

SEABEE COURIER

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Celebrating Hispanic Heritage



Yadira Dougherty (left) and Roberto Peña Fiel, dance instructors at Amour Danzar, show Salsa dance moves to military and civilian personnel who attended the Hispanic Heritage Month Celebration onboard Naval Construction Battalion Center (NCBC) Gulfport, Oct. 1. The program was presented by NCBC's Multicultural Diversity Committee at the Training Hall. The program included speeches that acknowledged the contributions of Hispanic people to our nation and the Navy. Additionally, samples of traditional Hispanic food were offered. The Navy celebrates Hispanic Heritage Month from Sept. 15 to Oct. 15. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Family run added to the Seabee Volkslauf Mud Run

By BU3(SCW) Amanda Hollister

Nearly everyone in the family can get muddy at the 19th Annual Seabee Mud Run, Oct. 4 on board the Naval Construction Battalion Center (NCBC) Gulfport. For the first time, organizers incorporated a Family Fun Run into the event.

"The Family Fun Run is a shorter course geared toward the younger children," said Danny Calhan, NCBC's Morale, Welfare & Recreation (MWR) Operations Manager. However, it still has the same obstacles; tires, over-and-unders, mud, water." Children 6 to 12 years old can join a parent or guardian on a 1.75 mile course designed for families.

The Family Fun Run is \$25 for one adult and one child; each additional child is \$10. Sign-ups are only the day of the race

from 6:30 to 9:30 a.m. The first heat of the fun run will begin at 9 a.m., Each additional heat will begin every ten minutes until 10 a.m. Family Fun runners will receive participation medals and t-shirts. Teens and adults can participate in the five-mile timed run which begins in heats at 8 a.m. The last heat will be at 9:30 a.m.

Proceeds from the Seabee Mud Run events go to the Seabee Ball and MWR committees. According to Calhan, the Seabee Volkslauf Mud Run and Seabee Day are the two largest contributors to the Seabee Ball fund.

Runners can register at <http://tinyurl.com/cbmu-drun2014> or go to Active.com and search Seabee Mud Run in Gulfport. Early registration ends Oct. 3 at 4 p.m. or sign up the day of the event for an increased fee.

19th ANNUAL SEABEE VOLKSLAUF
MUD RUN 2014
SATURDAY, OCTOBER 4TH @ 0630AM
First Heat @ 8am
AT NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MS
FOOD MUSIC MILITARY DISPLAYS MEDALS TSHIRTS
NEW FAMILY FUN RUN COURSE!
AGES 6-12 (MUST BE ACCOMPANIED BY PARENT)
REGISTER ON WWW.ACTIVE.COM OPEN TO THE PUBLIC!
FOR MORE INFORMATION, CONTACT 871-2669

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SAPR needs victim advocates

By **UTCN Alicia Fluty**
NCBC Public Affairs

The Sexual Assault Prevention and Response (SAPR) Annual Report indicates that sexual assault is an under-reported crime, therefore it is critical that every survivor is treated with the sensitivity they deserve, the privacy they prefer, and the responsive assistance that they need. The hope is that through consistent and helpful support, trust of the SAPR program will encourage victims of sexual assault to report.

The Department of Defense (DoD) policy on Sexual Assault Prevention and Response requires that sexual assault victims be offered the assistance of a sexual assault response coordinator (SARC) and a victim advocate.

In addition to addressing safety concerns and explaining reporting options, the SARC or SAPR victim advocate also ensures that the victim is provided with appropriate medical care, counseling services, victim legal counsel support, as

well as resources off-installation, if needed.

Sailors interested in becoming SAPR victim advocates, each command has a SAPR point of contact who is in charge of the initial interview and ensures the command completes a background check. This is to ensure that the service member has no history domestic violence, sexual assault or child abuse. Once cleared and approved, the service member will then be referred to the SARC and the SAPR victim advocate for a prospective victim advocate interview.

To provide sexual assault victim advocacy services, all SAPR victim advocates must complete 40 hours of victim advocate training.

NCBC SAPR Victim Advocacy Specialist, Ms. Shannon Harden, stated that the week-long training is a "pretty intense" class. The week consists of a combination of videos with discussion, role-playing exercises and guest speakers from Naval Criminal Investigative Service and Judge Advocate General.

SAPR victim advocates must be certified through the Department of Defense Sexual Assault Advocate Certification Program (D-SAAPC). To obtain these credentials, Sailors will have to submit an application along with their training certificate to the National Organization for Victims Assistance (NOVA).

This certification will transfer to civilian life. However, individuals must be re-apply every two years and they must complete 32 hours of continuing education.

"I would encourage people who are sincere about wanting to make a difference by helping their fellow shipmates to become Victim Advocates," Harden said. "It is an amazing feeling when you are able to help someone through a crisis in their life."

The next SAPR victim advocate training class will be held Oct. 20-24, 8 a.m. to 4:30 p.m. in building 60. For more information, contact the SAPR point of contact at your command or call the Fleet and Family Support Center at 228-871-3000.

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 or 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.

If you or someone you know is being abused, we want to help:

228-669-1774

24/7 Confidential
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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
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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



Roberto Peña Fiel, dance instructor at Amour Danzar, leads and teaches Salsa dance moves to military and civilian personnel who attended the Hispanic Heritage Month Celebration presented by NCBC Multicultural Diversity Committee at the Training Hall on board NCBC Gulfport, Oct. 1. The program included speeches that acknowledge the Hispanic heritage contribution to this nation and the Navy, also samples of traditional Hispanic food was offered. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Sailors, Soldiers and Airman, participate in the quarterly menu review board at the Colmer Dining Facility on board NCBC Gulfport, Sept. 30. Representatives from five food vendors were on hand with new products for the menu review board to taste. The menu review board is open to all with authorized access to base. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Ensign Zachary Seagraves, left, attached to Naval Mobile Construction Battalion (NMCB) 11, is instructed by Lead Warehouse Specialist Justin Hargrove on how to properly place small arms protective inserts (SAPI) into his modular tactical vest during his personal gear issue on board Naval Construction Battalion Center (NCBC) Gulfport, Sept. 26. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

Jackson relieves Ellis as NRSE CMDCM

By MC2(SW/AW/EXW) Stacy D. Laseter
Navy Region Southeast Public Affairs

Navy Region Southeast (NRSE) recently welcomed its new command master chief to the staff when CMDCM (AW/SS) Michael K. Jackson relieved CMDCM (SW/AW) Herbert "Mack" Ellis as the Region CMC on Sept. 25.

Ellis began his assignment at NRSE in April 2011 following his previous tour of duty at Navy Region Hawaii in Pearl Harbor. He said the entire NRSE team led to the success of the region.

"I came here three years ago and I've had great support. I've brought a new philosophy here and I've made sure it was executed, but I didn't do the work," Ellis said. "I always give the credit where it's due."

And to Ellis, that credit should be given straight back to the Sailors and civilians of Navy Region Southeast.

"These past three years have been very rewarding. Every Sailor and civilian here has a voice," Ellis said. "I wish I could stay, but Master Chief Jackson is going to make this better."

Ellis will go on to be the CMC for U.S. 4th Fleet headquarters at Naval Station Mayport.

Master Chief Jackson comes to NRSE following tour as the CMC of Naval Leadership and Ethics Center, in Newport, R.I. He expressed gratitude for the work Ellis has put forth over the past three years.

With 30 years of naval service, nine of which have been as a CMC, Jackson has had plenty of experience. His previous CMC tours include the "Ragin' Bulls" of Strike-Fighter Squadron (VFA) 37, Naval Weapons Station Charleston, and Carrier Air Wing (CVW) 17.

"Hopefully I can do a good job," Jackson said. "I'd like to carry on the proud reputation that Region Southeast has across the CNIC domain."



NCBC Frames

Kevin Byrd
MWR
School Liaison Officer

FREEZE

By UTCN Alicia Fluty
NCBC Public Affairs

FRAME



Compact for Military Children. The bill passed and was signed by the Governor which has helped level the playing field in education for our military students.

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

KB: I have been in some type of educational career for 36 years. I enjoy helping students succeed.

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

KB: Having lived in South Mississippi for over 50 years-growing up with Seabee children and now working on the base I can say without a doubt that the "Can Do" spirit is alive and well. I would tell future Seabees to learn all they can while in the service to help promote themselves later in life. And of course,

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

KB: When myself, Rob Mims, and a CMC went to Jackson to speak with legislators to help push the Interstate



have some fun along the way. or have educational needs.

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

KB: Our Seabees are hard working, motivated, and only want the best for their children. I enjoy supporting families as they transition

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

KB: Aside from my parents I would have to say my high school English teacher and a coach helped get me ready for the real world.



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

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

NAVFAC Southeast awards \$8 million Contract to Small Business

Renovations Planned for Bachelor Enlisted Quarters in Gulfport, Mississippi



By NAVFAC Southeast
Public Affairs Office

Naval Facilities Engineering Command (NAVFAC) Southeast awarded an \$8 million firm-fixed-price contract Sept. 29 for repairs and renovations of the "A" School Bachelor Enlisted Quarters 315 at Naval Construction Battalion Center (NCBC) Gulfport, Miss. to Drace Anderson, JV, a small business based in Gulfport, Miss.

"The A-School barracks renovation will improve the quality of life and the readiness of our newest Seabees, Airmen, and Soldiers that complete their training at Naval Construction Training Center (NCTC) Gulfport," said NCBC Gulfport Command-

ing Officer Capt. Paul Odenthal. "The repairs will increase building performance to provide higher occupant comfort, higher energy efficiency, and extend the life of the facility many more years."

The work to be performed provides for interior and exterior repairs and renovations including installation of new insulation, windows, roof, vents, exhausts, flashing, and replacement of the HVAC system, boilers and chiller.

Exterior work includes replacing windows, resealing exterior joints, concrete repair, minor drainage work, and exterior cleaning and painting.

Interior work includes room reconfiguration, replacement of finishes, replacement of tubs and showers with shower surrounds, reconfiguration of handrails and guardrails, replacement and refinishing of doors, new interior signage, and new toilet accessories.

Work is expected to be completed by March 2016.

NAVFAC Southeast strives to meet its goals building on its success by providing contract opportunities to small businesses.

"It is NAVFAC Southeast's policy to provide as many opportunities as possible to small businesses," said Nelson Smith, NAVFAC Southeast small business deputy. "Small businesses are the engines of job creation and essential to strengthening our national economy."

Each year NAVFAC establishes target goals for Small Business, Small Disadvantaged Business, Historically Underutilized Business Zone Small Business, Service-Disabled Veteran-Owned Small Business, and Women-Owned Small Business categories. Smith explained that the maximum practicable utilization of small business concerns is a matter of national interest with both social and economic benefits.

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

What do you think of the new NEX Mini-Mart and gas station?



"It's awesome. There is more of a food selection."

Daniel Rikabi
NEX Security
Hometown: Biloxi, Miss.



"The food selection is bigger such as the food bar, with eggrolls, hotdogs and slushes. There is now more pumps and diesel."

Jennifer Schonewitz
NEX Replenishment Manager
Hometown: Gulfport, Miss.



"The food selection is a lot nicer than the smaller one and the building itself is a lot nicer."

UT2(SCW) Eric Swann
UT Advanced School
Niagara Falls, N.Y.

OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Contr Board as of Sept. 30, 2014.

Biloxi: YaYa's, 2751 Pass Road;
Club Veaux, 834 Howard Avenue.

Gulfport: Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.



Pascagoula: Bunksmall Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of June 25, 2014.

RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS

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Development Group is
seeking active duty
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- Motivated / Volunteer
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- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at DEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

Seabees from Task Force 68 to support Ebola Outbreak Response

By Staff Sgt. Dillon White,

Combined Joint Task Force-Horn of Africa Public Af-

A team of 15 Seabees from Naval Mobile Construction Battalion (NMCB) 133 traveled to Monrovia, Liberia, Sept. 23, to provide engineering support to Operation UNITED ASSISTANCE, conducting site surveys for projects such as hospitals, supply storage and training facilities for healthcare workers fighting the Ebola outbreak. The assistance is part of a larger response that will provide up to 27 Ebola treatment units to the affected region with a focus on Guinea, Liberia and Sierra Leone.

"Working with our interagency partners, the U.S. military brings a unique logistics capability to help prevent the spread of the Ebola virus," said Combined Joint Task Force-Horn of Africa Chief of Staff Navy Capt. Shawn Duane. "Our Seabees are vital members of the CJTF-HOA team. Every day, they build something that makes a difference in East Africa. As they head west, they will help build infrastructure that will save lives."

Seabees tasked to conduct site surveys or later construct infrastructure will not be in contact with patients who have contracted the Ebola virus.

"At home port, we go through field training exercises to build expeditionary camps, and the Seabees who will go, completed a deployment to Afghanistan in 2013 where they built [forward operating bases] and [combat outposts]," said Lt.j.g. Aaron Kulp, NMCB 133 Officer in Charge about his 'Bees experience.

Kulp said that, while details of the projects and construction materials are not yet known, his Seabees are ready.

"Our guys are excited," he said. "Humanitarian assistance is something we've built our heritage on. With compassion for others, we build, we fight."

The hospital was requested by the U.S. Agency for International Development (USAID) and approved by Secretary of Defense Chuck Hagel Sept. 6.

President Barack Obama discussed the U.S. military's involvement at the Center for Disease Control Sept. 16 in Atlanta.

"At the request of the Liberian government, we're going to establish a military command center in Liberia to support civilian efforts across the region — similar to our response after the Haiti earthquake," Obama said. "It's going to be



U.S. Marine Corps Sgt. Maj. Bonnie Skinner, Combined Joint Task Force-Horn of Africa command senior enlisted leader, speaks with Naval Mobile Construction Battalion (NMCB) 133 Detail Horn of Africa Seabees on board a C-17 Sept. 19, at Camp Lemonnier, Djibouti. Fifteen Seabees from NMCB-133 will travel to Monrovia, Liberia, in support of Operation UNITED ASSISTANCE to conduct site surveys, construct a \$22 million hospital and stockpile it with supplies to support training of healthcare workers fighting the Ebola outbreak. U.S. Air Force photo by Staff Sgt. Leslie Keopka)

commanded by Maj. Gen. Darryl Williams, commander of our U.S. Army forces in Africa. He just arrived today and is now on the ground in Liberia."

"And our forces are going to bring their expertise in command and control, in logistics, in engineering. And our Department of Defense is better at that, our Armed Services are better at that than any organization on Earth."

In addition to the Seabees, U.S. Africa Command has already sent a three-person team to support the USAID Disaster Assistance Relief

Team (DART) in Monrovia.

The team is currently scheduled to remain in Monrovia from four to six weeks to assist the DART with: determining sites for temporary structures such as support hospitals, laboratory isolation and quarantine units; air traffic planning for movement of personnel, supplies and equipment into-and-within the Ebola-affected region; and overall logistics planning.

For more information about Combined Joint Task Force-Horn of Africa, go to <http://www.hoa.aficom.mil/>

"Like" Naval Branch Health Clinic Gulfport on Facebook!

The page is frequently updated with medical news and information, upcoming events, TriCare updates and other interesting Navy news. Please go to Facebook, search "Naval Branch Health Clinic Gulfport", click "LIKE." Note: If two pages come up in search results, it will be the one without "Mississippi" after Gulfport.

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 1 Seabees conduct homeport training at Harrison County Fairgrounds, Woolmarket Range

Photos by MCC (SCW/SW) Kim Martinez / SW3 (SCW) Darcie Via
NMCB 1 Public Affairs



NMCB 1 Seabees continue with their work at the battalion's equine facility project at the Harrison County Fairgrounds in Gulfport.



Photos above and below ... Sailors from Naval Mobile Construction Battalion (NMCB) 1 participate in a M16 qualification range. NMCB 1 is currently conducting the maintenance phase of its homeport training cycle after recently returning from a six-month deployment to the Pacific.



Photos above and below. Capt. Stephen Revelas, commodore, 22nd Naval Construction Regiment, visits NMCB 1 Seabees at the battalion's equine facility project at the Harrison County Fairgrounds in Gulfport.



How to Minimize Spouse Employment Challenges

From **Military OneSource**

Getting a good job is a challenge under the best of circumstances. When you add the mobility of a military lifestyle, increased responsibilities due to frequent deployments, and varying state requirements for some jobs, the process can be even tougher. Fortunately, many resources are available to help level the playing field and help military spouses find and secure the right job for them.

First step: Do your homework

The Department of Defense (DoD) and the military Service branches offer a full range of programs that can be accessed online, by phone, or in person. Those programs are there for your benefit, so take advantage of them!

The Spouse Education and Career Opportunities (SECO) program offers military spouses comprehensive education and career support.

SECO consultants can help military spouses with the following:

Career Exploration. Find help identifying your skills, interests, and aptitudes and you will be better able to select a career that will be not only interesting but rewarding.

Education, Training, and Licensure. If your career goals require education, technical training, or a license or credential, the Spouse Career Center at Military OneSource can help. You will find information on financial aid, transferring credit, and state occupational license and credential requirements.

Employment Readiness. The Military OneSource Spouse Career Center Employment Readiness page can help you brush up on current trends, write a resume, network, and hone your interviewing skills.

Career Connections. Find out about trusted resources, such as the Military Spouse Employment Partnership, USAJOBS.gov, and

CareerOneStop.

You can contact a SECO consultant online or by telephone (1-800-342-9647). You may also want to connect with the Employment Assistance Program on your installation. Each Service branch has a program that provides employment readiness counseling services, self-development workshops, and access to local employment opportunities. Locate your Employment Assistance Program office through your installation's Family Support Center.

Another program that helps military spouses reach their career goals is the MilSpouse eMentor Leadership Program, which offers three types of mentors: corporate mentors from military spouse-friendly employers, career mentors from industries or career fields, and peer mentors to advise fellow military spouses on professional and personal issues relevant to military families.

Veterans Employment Center

Talent Pipeline to the Civilian Sector Skills translator, job sear and resume builder for active duty, veterans, spouses and dependent children, 18 years of age and older

For more info, contact VA Benefits Advisors at 228-376-8504/8164/8703

Navy Seabee Veterans of America Auxiliary, Island X-1 2014 Scholarship

Eligibility: Applicants must be children, grandchildren or spouse of active, retired, disabled, reserve or deceased veterans who have or who are presently serving with a Naval Construction Command or any military branch attached to Naval Construction Battalion Center or member of the Navy Seabee Veterans of America Island X-1 in Gulfport. Sponsors who are retired or deceased must have been honorably discharged from military service. To receive an application, contact the scholarship committee via email: nsvaa1@gmail.com. Applications must be postmarked no later than Nov. 30, 2014.

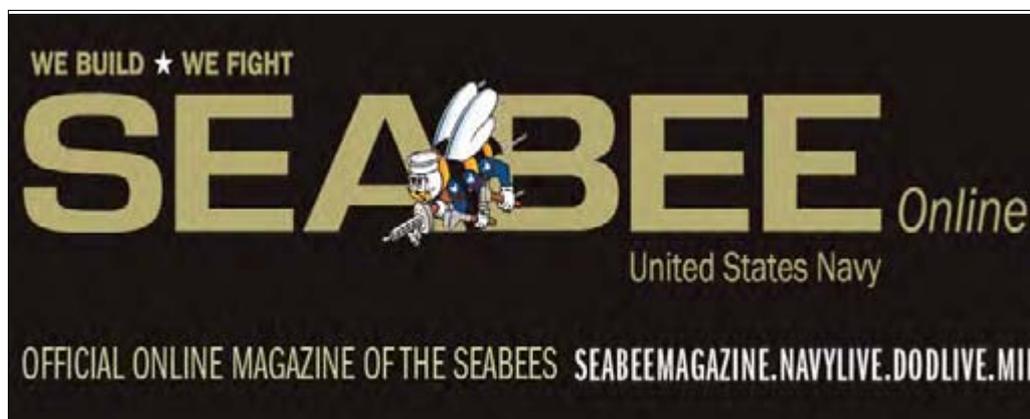
Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!

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

Program helps base, local community



Michael Jordy, Naval Construction Battalion Center Gulfport Sexual Assault Prevention Coordinator, provides Bystander Intervention training to Tony's Brickoven Pizza employees in downtown Gulfport, Oct. 2. The pilot program offers the free training to local establishments that serve alcohol and are frequented by base personnel. It is one way NCBC is attempting to keep its personnel safe. The business also will be allowed to advertise on board NCBC after at least 25 percent of their personnel have received the training. Los Tres Amigos in Gulfport was the first business to receive the training. (U.S. Navy photo by Rob Mims)



October 2, 2014

Seabee Courier

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'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

I Love Lucy, and her twin bed

A fellow military spouse once told me that I reminded her of Lucille Ball's character in the iconic 1960s television show, "I Love Lucy." I'm a throwback kind of gal, so I took the comparison as a generous compliment.

However, although I can totally relate to Lucy as a scatter-brained housewife, yearning to make it in showbiz (well, writing anyway) and I think I'd look fabulous with a fiery ginger up-do, hot red lipstick, and a crinolined polka dot dress, Lucy had one thing I only dream about.

Lucy slept in a twin bed.

Insignificant detail, you say? Well then, why was Lucy so darned bright-eyed and bushy-tailed while I grope through my days in a perpetually drowsy fog? It's the twin bed, I tell you.

Despite her ditzzy disposition, Lucy was smarter than you think. She knew better than to snuggle up to snoring Desi night after night. When it was time to get her 40 winks, she did it right, snoozing soundly, all the way across the room. I, on the other hand, climb into bed each night with my husband of 20 years, and pray that I can manage to squeeze in five meager hours of shut-eye over the racket of my husband's rattling airways, located mere inches from my eardrums.

Mercifully, my husband is not a snorer who



continually emits the decibel equivalent of a gas-powered buzz saw night after night. He is an inconsistent snorer, producing anything from mild wheezing, to mattress-vibrating snorting, and every buzz, rumble, snuffle and gasp in between.

Some evenings, my husband's slackened sinuses project nothing more than a steady nose whistle punctuated by soft snorts here and there, and I am able to get a decent night's sleep using a strategic combination of earplugs, elbowing and whispering, "Honey, turn on your side!" But typically, his snoring is more relentless, waking me several times throughout the night and turning my mornings into something out of "Dawn of the Living Dead."

And on evenings when my husband makes the mistake of partaking in scotch and cigars with our base neighbors around our fire-pit, his snoring is so loud that I have been known to grab my pillows and retreat to the silence of our living room couch.

Recently, a Finnish

study found that women who suffer from chronic sleep deprivation have significantly impaired ability to maintain peak cognitive performance. Furthermore, current headlines read "For snoring spouses, separate beds may save marriage," "More couples getting 'sleep divorces,'" and "When happily ever after means separate beds." It seems that, scientifically, twin beds might be good for our relationship.

But the problem is, I can't help but feel guilty when I stomp off to sleep on the couch.

Lucy and Desi got away with it, but in today's society, sleeping in separate beds gives the impression that there's something wrong in the marriage. As much as I secretly love to have our bed to myself when my Navy husband is away from home, I'm not willing to suggest that we trade in our queen for a of couple twins.

So, instead of Lucy's hot red lipstick, I will apply concealer to the bags under my eyes, and hope that, despite my chronically impaired cognitive performance, I will remember that love is definitely worth losing sleep over.

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

Play and Learn

For Parents & Kids (ages 3-5)



Wednesday
15 October, 2014
9:30-10:30am

Parents and children will learn about feelings, communication, and play strategies.

- Improve communication
- Learn how to share feelings
- Learn separately, then together!

LOCATION:

F.O.C.U.S. Offices
304 John Paul Jones
Room 405
by Anchors & Eagles

While everyone is welcome, the story and activity will be age appropriate for preschoolers.

RSVPs are appreciated!

FOCUS - Gulfport
NCBC

Debra Thomas
228.822.5736
dthomas@focusproject.org

The FOCUS Program™ is a 501(c)(3) nonprofit organization. The FOCUS Program is a registered program of the National Center for Children, Youth, and Families (NCCYF). The FOCUS Program is located at 1000 North 10th Street, Suite 200, Tallahassee, Florida 32304. For more information, please contact NCCYF at 904.437.2222 or www.focusproject.org.

F·O·C·U·S



ABOUT TO SEPARATE?

Do you have courage, honor, integrity, loyalty, commitment, and humility?

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GULFPORT POLICE DEPARTMENT
TODAY!

RECRUITER:
(228)868-5940
policerecruiter@gulfport-ms.gov
www.gulfport-ms.gov/police/employment.html

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_HO-TLINE@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.

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.

Reading Tutors - Approximately 20 volunteers are needed to read with children 30 minutes a week with one child at 28th Street Elementary School Mondays through Thursdays from 7:30 a.m. to 1:30 p.m. Closed from 11 a.m. to 12:30 p.m. A teacher is 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 Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 to 12:55p.m. and from 1:05 to 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933.

DELISLE ELEMENTARY - DeLisle Elementary School, on Menge Ave, (exit 24) in Pass Christian, 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.salvation-army.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 daily to assist at centers throughout the military community. To become a USO volunteer, create a volunteer profile through www.usovolunteer.org to keep track of your hours. Email Nicole Lewis at nlewis@uso.org for details.

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.



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	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	



SATURDAY
October 4TH
630am
At Grinder

Information, Tickets & Travel

CATCH ONE OF THE FINAL RACES OF THE 2014 SEASON

2014 Gelco 500
2-day package* ONLY \$72.00
Regularly \$170.00
*Package seating in the Tri-Oval Tower
Single Day Grandstand Tickets & Pit Passes Available

FREE For

Heard the Latest Buzzzzz?

FAMILY READING TIME
on Saturday!
10:30a - 11:30a

AT THE LEARNING RESOURCE LAB (ITT)

OCTOBER 18
NOVEMBER 15
DECEMBER 20

Are you Ready to Rumble @ the BEEHIVE?
Thursday Night Football Action! 10/9

Outdoor Recreation
A-LINER TALLADEGA RACE SPECIAL!
With the Purchase of Talladega 500 ticket/s from ITT, Navy Outdoor Recreation will give you a 25% discount off a two day A-Liner. For more information please contact, 228-871-2127

Fitness

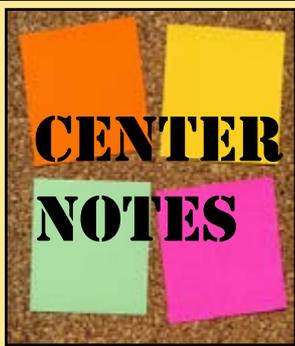
FALL POOL HOURS Beginning 10/6 M-F, 0800-1700 Sat & Sun 0900-1600	LONGEST DRIVE COMPETITION 10/6 @ 8PM Sun-Up Sep 17 - Oct 3 FREE to participate TROPHY WILL BE AWARDED TO TOP MILITARY PERSONNEL
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- Oct 03, 6:00p (departure), Professional Bull Riders: Built Ford Tough Series, FREE Tickets
- Oct 05, 9:00a (departure), Tampa Bay buccaneers vs. New Orleans Saints, \$40 tickets/Shuttle
- Oct 07, 6:00p, Tournament Tuesday - Ping Pong, 1st place PRIZE
- Oct 08, 6:00p, Tug O'War Contest, 1st place PRIZE

FREE MOVIES AT THE TRAINING HALL!

- Oct 03, 6:00 PM - THE FLUFFY MOVIE (PG13), 8:00 PM - LUCY (R)
- Oct 04, 2:00 PM - PLANE\$; FIRE AND RESCUE (PG), 4:30 PM - INTO THE \$TORM (PG13), 6:30 PM - TRANSFORMER\$; AGE OF EXTINCTION (PG13)
- Oct 05, 2:00 PM - GUARDIAN\$ OF THE GALAXY (PG13), 5:00 PM-DAWN OF THE PLANET OF THE APE\$ (PG13), 7:30 PM - \$EX TAPE (R)



SUPPORT Family Readiness Groups

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

NMCB 11 FRG 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 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 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 Auxiliary to the VFW 3937 Long Beach

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

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

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://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.

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!



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.