; 04 and up: \$50

Point of contact: BUC Eric Van Norman, email: eric.vannorman@navy.mil
Tickets will go on sale Jan. 30 through your command representative
CBC rep: MCCS Jeff Pierce: jeffrey.j.pierce1@navy.mil

WE BUILD ★ WE FIGHT

SEABEE

Online
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

McDonald's closing

The McDonald's on board NCBC will be closing Feb. 1. Expect more information soon on a new business coming to NCBC to fill the vacancy.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Deflated egos pump up controversy

After our beloved Steelers' humiliating defeat in the wild card round a few weeks ago, my husband and I realized that we needed to pick another NFL team to support if we wanted a valid excuse to laze around on weekends watching football and eating processed cheese products.

We decided on the Packers because they're "old school," but when they lost to the Seahawks in the Conference Championships, we found ourselves scrambling. Do we admit defeat and go shovel the sidewalks? No! As long as there's queso dip left in the house and we haven't developed bed sores, we're staying right here on this couch!

Seeing as our family is stationed on a Navy base in New England, I hastily offered my loyalties to the Patriots. And besides, Tom Brady's pretty easy on the eyes. My husband feared I was suffering from some form of Stockholm Syndrome, and snapped, "C'mon, we don't want the Patriots to go to the Super Bowl again! They need to give someone else a chance!"

Despite the tiny bead of drool that had formed in the corner of my mouth as I thought about that adorable dimple in

Tom Brady's chin, I appreciated his point. The Patriots are just so damned good, and good looking, aren't they? With all their championship titles and the longest winning streak NFL history, they're getting way too big for their shimmering spandexed britches.

Suddenly, that ruggedly stubbled dimple stopped being the object of my obsession and became the symbol of life's inherent unfairness. "Yeah!" I spouted, "Give someone else a chance!"

For the next four hours, we sat transfixed, hoping the Patriots -- the Popular Crowd, the Most Likely to Succeed, the Golden Boys, the Kids with the Pumped Up Kicks -- would get creamed by the underdog Colts. But every completed Patriot pass seemed to dredge up more deep-seated adolescent insecurities from our youths.

By halftime, I felt like I was in 8th grade all over again, standing against the cafeteria wall during the school dance, wearing my brother's hand-me-down Wranglers with cheap knock-off boat shoes and a polyester sweater, watching the sparkly popular girls sway to Rupert Holmes' "Piña Colada Song" with all the cute boys.

When the Patriots made their sixth touchdown during the fourth quarter, I lost all faith that there was ever any justice in the world. Defeated, my husband and I peeled our bodies out of the deep depressions that had formed under us on the sofa, and sulked off to bed.

The next day, nightly news reports of "Deflate-Gate" only served to further fuel our bitterness. "I knew it, they're cheaters!" My husband's teeth gnashed with fury reconstituted from his husky childhood.

The litany of the day's news reports continued: "Some say that Mitt Romney needs to give someone else a chance to run for President." "Days after 'American Sniper' receives six Oscar nominations, Navy SEAL's heroism is questioned." "As Taylor Swift's latest album sales exceed four million, rumors swirl that Justin Bieber will diss her in upcoming song." "US days as a global superpower are numbered."

Absorbing the news of that day, I found myself wondering: Is our tendency to root for underdogs a manifestation of human inferiority complex? Do foreign nations target America because they covet our obvious



prosperity? Does the instant-gratification-selfie-generation seek to discredit our military heroes in order to overcompensate for their own lack of sacrifice?

I pondered ... Are we refusing to pump up the Patriots because of our own deflated egos?

Searching my soul, I realized that, deflated balls aside, the Patriots are an outstanding football team worthy to compete in their eighth Super Bowl Championship. So next Sunday, while seated on a comfy couch, I'll give credit where credit is due.

Well, at least as long as the queso holds out.

*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."*

Energy Savings Tip:

Shorten showers. Simply reducing that lingering time by a few minutes can save hundreds of gallons of hot water per month for a family of four. Showers account for two thirds of water heating costs. Cutting your showers in half will reduce your water heating costs by 33 percent. Consider installing low flow shower heads if you do not already have them. Low-flow shower heads and faucets can drastically cut your hot water expenses.



NCBC Security Reminder: January Semi-annual Key/Lock Control Inventories are due! Email copies to sharlene.daniels@navy.mil



See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure on-line 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.

NCBC Helping Hands

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

ART IN THE PASS - Pass Christian will once again host the Art in the Pass art show April 10-12, 10 a.m. - 5 p.m., at the War Memorial Park. Volunteers are needed to work two hour shifts in the following areas: 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. For more information or to volunteer contact: Martha Hawkins,

228-265-2955; Jane Parrish, 228-596-3363/jparrish46@gmail.com or Jamie Bridger, 228-363-0450/jbridger49@aol.com.

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

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

January 29, 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

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

JAN 30 - FEB 5



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



Fitness

Sign up now for Volleyball & Pickle-ball Captain's Cup Leagues today!
 Call 228-871-2668 for details

Navy Outdoor Recreation

Stop by NOR at Bldg. 456 (Corner of 7th & Colby) and let us tell you about the many amenities the Seabee Park and Recreation Area has to offer.
 Call 228-871-2127 for information

Super Bowl XLIX Party at Training Hall
 Come watch the Big Game on the Big Screen!
 Fun starts at 2 p.m. Game starts at 5:30 p.m.
FREE & Open to All Hands

Information, Tickets & Travel

1/31 at 1030 a.m. Family Reading Time with a Valentine's Day craft!
 ITT Can Book Cruises!
 Call 228-871-2231 for details



Jan 30- 5:30 p.m. Los Angeles Clippers vs. New Orleans Pelicans, \$28
 Feb 2- All Day, Groundhog Day Movie Marathon & Groundhog's Shadow Challenge
 Feb 3- 6 p.m., Tournament Tuesday- Foosball 1st Place Prize
 Feb 5-6:30 p.m., Free Movie Thursday at the Digital Cinema, Pick up coupon at Liberty

Program Telephone Numbers & Hours			
Anchors and Eagles	871-4607	Hours:	Tu - Th 2-6p, CLOSED 12/28-1/5/15
Auto Skills Center	871-2804	Hours:	W - Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M - Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M - Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-1:30p, Sat 10a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M - Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th - Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M - Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:30-5:30p
SAC		Hours:	M - Th 3:30p-8:30p, Fr 3:30p-8:30p
Teen Center		Hours:	Tu-Th 5:30p-8:30p & Fr 6p-9p
Rec Center		Hours:	

Beehive

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

Digital Cinema at the Training Hall



Jan. 30
 6 p.m.
The Woman in Black 2 Angel of Death (PG13)
 8 p.m. **The Gambler (R)**

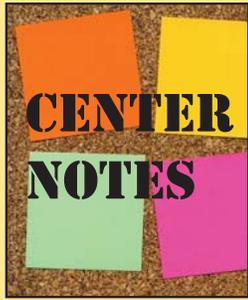
Jan. 31
 2 p.m.
Into the Woods (PG)
 4:30 p.m. **Night at the Museum: Secret of the Tomb (PG)**
 6:30 p.m.
The Hobbit: Battle of Five Armies (PG13)

Feb. 1
 2 p.m.
Come watch for the Big Game on the Big Screen
Don't miss any of the action FREE

24 Hour Movie Hotline
 228-871-3299

January 29, 2015

Seabee Courier



**SUPPORT
Family Readiness
Groups**

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

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

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

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

FOCUS

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

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

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

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

tirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

TRAINING

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

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is

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

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

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

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

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

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

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

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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

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.



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Building 114
228-575-5224

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