

SEABEE COURIER

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September 25, 2014



Capt. Paul Odenthal (left), commanding officer, Naval Construction Battalion Center (NCBC) Gulfport, Navy Exchange (NEX) Gulfport Manager Brandy Asher (center), and NEX Operations Senior Vice President Gary King (right), accompany NEX Mini Mart & Gas Station Manager Melissa DuVall as she cuts the cake at the grand opening of the new facility on board NCBC, Sept. 18. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

New NEX Mini Mart opens

By BU3(SCW) Amanda Hollister
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport celebrated the grand opening of a new, larger Navy Exchange (NEX) Mini Mart and gas station, Sept. 18.

The grand opening event kicked off with a short introduction by NCBC's NEX Branch Manager Brandy Asher, followed by an invocation by NCBC Command Chaplain Lt. Cmdr. Ammie Davis, and speeches by NCBC Commanding Officer Capt. Paul Odenthal and Navy Exchange Operations Senior Vice President Gary King who visited from San Diego, Calif., to oversee the opening.

The new NEX Mini Mart offers a wider selection of products, ready-to-eat

foods and an integrated GNC store. A particular cause for excitement for NCBC consumers is the availability of diesel fuel at the new pumps.

Patrons received free samples, door prizes and GNC coupons. Navy Exchange Service Command's Virginia Beach Operations Specialist, Marcie Burden distributed specialty samples from her new Fresh Foods line, a new approach to help service members make healthier choices. Burden's samples included fresh sandwiches, wraps and parfaits. There is also a selection of prepared fruits and vegetables. In addition to the Fresh Foods line of products, King put special emphasis toward the "A Better You" program. Blue signs are placed on items that are

healthier, making it easy for shoppers of all ages to quickly make more health conscious selections.

"This is the new Navy Exchange," King said. "Notice there are no tobacco advertisements and no alcohol advertisements."

NEXCOM wants to do their part to make healthy options available for Sailors and their families while deglamorizing the use of alcohol and tobacco products. Every five feet within liquor and beer areas shoppers will find signs reminding them to drink responsibly and encouraging Sailors to get help if they need it.

The NEX Mini Mart and gas station's hours of operation are: Monday – Friday 6 a.m. - 9 p.m., Saturday 9 a.m. - 9 p.m., and Sunday 10 a.m. - 6 p.m.

Navy to test water at all Youth Facilities

From NCBC Public Affairs

Beginning Oct. 3, water sampling and testing for lead will be conducted at the Child Development Center, Youth Activities Center and Teen Center on board the Naval Construction Battalion Center (NCBC). While there are no known lead issues in our drinking water system, the samples will be tested to determine if any lead content is present at localized water sources in these facilities.

"With this testing, we are going above and beyond the regulatory requirements set by the Environmental Protection Agency (EPA) for testing in these facilities," said Capt. Paul Odenthal, NCBC commanding officer.

Testing will be conducted at locations where students and staff get water for drinking and cooking. These preventive measures are being conducted Navy-wide to ensure children using youth programs and childcare facilities are safeguarded from the effects that lead in drinking water can have.

"Our children are more susceptible to the effects of lead in drinking water and I feel the additional testing reinforces our commitment to do everything possible to protect them," Odenthal said.

Results of the tests will be available in November. The Seabee Courier will post the results.

For more information, see the "Lead in Drinking Water Fact Sheet" on page 13 or refer to the links below.

People with any immediate health concerns about lead can contact the Naval Branch Health Clinic at 228-822-5425.

For inquiries not covered by the fact sheet, please contact Rob Mims, NCBC Public Affairs Officer at 228-871-2699.

"I am committed to keeping parents and caregivers informed every step of the way as we complete the testing process at our youth program and childcare facilities," Odenthal said.

Please visit:
Environmental Protection Agency:

<http://www2.epa.gov/lead>
http://water.epa.gov/drink/info/lead/schools_index.cfm

Navy and Marine Corps Public Health Center:

<http://www.med.navy.mil/sites/nmcphc/environmental-programs/Pages/Lead-in-Drinking-Water.aspx>

Navy Region Southeast

http://www.cnlc.navy.mil/regions/cnrse/om/environmental_support/drinking-water/lead-in-priority-area-sampling-program.html

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Gold Star Mother's and Family's Day is Sept. 28

From NCBC Public Affairs

Each year, on Gold Star Mother's Day, the president calls on all Americans to display the nation's flag, and to publicly express their love, sorrow and reverence toward Gold Star Mothers and their families.

On June 23, 1936, a joint congressional resolution designated the last Sunday in September as Gold Star Mother's Day, a holiday that has been observed each year since by a presidential proclamation.

It is a day for people to recognize and honor those who have lost a son or daughter while serving the United States Armed Forces. The service member is represented by a gold star. The star may be on

a service flag, or as a pin awarded by the U.S. Department of Defense, and worn by Gold Star mothers and family members.

Dating back to World War I, families of service members would place a flag in the front window of their homes. The flag featured a star for each service member. A blue star represented a family member presently serving. A gold star honored family members who died in the service of America.

The original organization to forward this cause, American Gold Star Mothers, Inc., was incorporated in 1929 and obtained a federal charter from congress. What began with 25 mothers in the Washington, D.C. area soon expanded throughout the

nation. They advocate on behalf of mothers and families who have lost a serving son or daughter.

On board the Naval Construction Battalion Center (NCBC) Gulfport, there are 13 designated parking spaces in locations across the installations that have been designated Gold Star Family (GSF) designated parking. It is one small way the base can honor surviving families of Soldiers, Sailors, Airmen and Marines. The signs are at the Commissary, Navy Exchange, Training Hall, Fitness Center, Chapel, Fleet and Family Support Center and Naval Branch Health Clinic (NBHC).

As we honor Gold Star families Sept. 28, please remember that the sacrifices made by the families



and their loved ones are not limited to a single day each year and that whatever support we provide to them can never repay the debt that we owe them.

To learn more about the American Gold Star Mothers organization, visit <http://www.goldstarmoms.com/> or the Navy Gold Star Program at <http://www.navygoldstar.com/>

Menu Review Board

The Menu Review Board will meet at 9 a.m., Sept. 30, at Colmer Dining Facility. Everyone is invited to attend the meeting and share their ideas for improving the facility.



New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

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.

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

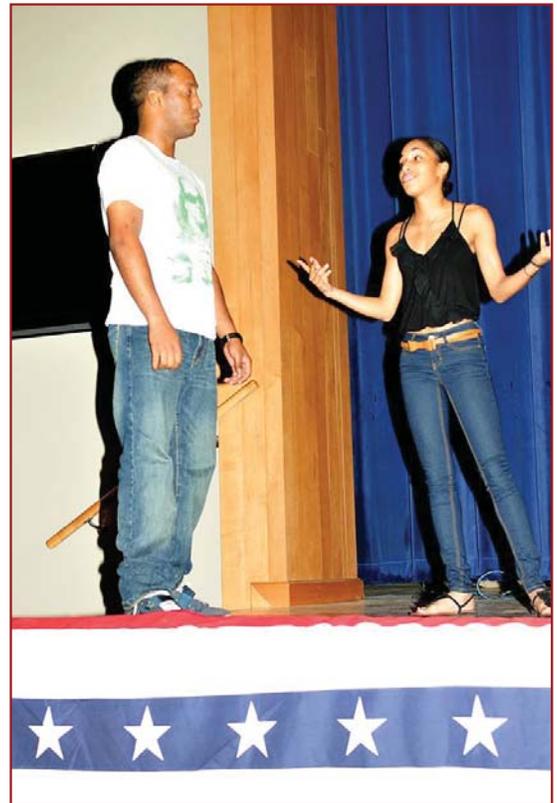
Call FFSC at (228) 871-3000



From left, Courtney Collier, office manager, and Jessica Ladner, Leah Ladner and Amy Potts, resident specialists for Balfour Beatty Communities (BBC), stand next to the 58 pairs of shoes already collected for the BBC Shoe Drive. The goal of BBC is to collect 100 pairs of shoes to be donated to Gulf Coast Community Ministries. If you would like to donate, please tie or rubber band the shoes together and place in the drop box located at the BBC Community Management Office inside building 452. Home shoe pick up is service is available by emailing lladner@bbcgrp.com. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Master-At-Arms Seaman Ernie Jones, left, and Construction Electrician 3rd Class Nicole Lopez act in a skit focusing on suicide prevention during general military training on board Naval Construction Battalion Center Gulfport, Sept. 22. In addition to suicide prevention, training was also held on sexual assault prevention and response. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey Pierce/Released)



Gulfport Navy Lodge General Manager Janice Baker, addresses staff and special guests at an awards ceremony to wrap up the Navy Lodge's annual celebration of Hospitality Week, Sept. 19. Staff were recognized for their superb customer service and hospitality skills displayed in performance of their duties at Navy Lodge Gulfport. To make a reservation at a Navy Lodge, call 1-800-NAVY-INN or go to www.navy-lodge.com. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

September is National Preparedness Month

Be smart, Take part, Prepare!

By **BUCA Elizabeth Mills**
NCBC Public Affairs

This year's National PrepareAthon Day is Sept. 30, and is part of the larger America's PrepareAthon initiative to help prepare citizens for a hurricane or other natural disaster. America's PrepareAthon! is an opportunity for workplaces, families, organizations and communities to prepare for hazards through drills, group discussions and exercises.

The goal of America's PrepareAthon! is to enhance national preparedness by increasing the number of individuals who understand which disasters could happen in their community, know what to do to be safe, take action to increase their preparedness and participate in community resilience planning.

Where do you stand

when it comes to preparedness? Research shows that people are more prepared for a disaster if they:

- ~ Are aware of community alerts and warning systems
- ~ Talk about their preparedness plan with family and others
- ~ Attend trainings and meetings
- ~ Participate in a drill or exercise

Based on the 2012 Federal Emergency Management Agency (FEMA) National Survey, 54 percent of the U.S. population does not believe their community will experience a natural disaster. Only 39 percent have a plan they have discussed with their family members, and almost 50 percent do not have supplies set aside in their home for use in a disaster. Unfortunately, a disaster will likely impact you at some point in your



life, and when it does, you may only have seconds to respond.

According to the ready.gov/prepare website there are many ways to participate. Hold discussions and drills to explain what to do when a disaster hits. Show family members where the emergency kit will be placed and how to practice proper safety during a natural disaster.

To register and find out more about America's PrepareAthon!, visit: www.ready.gov/prepare

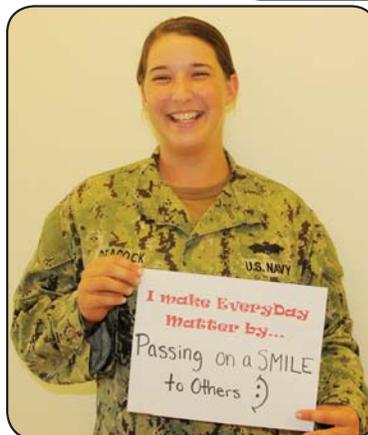
Suicide Prevention

September is National Suicide Prevention Month and this year's Navy theme is "Every Sailor, Every Day, focusing on peer connections and personal responsibility for self care. Throughout September we will be featuring individual responses to the question:

What makes your day matter?



EOCS(SCW/EXW) Matt Dooley
Naval Mobile Construction Battalion 11



CECN Brittani Peacock
Naval Mobile Construction Battalion 1



YN1(SCW/SW) Johnny Turner
Naval Mobile Construction Battalion 1



CEC(SCW) Manuel Perez
Naval Mobile Construction Battalion 1

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.

HISPANIC HERITAGE MEAL

Oct. 1, 11 a.m. – 12:30 p.m.
Colmer Dining Facility
\$4.65 cash or credit

- Pabellon Criollo (Shredded Beef)
- Chuletas ala parilla (Grilled Mojo Pork Chops)
- Pollo Guisado (Stew Chicken)
- Arroz Amarillo (Yellow Rice)
- Burritos
- Habichuelas Negra (Black Beans)
- Sancocho de Gallina (Colombian Chicken Vegetable Soup)
- Summer Corn Salad
- Churros
- Vainitas saltadas (Grill Green Beans)

Open to the Base.





October

LifeWorks
© Balfour Beatty Communities

Balfour Beatty Communities calendar of events

Fire Safety Events

- ~ Oct. 6, 4 - 6 p.m., Woodlands I & II (corner of Blue Heron Way & Eagle Drive.)
- ~ Oct. 9, 4 - 6 p.m., Pinewood (corner of Pinewood Drive and Palm Court)

Toddler Trip to Seward Farms

Oct. 21, 8 a.m., Join us for a day of fun at Seward Farms in Lucedale. We will meet in parking lot of Community Management Office and caravan to Seward Farms. Toddlers will go on a hay ride, play with corn cannons, ride the cow train, visit farm animal alley, watch pig races, and enjoy a picnic lunch! Limited to the first 40 toddlers. Please email lladner@bbcgrp.com or call 228-863-0424 to reserve your toddler's spot.

Holiday Money Management Class

Tomesha Johnson will be here to share some tips and ideas on how to prepare for the upcoming Holiday Season! Community Management Office Oct. 28, 5:30 p.m.

Best Decorated House for Halloween

We will choose one house in each neighborhood as a finalist. The finalists will be voted on to determine the Best Decorated House to win a \$50 VISA Gift Card! There will be seven finalists and one WINNER! Finalists will be chosen and notified Oct. 29.

Pinterest Party

Join us at 609 Palm Court to paint your own wine glass. 609 Palm Court, Oct. 15, 5 -7 p.m.

Trick or Treating

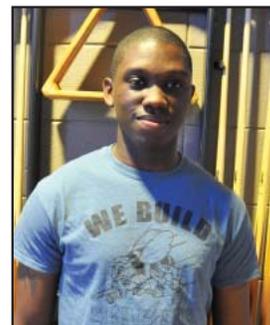
Trick or Treat hours in base housing will be 5 - 8 p.m., Oct. 31. Please only go to houses that have their front porch lights on. Enjoy!

Resident participation in all Lifeworks activities is voluntary and all activities, seminars, and events are FREE! Please feel free to email lladner@bbcgrp.com if you have suggestions

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"What NFL team will you be rooting for this year and do you think they have a chance at winning the Super Bowl?"



UTCA Isiah Singleton
NMCB 3 (ECS student)
Hometown: Bronx, N.Y.
"Tennessee Titans, and no, I do not think they will go to the Super Bowl."



Lisa Blakeney-Powell
MWR Recreation Aid
Hometown: Gulfport, Miss.
"The Miami Dolphins - no way . . . they won't go."



BUCN Brandon Jones
NMCB 11
Hometown: Apalachicola, Fla.
"Dallas Cowboys - no, I don't think that will happen."

September 25, 2014

Seabee Courier

NAVSUP Announces 2014 Holiday Season Mailing Deadlines

From NAVSUP Office of Corporate Communications
Mechanicsburg, Pa.

The Naval Supply Systems Command's (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters, and packages are provided:

APO/FPO/DPO AE ZIP 093

- * Priority Express Mail Military Service: N/A
- * First-Class and Priority Mail (letters/cards and packages): Dec. 3
- * Space Available Mail: Nov. 26
- * Standard Post Mail: Nov. 8

APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966

- * Priority Express Mail Military Service: Dec. 17
- * First-Class and Priority Mail (letters/cards and packages): Dec. 10
- * Space Available Mail: Nov. 26
- * Standard Post Mail: Nov. 8

Domestic Mail (For Ships in Port and Personnel on Shore Duty in the U.S. mailing to U.S. destinations-not including APO/FPO)

- * First-Class Mail: Dec. 20
- * Priority Mail: Dec. 20
- * Priority Express Mail: Dec. 23



It is recommended customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Customers are advised mailing restrictions apply and some items cannot be mailed.

As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

For more information visit: http://www.navy.mil/submit/display.asp?story_id=83297

CBMU 202 disestablished in Kings Bay ceremony

Published in Seabee Online Sept. 19, 2014

Construction Battalion Maintenance Unit (CBMU) 202 Detachment was disestablished during a ceremony on Naval Submarine Base (NSB) Kings Bay, Sept. 5. The Seabees have been an integral part of the Kings Bay mission to support the warfighter for almost 20 years.

"[The Seabees have] provided improvements on base that we enjoy every day, and also get outside the gate and interact with the community," Lt. Cmdr. Samuel Werschky, commanding officer, CBMU 202, said during the ceremony. "They have been a big part of local school career days and status equipment displays and parades. They built a motorcycle training course and have made numerous improvements to the golf course."

Serving the military community on NSB since March 1995, the Seabees have completed various projects to enhance the facilities, grounds, quality of life and mission readiness of the base. Some of these projects included the remodeling of the Navy Federal Credit Union, construction of rest room facilities near playgrounds and grounds enhancements at Lake D, plus building watch towers, ammunition magazines, laydown yards and parking lots.

The Seabees came to NSB Kings Bay in March 1995 when Construction Battalion Unit 412 was established. In February 2005, CBU 412 was redesignated as CBMU 202 Detachment Kings Bay. The Navy Seabees have a long-lasting legacy in naval history for their compassion and "Can Do" attitude.

Local Seabees have proudly carried on that

legacy, and have left a lasting impression on the base with their compassion and community involvement. Every year, the Seabees assigned to the detachment contributed thousands of hours to local volunteer organizations including the Southeast Regional Special Olympics, Relay for Life, Habitat for Humanity and The Humane Society. They also have contributed time in local schools, have been fixtures at parades and auto shows, and have also had an annual Haunted House.

During their time onboard NSB, the Seabees have saved the Navy more than \$100 million in labor costs for base projects and have proven themselves as reliable when called upon for critical and time-sensitive jobs. They have helped provide assistance during storm recovery efforts and disaster preparedness drills, and have provided



Chief Construction Electrician Nicholas Whitbeck, assistant officer in charge, Construction Battalion Maintenance Unit 202, hands the unit's banner to Senior Chief Builder Timothy Gridley, officer in charge, CBMU 202, during the disestablishment ceremony on board Naval Submarine Base Kings Bay, Ga., Sept. 5. (U.S. Navy photo by Electrician's Mate 1st Class Mark Treen/Released)

equipment to help secure the installation during the terrorist attacks Sept. 11, 2001.

Editor's Note: Construction Mechanic 2nd Class Travis J. Wyatt, CBMU 202 contributed to this article.

Diego Garcia Seabees cut ribbon on new warehouse

By CECA Ginger Knapp

Naval Mobile Construction Battalion 4

On Sept. 19, Naval Mobile Construction Battalion (NMCB) 4's Detail Diego Garcia cut the ribbon to the brand new office space and warehouse for use by Seabees deployed to the island.

Designed by Black and Veatch Special Project Corporation, planning for the new warehouse and office space began Sept. 28, 2012 and was complete Aug. 15 of this year.

Amassing 28,556 square feet of land and costing approximately \$4,499,719, this new building is comprised of two mezzanines, five office rooms, a break room with kitchenette, one tool room to include storage space, a reception area, and a paint room.

"The construction manager, Irene Paala, and the contractors, Carl Hawk, Jim Andel, and Vic Volore, did an incredible job accomplishing this project," said Ensign Michael Nurthen, officer in charge of the detail. "The quality of this work is impeccable and we could not be more excited



Ensign Michael Nurthan, officer in charge of Naval Mobile Construction Battalion 4's detail Diego Garcia, cuts the ribbon on a newly build office space and warehouse by Black and Veatch Special Project Corporation for use by deployed Seabees on board Naval Support Facility Diego Garcia. (U.S. Navy photo by Construction Electrician Constructionman Ginger Knapp/Released)

to be able to utilize such an unbelievable facility. We are honored. It shows an unbelievable dedication and respect to the awe-inspiring Seabee history that Diego Garcia has to offer."

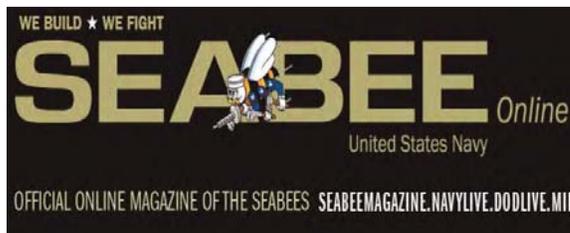
Seabees wrote the history of Diego Garcia, dating back to 1971. One of the major projects for the Naval Facilities Engineering Command and the major project for the Seabees in the 1970's and early 1980's was a naval complex on the atoll of Diego Garcia.

The U.S. and British governments signed an agreement Oct. 24, 1972 concerning the construction of a U.S. Naval Communication station on Diego Garcia. The purpose of the facility was to provide a necessary link in the Indian Ocean for ships and aircraft of both governments.

Since then Seabee battalions have populated the island in efforts to support and improve this station.

NMCB 4 is deployed to the Pacific area of responsibility in support of humanitarian assistance operations and to maintain relationships with regional governments through construction projects.

36th Annual Salute to the Military . . . The 36th Annual Salute to the Military will take place Oct. 21, 6 p.m., at the Mississippi Coast Convention Center in Biloxi. General Frank J. Grass, Chief of the National Guard Bureau Joint Chiefs of Staff will be the featured guest speaker, with music by the 41st Army Band. Tickets are \$60 for civilian and retired military and \$50 for uniformed military. Naval Construction Battalion Center personnel who are interested in attending the event are asked to email NCBC Public Affairs Officer Rob Mims at robert.c.mims@navy.mil.



NMCB 133 Det Guam Seabees participate in Joint Operations Silver Flag exercise

By Ensign Daniel Dunn
 NMCB 133 Public Affairs

Recently, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133, Detachment Guam, participated with U.S. Air Force Prime Base Engineer Emergency Force (BEEF) personnel in support of Exercise Silver Flag. While simulated attacks were made by the enemy forces from "West Aerok," eight Seabees provided support to Charlie Airbase during the exercise which was held at Anderson Air Force Base (AFB), Guam.

Immediately following the turnover of Camp Covington from NMCB 1 to NMCB 133, Detachment Guam sent their Seabees to Anderson AFB on the north end of Guam to support the exercise. Silver Flag is an Air Force civil engineering exercise held at several locations across the globe. The expeditionary training is designed to set up operations at bare-base locations and features bed-down planning, base recovery, command and control, and airfield recovery. The exercise also teaches a variety of specialty training to include heavy equipment operation, set up of

aircraft arresting barriers, emergency airfield lighting, generator installation and maintenance, and fire rescue technician training. This is the first time the Silver Flag exercise was conducted in Guam.

For the first six days of the exercise, personnel were divided into their career fields. The time was used for training to prepare the group for reinstating "Charlie Airbase." On day seven of the exercise, the "deployed forces" at Charlie Airbase came together to respond to different attacks and tasking injects put forth by the instructors. These scenarios ranged from mortar fire to chemical and biological attacks to casualties. In responding to these scenarios, the Seabees and Airmen, side-by-side in full battle gear, repaired the airfield to ensure that F-16 aircraft were capable of takeoffs and landings. The exercise took approximately 14 hours from start to finish, of which six hours were spent in Mission Oriented Protective Posture level two and four, which is protective gear used by military personnel in a chemical, biological, or radiological environment.

In the past, when Silver Flag was conducted at Kadena AFB, the Seabees of Camp Shields would often complement the exercise with personnel. NMCB 133 was proud to continue the relations with their Air Force Civil Engineer counterparts.

"The Air Force's equipment is much the same as the Seabees, but their terminology is very different," said Chief Steelworker Joshua Eichelberger. "It took the first couple of days for us to familiarize ourselves with the Air Force terminology, but once we passed that phase, we integrated ourselves quite efficiently with our Air Force counterparts. The overall experience was very beneficial because the military continues to become more oriented towards joint operations; thus, interoperability becomes an invaluable asset."

The Runnin' 'Roos of NMCB 133 who participated in the Silver Flag exercise hit the ground running with the famous "Can Do" spirit and worked well with their Air Force counterparts. They were excited to be part of the exercise and have the opportunity to learn about how the Air Force operates.



Utilitiesman Constructionman Zachary Funk, assigned to Naval Mobile Construction Battalion (NMCB) 133 Detachment Guam, takes a reading on a reverse osmosis water purification unit. Funk was one of eight Seabees from NMCB 133 Detachment Guam who participated in the Air Force's SILVER FLAG training exercise at Anderson AFB. The Seabees teamed up with Air Force civil engineering units to support the exercise. (U.S. Navy photo/Released)

"I enjoyed learning the Air Force's power production and would love to come back to the next Silver Flag to learn the electrical side of operations," said Construction Electrician 3rd Class Steven R. Troxell.

The training was a beneficial experience for both the Seabees and the Air Force. The 554th Rapid Engineer Deployable Heavy Operations Repair Squadron

Engineers (RED HORSE) Squadron Detachment One Commander, Major Kevin A. Mares, when asked about Seabees participating in future Silver Flag exercises replied, "Definitely. This was the last step to open up Silver Flag to all of PACOM, and the Seabees of NMCB 133 fit right in line with our mission of training airmen and sister services in a joint environment."

September 25, 2014

NMCB 25 Chief Petty Officer pinning ceremony



Chief Builder (SCW) Edward Krueger is piped aboard the chiefs' mess after the Naval Mobile Construction Battalion (NMCB) 25 chief pinning ceremony at New Kabul Compound Sept. 21. The battalion participated in the storied naval tradition of pinning its new chief petty officers during its deployment in support of Operation Enduring Freedom. (U.S. Navy photos by Petty Officer 1st Class Patrick Gordon/Released)

Keep What You've Earned

Fall is a great time of the year to go on hikes and explore some of the nearby parks, mountains and coasts. Instead of spending the weekend cramped in a stuffy bar, get some fresh air and go camping. Or alternatively, host a barbecue, and don't forget to enjoy the food. Drinking on a full stomach can help absorb alcohol. Know your limit—before you get there.



Seabee Courier

Focus on Education

Bunky is a big hit at CDC



Bunky the Clown, from the Cole Bros. Circus of the Stars, performs a special show filled with jokes and magic tricks for children at the Child Development Center on board Naval Construction Battalion Center Gulfport, Sept. 23. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

Military Life: Building positive relationships with your child's school

From Military OneSource

meet other school staff members.

Whether you relocate often or are temporarily deployed, there are ways you can build a relationship with the school and your child's teachers and help your child perform as well as he or she can. Your relationship with the school will benefit the school and demonstrate to your child and the school staff the importance you attach to education. The following tips can help you build a strong relationship with your child's school.

~ Meet the staff. Make a special effort to meet your child's teacher. If your child is younger, consider accompanying him or her to school on the first day to say hello. If your child is starting at a new school, arrange a meeting with the teacher to discuss programs, texts and the curriculum.

~ Be aware of school policies. Keep on top of events by reading the parent group newsletter, the school bulletin board, the school handbook and flyers that your child brings home. If you are away from home and the school has a website, log on regularly for updates and information. Be sure to understand the school's calendar and policies on what to do in bad weather, if your child is sick or forgets lunch.

~ Attend events. Try to attend back-to-school nights, open houses, school fairs and other programs to stay connected. They are excellent opportunities to chat with your child's teachers and

~ Volunteer at school. As your schedule permits, try to volunteer at your child's school. By participating, you can help improve the quality of school life. There are ways to help even if you cannot be at school during the day. You might help other parents organize a weekend fund-raiser for new playground equipment or discuss solutions to a high school gang problem. You could offer to coach a sports team on weekends, chaperone the school dance or share your deployment experience as a guest speaker in your child's classroom once you return home. You can even help your child's classroom teacher by doing volunteer work at home, such as coordinating class parties or assembling student projects.

~ Join the parent-teacher group. Try to attend meetings of the school's parent-teacher organization. These groups provide information about educational planning; keep parents informed about testing and changes in district policies; and raise funds for the schools. If your child's school doesn't have a parent-teacher group, contact the national PTA or the national PTO network and other interested parents to find out how to start one.

~ Attend school board meetings. By attending important school board meetings, you can voice concerns - and praise - to the school board, the organization that oversees the school district.

Education Notes

Coastline Community College Registration

Registration for Coastline Community College's Fall "B" Term is open until Oct. 13.

The Fall term begins Oct. 20 and ends Dec. 14. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, emailing DDRYE@

COASTLINE.EDU, or visiting the Navy College Office in Building 60, room 239.

A FREE 2 ½ hour professional lecture for officers and senior enlisted who plan to leave the service in the near future. Spouses are cordially invited.

Marketing Yourself for A Second Career

Date: Oct 2, 2014

Time: 8:30 - 11 a.m.

Location: Fleet & Family Support Center, Large Class Room

RSVP: gerri.warden@navy.mil 228-871-3000

LEARN ABOUT

- Developing your transition strategy
- Determining your "best fit" career
- Perceptions civilian employers have of military personnel
- Resume and LinkedIn development
- Networking to find the hidden job market
- Preparing for and conducting successful interviews
- Salary negotiations and benefit packages



SPEAKER: Colonel John Sims, USA (RET)
Deputy Director of Transition Services, MOAA

- Recently retired after 25+ years on active duty, both enlisted and commissioned
- In-depth experience in networking, resume writing, communications and social media
- Understands the transition process and keys to success for life after the military



Brought to you by: **MOAA**
Military Officers Association of America

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

BBC Shoe Drive - During September, Balfour Beatty Communities is collecting gently used shoes to donate to Gulf Coast Community Ministries. Please tie or rubber band shoes together and place in drop box located at the Community Management Office. Home shoe pick up service is also available by emailing lladner@bbcgrp.com. Your generosity is appreciated!

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Snack Duty: The most competitive sport of all

By now, the youth sports scrimmages are over, and regular fall season competition has begun. But what our kids don't know is that another fierce game is about to start. A game that involves intense, some might say vicious, competition. A game that is not for the faint at heart. A game that requires superb skills, bloodthirsty drive, and aggressive ambition to win.

That game is the one that is waged between the parent volunteers.

A few days ago, my finger trembled as it hovered over the mouse. I had just typed an email to my daughter's JV Girls' Soccer Team coach, volunteering to coordinate snacks for our upcoming games. But I hesitated. I had played in this game before, and I wasn't sure I wanted the Coach to send me back in.

Years ago, when our Navy family was stationed in Germany, I was at the height of my youth sports volunteer career. That fall, during our daughter's U8 rec soccer season, an intense but unspoken rivalry developed among the parents over who would win the title for "Best Team Snack."

I signed up for a game at the end of the season, hoping to have time to eye up my competitors. I combed the commissary and trinket stores, hoping to find a winning balance of nutritious edibles to please the health-conscious parents, and fun treats that would win the hearts of the players.

On game day, I was ready.

At half-time, I passed out orange wedges, which not only offered nutritional content, but also had comedic value when the



kids cracked up over each other's orange-peel smiles. But I was only just beginning. When the final whistle blew and the players ran off the field, I clinched the coveted title by giving the team ice-cold Gatorades, home-baked cookies, and "Goodie Bags" filled to their zip-locked brims with granola bars, lick-and-stick soccer ball tattoos, tiny cleat key chains, sugarless bubble gum, and miniature chocolate soccer balls.

In the tangle of minivans exiting the gravel parking lot beside the field, another mom yelled through her open window, "Hey, Molinari! Thanks for making the rest of us look bad with that stinking goodie bag!"

There was no denying it. I nailed it.

But just as I was basking in the glow of victory, our family was transferred to Florida. Thinking my snack skills unparalleled, I agreed to be my son's high school football "Team Mom." Little did I know, I had just entered the Parent Volunteer Thunderdome.

Innocently, I made a batch of cupcakes and offered them to the team after our home opener. I had just unknowingly thrown down the gauntlet to another parent, who brought home-baked cookies to the players after every game and was known as "The

Cookie Lady." She was not happy that I'd stepped on her turf, and shot daggers at me the rest of the season.

But The Cookie Lady was a pussycat compared to the "Concessions Queen" - a volunteer who had ruled the concessions booth with an iron fist for several years. When she got wind that there was a new "Football Mom" trying to win favor with the team, she gathered her minions to plot revenge. These women gave me so many dirty looks, I had to ask someone in the chain gang to escort me to the parking lot after the games, for fear that one of them might be hiding between the minivans with a shiv.

After two years of covering in fear over cupcakes and cookies, my family is now stationed in Rhode Island, and I'm wary of entering the Parent Volunteer Battle again. Will I be able to reclaim my "Best Team Snack" title? Is it worth the sleepless nights spent wracking my brain for a new twist on crispy rice treats? Will I be strong enough to face gut-wrenching decisions like rainbow or chocolate sprinkles? Will I go out in a blaze of glory or suffer the agony of defeat? I just don't know . . .

Reminding myself that it's all about the kids, I mustered the courage to hit "Send" and started looking up the recipe for monster cookies.

Let the games begin.

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

Health Watch

Preventative health care services set for Oct. 10 at Keesler AFB

By 81st Diagnostics and Therapeutics Squadron
Keesler Air Force Base

As Breast Cancer Awareness Month is observed in October, Keesler Medical Center is preparing to host its third annual "Mammoth," 7:30 a.m. to 2 p.m. Oct. 10. Walk-in cancer and preventive health screening and information for all ages and genders are provided.

The event is open to anyone eligible for care at Keesler. Appointments aren't required. In the past two years, five breast cancers were found during the Mammoth.

"Oct. 10 will be a celebration of life as we join with women and men to fight all cancers and preventable disease," said Maj. (Dr.) Matthew Barchie, mammography clinic chief.

Services offered include:

- ~ The mammography clinic will offer walk-in mammograms to all patients 40 years old and older who are due for annual screening.

- ~ Keesler oncologists will provide walk-in clinical breast exams.

- ~ Walk-in pap smears and clinical breast exams will be available from the women's health staff.

- ~ Men and women will be able to obtain walk-in pre-operative planning and scheduling for colonoscopies from the general surgery staff.

- ~ The urology clinic is offering information on prostate and bladder cancers and the dermatology clinic staff will provide melanoma prevention information.

- ~ The family health clinic will schedule a dedicated day of well-woman exams.

- ~ The ophthalmology and optometry clinics will offer walk-in vision and glaucoma screening.

- ~ Hearing screening will be available from the ear, nose and throat clinic staff.

In addition, the medical center's Don Wylie Auditorium will be filled with cancer education and preventive health opportunities including flu shots, screening for vascular disease screening by vascular surgeons as well as blood pressure and glucose screens. Information on genetic risk for cancer, smoking cessation, nutrition counseling, intoxicated driving prevention, and domestic violence and sexual assault prevention will also be available. The American Cancer Society will participate with a large variety of resources.

Since the event will be held throughout the medical center, the Ocean Springs High School varsity cheerleaders will join medical center volunteers to help patients navigate the hospital.

The mammography clinic is on the first floor in room 1A219 near the A Tower entrance.

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

NCBC Helping Hands

BAYOU VIEW MIDDLE SCHOOL/GULFPORT CENTRAL MIDDLE SCHOOL - Builders and Engineers needed to help build storage shelves in the robotics lab. The school would also like a few engineers to come to the school and lend expertise to approximately 100 students (grades 6 – 8), for a robotics building project. Contact Michael Quintero, email: Michael.quintero@gulfportschools.org or 228-865-4633 or 228-870-1035 for details.

WEST HARRISON HIGH SCHOOL TEST PROCTORS - West Harrison High School, 10399 County Farm Road, Gulfport, is asking for volunteers to serve as State academic test proctors Sept. 26, Sept. 29 and Oct. 1 – 3, from 7 a.m. – 3 p.m. (or until daily testing is completed). Point of contact for more information or to volunteer is Julie Cullinan, 228-539-8900, email: JCullinan@harrison.k12.ms.us.

CRUISIN' THE COAST - Volunteers are needed for Cruisin' the Coast, Oct. 5 from 8 a.m. to 6 p.m. in downtown Gulfport. Volunteers will assist with parking cars, manning barricades, setup, breakdown, etc. Contact Lisa Bradley at 228-868-3414. Assistance is also needed Oct. 6, 10:30 a.m. - 5 p.m., Oct. 7 - 11, 8 - 1 p.m. and Noon - 5 p.m., and Oct. 12, 7 a.m. - 2 p.m. at Cruise Central, Centennial Plaza in Gulfport. Volunteers will assist with traffic control, hospitality, parking, etc. Contact Craig Grisoli at 228-385-3847.

DELISLE ELEMENTARY - DeLisle Elementary School, on Menge Ave, (exit 24) in Pass Chris-

tian, is holding their annual Fall Festival, Oct. 10, 4:30 – 7 p.m., and in need of volunteers to help with games and other festival duties. Volunteers are welcome to be in uniform or civilian attire. To volunteer, please call Tara at 228-424-6738 or email: delislepto@gmail.com.

HELP FOR VETERANS - The annual Veterans Stand Down will take place Oct. 16 at Hiller Park in Biloxi. Fleet and Family Support Center (FFSC) is collecting back packs to be distributed at the stand down. Please check around your homes and see if you have any gently used back packs, gym bags or messenger bags that you can spare for area veterans. Donations may be dropped by FFSC, attention: Susan Smith.

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.

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.

Navy Birthday Ball 2014 - The Navy's 239th Birthday will be celebrated here, Oct. 18, from 6:30 p.m. – midnight, at Hollywood Casino, Bay St. Louis. For ticket, uniform details and other information, visit: <http://www.sscnavyball.weebly.com>. Participating installations include: Naval Activities, Stennis Space Center; Professional Development Center, Gulfport; Naval Aviation Tactical Training Unit, Keesler Air Force Base and Armed Forces Retirement Home.

The 411 on dialing 911 on board NCBC - Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

Seabee Memorial Chapel

Religious Services Sunday:

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



NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

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

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

What's happening at the Chapel?

Sundays

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

Tuesdays

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

Wednesdays

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

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

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

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

Program Telephone Numbers & Hours

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

Are you Ready to Rumble @ the BEEHIVE?
UFC Title Fight! Thursday Night
9/27@ 7PM **Football Action! 10/2**

Outdoor Recreation

It's the perfect time of the year to go camping! Tour the A-LINER campers at Navy Outdoor Recreation and Make your reservation TODAY!



Fitness

CORE 45 CLASS
Tues & Thurs

ZUMBA CLASS
Mon & Wed & Sat

WATER AEROBICS CLASS
Tues & Thurs

CYCLING CLASS
Mon - Thurs

CARDIO PUMP CLASS
Tues & Thurs



Sep 27, 6:00a (departure), Deep Sea Fishing Trip, SIGNUP DEADLINE 9/15, \$77 per person
 Sep 28, 1:00p (departure), Paddleboarding Trip, FREE
 Oct 01, 12:00p, American Red Cross Blood Drive, Save a Life!



SATURDAY, OCTOBER 4TH @ 0630am
AT NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MS

FOOD
MUSIC
MILITARY
DISPLAYS

OPEN
TO
THE
PUBLIC

MEDALS
TSHIRTS

REGISTER ON WWW.ACTIVE.COM
 For more information, Contact 871-2668

Information, Tickets & Travel

CATCH ONE OF THE FINAL RACES
OF THE 2014 SEASON



October 18 & 19

2014 Geico 500
2-day package* ONLY
\$72.00

Regularly \$170.00

*Package seating in the Tri-Oval Tower

Call ITT at 228-871-2231

Single Day Grandstand Tickets & Pit Passes Available

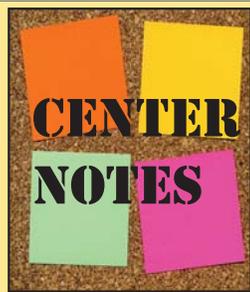
FREE MOVIES
AT THE TRAINING HALL!

SEP 26 - 6:00 PM, 22 JUMP STREET (R),
8:30PM, A MILLION WAYS TO DIE IN THE
WEST (R)

SEP 27 - 2:00 PM, EDGE OF TOMORROW,
4:30 PM, THINK LIKE A MAN TOO (PG13),
7:00 PM, HOW TO TRAIN YOUR DRAGON 2
(PG13)

SEP 28 - 2:30 PM, EARTH TO ECHO (PG),
4:30 PM, EDGE OF TOMORROW (PG13),
7:00 PM, TAMMY (R)

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



SUPPORT

FamilyReadiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG 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 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 nmc11frg@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 Center. Children are welcome and babysitting is provided. Please bring a dish to share.

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

FOCUS

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

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 nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com 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 Auxilliary to the VFW 3937 Long Beach Are you eligible? The Ladies Auxilliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

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

welcome and encouraged to attend. Call 228-832-0017 for 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://nmc62alumni.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.

October is Fire Prevention Month

During Fire Prevention Week (Oct. 6 - 10), the Naval Construction Battalion Center (NCBC) Gulfport Fire Department would like to extend an invitation to all departments and commands to contact us for fire extinguisher training and a review this of year's National Fire Protection Association theme, "Working Smoke Alarms Save Lives." The training promises to provide interesting facts about smoke detectors that many people aren't aware of, but that could possibly save a life!

We are available to provide training at your work center between 8 a.m. and 3 p.m., Monday through Friday. Although we are highlighting training during Fire Prevention Week, the training may be conducted any time in October. Work site training should take approximately 30 minutes, depending on the number of people in attendance.

Please contact Inspector Ducote at william.ducote@navy.mil and schedule your training today!



Energy Savings Tip: Clothes dryer maintenance is important for both safety and energy savings. Lint buildup causes thousands of residential fires every year. Clogged dryer lint traps and exhaust vent pipes cause loads to run longer than necessary and use more energy. Your dryer's entire venting system should be cleaned out from the inside of the dryer to the outside vent cap at least once per year. Lint can also build up inside your dryer compartment. Remove the front panel and use a long vacuum hose attachment to remove unwanted lint around dryer drum assembly and other moving parts. Inspect the outdoor vent cap for lint build up. Also check for nests built by animals or wasps that block air flow. Make sure to clear any shrubs or vegetation from around the vent cap area. The average drying time per load is about 45 minutes. If clothes are taking longer than usual to dry, it is likely that lint is blocking the venting system somewhere.

SAFE DRINKING WATER – CHECKING FOR LEAD



The United States Navy is committed to protecting the health of their Sailors, civilian staff, and their families by providing safe drinking water. Drinking water quality, including testing for lead, is monitored throughout the installation. It is Navy policy to follow Environmental Protection Agency (EPA) optional guidelines for testing and sampling of water outlets from which children may drink at childcare centers, hospital pediatric wards, and maternity wards.

WHAT IS NCBC GULFPORT DOING?

- NCBC Gulfport will test water from sinks, faucets, fountains, and hose bibs at Child Development Centers (CDCs), Youth and Teen Centers, and playground areas.
- Test results will be made available at locations where testing was conducted.
- This is an ongoing program that will include yearly updates and complete retesting every five years.

WHAT IS LEAD?

- Lead is a naturally occurring metal that is harmful if inhaled or swallowed.
- Lead can be found in air, soil, dust, food, and water, and is common in plumbing materials and water service lines.
- Exposure to elevated levels of lead can result in adverse health effects.

WHAT ARE THE HEALTH RISKS OF LEAD EXPOSURE?

- Lead poses a significant health risk to young children up to the age of six, especially infants and fetuses, where the danger is very severe.
- Growing children absorb lead more rapidly and are negatively impacted by a level of lead exposure that would have little effect on an adult.
- A child's mental and physical development can be irreversibly impaired by over-exposure to lead.
- EPA estimates that drinking water can make up 20% or more of a person's total lead exposure.
- Infants who consume mostly mixed formula can receive 40% to 60% of their exposure to lead from drinking water.

HOW DOES LEAD GET INTO A FACILITY'S DRINKING WATER?

- Even though drinking water from water treatment plants may meet federal, state, local and overseas standards, a facility may still encounter elevated lead levels at the outlet or spigot due to lead in plumbing materials.
- The most common cause is corrosion of materials containing lead in the water distribution system, such as plumbing pipes, solder, water coolers, and faucets.
- Many factors contribute to corrosion, including the acidity of the water, and when water stands in the plumbing system for prolonged periods of time.

HOW MUCH LEAD IN DRINKING WATER IS TOO MUCH?

- EPA set a guidance level of 20 ppb in childcare settings to protect children who are exposed to lead in drinking water on a chronic basis.
- EPA recommends that childcare facilities collect first-draw samples from water fountains and outlets, which maximizes the likelihood that the highest concentrations of lead are found because water remained in plumbing overnight.
- When sampling results show lead levels exceeding 20 ppb, those fountains and outlets are taken out of service until remediation is complete.

WHAT IS REMEDIATION?

- Remediation refers to both short- and long-term actions taken to reduce the levels of lead in drinking water if test results indicate that there is a lead issue at a childcare facility.
- EPA's childcare facility sampling protocol was designed to identify specific fountains and faucets that require remediation, such as water cooler replacement.

WHERE CAN I FIND MORE INFORMATION?

- Contact your family doctor or pediatrician who can perform blood tests for lead.
- Contact NCBC Gulfport's Public Works Environmental Division at 228-871-2373 for information about your facility's water supply.
- More information concerning lead and drinking water can be found at the following websites:
<http://www2.epa.gov/lead>
http://water.epa.gov/drink/info/lead/schools_index.cfm
<http://www.med.navy.mil/sites/nmcphc/environmental-programs/Pages/Lead-in-Drinking-Water.aspx>