

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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October 22, 2009

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Chief of Naval Operations Admiral Gary Roughead was the guest speaker at the 31st Annual Salute to the Military Oct. 13.

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Estranged brothers search for common ground as they find themselves in an uncommon situation.

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SECNAV visits Seabee Center



Secretary of the Navy (SECNAV) the Honorable Ray Mabus talks with Sailors during an All Hands call at the Training Hall on board Naval Construction Battalion Center (NCBC), Oct. 8. In addition to the All Hands call, the Mississippi native made stops at several commands on board the Center. The purpose of the SECNAV's visit was to familiarize himself with Department of the Navy assets throughout the region. This was SECNAV's first trip to Gulfport since assuming office. (U.S. Navy photo by MC2 (SCW) Gregory N. Juday/Released)

Flu vaccine now available at NBHC

From Naval Branch Health Clinic Gulfport

It's that time of year again. As this year's Flu season approaches, the Naval Branch Health Clinic (NBHC) Gulfport health care team is diligently working to ensure that all of our Active Duty, Active Duty family members, and enrollees are properly immunized.

Two FLU shots given this year. FLUMIST will be the vaccination given to all eligible DOD personnel unless contraindicated to the administration of the vaccine. In that case the Fluzone will be administered.

The H1N1 vaccine has been developed and is still under mass production by all of the largest pharmaceutical companies. NBHC does not anticipate the distribution of the H1N1 vaccine until mid to late October and arrival in Gulfport mid to late November.

Immunizations are done on a walk-in basis Monday - Friday, 7 a.m. - 3:30 p.m. in the Immunizations Department. The pharmacy has extended hours of Monday - Thursday, 7 a.m. - 5:30 p.m. and Friday, 7 a.m. - 3:30 p.m. NBHC will continue to provide updates.

Navy names ship after Civil Rights Activist Medgar Evers

From Department of Defense

The Navy announced Oct. 9 the newest Lewis and Clark-class dry cargo/ammunition ship (T-AKE) would be named USNS Medgar Evers. The announcement was made by Secretary of the Navy Ray Mabus during a Jackson State University speaking engagement in Mississippi.

Continuing the Lewis and Clark-class tradition of honoring legendary pioneers and explorers, the Navy's newest underway replenishment ship recognizes civil rights activist Medgar Evers (1925-1963) who forever changed race relations in America. At a time when our country was wrestling to end segregation and racial injustice, Evers led efforts to secure the right to vote for all African Americans and to integrate public facilities, schools, and restaurants.

On June 12, 1963, the Mississippi native was assassinated in the driveway of his home. Evers' death prompted President John F.

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Public Affairs Officer
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Public Affairs Officer
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Navy Legal

New law protects tenants facing home foreclosure

By Lt.j.g. Andrew Clayton
 RLSO Southeast



A newly-enacted federal law has greatly increased the rights of tenants living in homes owned by landlords facing foreclosure. Previously, under most state laws, such tenants could be evicted within a matter of days or weeks once the foreclosure process was completed.

Now, however, the Protecting Tenants at Foreclosure Act of 2009, signed by President Barack Obama May 20, allows qualifying tenants to stay in their home for at least 90 days.

There are three primary requirements for tenants to qualify for the protections of the act:

1. The tenant must have signed the lease before the landlord received a notice of foreclosure. Landlords may hide the fact that they are facing foreclosure. You can usually check with your county's land records office (the exact procedure may vary by state) to determine if your landlord is facing foreclosure before you sign your lease. Landlords often require tenants to consent to background checks before agreeing to the lease; it makes sense for tenants to check up on their landlords as well.

2. The tenant must be a "bona fide" tenant: The lease must be between un-related parties and the tenant must pay fair market value for rent. Children, spouses, and parents of the landlord are automatically barred from protection under this act. Furthermore, tenants receiving substantially reduced rent from a friend, relative, or other such person are also not protected. Tenants receiving government subsidies, such as Section

8 housing, however, are exempt from the fair market value requirement and will usually qualify for protection.

3. The landlord must have had a "federally related loan": This will include the vast majority of normal loans, but you may not qualify if your landlord's mortgage was with an individual person and not a bank or credit union.

If a tenant qualifies for protection under this Act, there are two main provisions expanding tenants' rights.

1. The new owner usually must abide by the terms of the existing lease: Unlike under previous laws, the lease continues to have legal effect after the foreclosure process. Therefore, the new owner must generally allow the tenant to remain for at least the duration of the lease, the tenant must continue to pay rent, and the new owner must maintain the property as required of the original landlord.

The one exception to this rule is if the new owner, or someone to whom the new owner sells, intends to live in the home as a single family residence. In such a situation, the original lease agreement will no longer control the tenant's rights.

2. The tenant cannot be forced to move out without at least 90 days notice: This protection applies even if tenants are in a month-to-month lease or the new owner in-

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Skipper's Log

Don't dig too deep

By Capt. Ed Brown
 CO, NCBC/CMDR 20TH SRG



Capt. Ed Brown

Oh the dreaded topic. I'm a reasonable person, I admit my mistakes. I never champion a lost cause just because I promoted the idea in the first case. Loyalty to a person, a cause or a belief is one of our most valued traits. Creativity and being willing to take a risk on something new is equally valued. Both are part of the great culture and are present in our Seabees, Soldiers, Marines, Airman, civilians and families here on the Gulf Coast. We would not and could not live our "Can Do" motto if we weren't ready to take risks, be completely loyal to the mission and to each other.

How many times have you been in a discussion and heard someone reaching way down to find another reason to continue a failing plan, strategy, investment? "Just give it one more chance" they'll say. To be the best we can be, we need to recognize that we all (and I mean all) make mistakes. If you take any risks, you will at times fail. Determining when

the plan has failed and needs to be changed is where we all have problems.

When faced with a difficult decision, do you do your best to convince yourself to stay the course or think of possible alternatives. Be fair to yourself and fair to others. People will forget the ill-fated plan or personnel assignment if the revised plan succeeds . . . and lets face it, if you can admit a need to change direction, you, your family, your friends and associates will all get along a heck of a lot better.

Winter Uniform Shift

As outlined in Commander, Navy Region Southeast Uniform Instruction 1020.1f, the states of Mississippi, Alabama, Texas (south of and including Austin), Louisiana and Florida will shift to the Winter Uniform of the Day at 0001L, Dec. 7.

For Officer and Chief Petty Officers, the prescribed Uniform of the Day will be Service Dress Blue Service Khaki, the alternate uniform is Winter Blue.

For E1 to E6 personnel, the prescribed Uniform of the Day will be Service Dress Blue, the alternate will be Winter Blue.

Command Action Line:

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, E-mail: CNRSE_HOTLINE@navy.mil.

Sailor's Creed

I am a United States Sailor,
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,
 I am committed to excellence and the fair treatment of all.



Left: Chief of Naval Operations Adm. Gary Roughead and his wife Ellen Roughead, stand with the Thomas V. Fredian award nominees at the annual Salute to the Military Oct. 13 at the Mississippi Coast Convention Center. The Salute recognizes veterans of all services. Above: Keynote speaker, Adm. Gary Roughead addresses guests at the 31st annual Salute to the Military. (U.S. Navy photos by MC2 (SCW) Jeffrey R. Miltzer/Released)

Gulf Coast salutes the military for the 31st time

By MC2 (SCW) Jeffrey R. Miltzer
25th NCR Public Affairs

The annual Salute to the Military, sponsored by the Mississippi Gulf Coast Chamber of Commerce took place at the Mississippi Coast Convention Center Oct. 13. More than 1,000 people came together to thank the men and women who serve in the military today, as well as those who served in years gone by.

The Salute began with a tribute to service members who were prisoners of war, missing in action and who lost their lives while serving their country. Then, veter-

ans of all services were honored, with special recognition given to World War II era service members.

Rep. Gene Taylor (D-Miss.), himself a veteran who served in the Coast Guard Reserve from 1971-1984, spoke briefly to the guests about his feelings for the military and the Gulf Coast.

"These are our neighbors, great neighbors in times of peace, and great neighbors in times of war," Taylor said.

A highlight of the evening was the presentation of the Thomas V. Fredian Award for Outstanding Community Service to

Aviation Electronics Technician First Class Clarence Hartenstein who is attached to the Naval Technical Training Unit, Keesler Air Force Base.

Chief of Naval Operations, Adm. Gary Roughead was the keynote speaker for the event. Roughead spoke of the world wide accomplishments of the military. He went on to announce that there are now more Sailors on land in the CENTCOM area than there are Sailors on ships at sea.

He also said that the accomplishments of the force would mean nothing if it

wasn't for the families and the communities like these that give military members the love and support they need to defend the nation.

In conclusion, Admiral Roughead thanked every man and woman in uniform as well as those Americans no longer in uniform.

"It really is an honor for me to be able to join with active and Reserve and retired Sailors, Soldiers, Airmen, Marines and Coast Guardsmen as well as our veterans," Roughead said. "This is a tremendous salute to our military."

Navy raising awareness of services for victims during Domestic Violence Awareness month

From Navy Installations
Command Public Affairs

The Navy is observing Domestic Violence Awareness Month in October as an opportunity to inform Sailors and Navy spouses about domestic violence prevention efforts as well as reporting options for victims.

Domestic violence cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women.

Domestic violence goes beyond physical abuse.

It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused. The risk for abuse is greatest when victims are separated from supportive networks.

The theme for Domestic Violence Awareness Month this year is, "Have you crossed the line? End domestic vio-

lence before it starts."

"Our goal is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice more healthy behaviors," Kathy Turner, of the Fleet and Family Support Program's Counseling Advocacy and Prevention Program, said.

Much is misunderstood about what happens when a Sailor or spouse seeks help for their relationship before domestic violence occurs. All couples have arguments.

Making an appointment for couple's counseling does not automatically result in the creation of a Family Advocacy Program, or FAP, case. Nor does family or couple's counseling harm one's career or security clearance.

The Defense Department changed the question on its long-standing security clearance form referencing an applicant's mental health history. As of 2008, Standard Form 86, the Questionnaire for Na-



In support of Domestic Violence Awareness month, Sherrie Faricy of the NCBC Gulfport Fleet and Family Support Center passes out pamphlets and ribbons at the Long Beach gate, Oct. 14. The campaign continues throughout the month. The FFSC also sponsored a 5K run Oct. 21, and gave participants free T-shirts to raise awareness. (U.S. Navy photo by Bonnie L. McGerr/Released)

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NCBC Gulfport doing its part for energy conservation

By Sue Brink
NAVFAC SE Public Affairs

Although October is dedicated as Energy Awareness Month, the Navy and other federal entities need to be energy conscious all year.

Naval Construction Battalion Center (NCBC) Gulfport is doing its part to comply with the mandated executive order to reduce energy usage by 30 percent from a 2003 baseline to 2015 and reduce water consumption as well.

"NCBC Gulfport partnered with MS Power to discover measures to reduce energy and water consumption," said Gene Baker, Public Works Department (PWD) Gulfport Utilities and Energy Management commodity manager. "We stressed to the design team that the high efficiency lighting had to produce the same level of light, and this requirement was achieved in a variety of ways."

Audits of many buildings produced several conservation measures. For example, increased efficiency lamps and ballasts in buildings 70, 109, 203, 228, 225, 366, 428 were installed.

Direct fired heaters in warehouses were also replaced. These heat the upper part of the warehouse, not the working areas causing them to run longer. Infrared heaters were installed in buildings 200, 203 and 217 which heat surfaces, not air, so the floors, product and people are heated—not the air 20 feet above the floor.

Furthermore, fresh air is important but air conditioning or heating outdoor air is expensive. CO2 demand sensors can sense whether people are in a space. As the indoor CO2 drops, the amount of outdoor air can be reduced. All of these measures save energy without affecting people adversely.

Executive Order 13423 requires a 16 percent reduction in water usage from a 2007 baseline to

Seabee Center Crime Patrol

A summary of Security Department activity Sept. 20 - 31

799 vehicles were inspected during 142 Random Antiterrorism Measures (RAMS)

Responded to 3 minor vehicle accident, 17 security alarms, 3 fire alarms, 2 medial emergency, 1 gas leak, 1 Auto Theft with Recovery, 2 Destruction of Government/Personal Property Investigations and 7 animal complaints.

Issued 27 Military Traffic Court citations:

- 1 - Expired registration
- 1 - Cell phone violation
- 2 - Expired tag
- 17 - Parking in an area not specifically designated as a parking space
- 3 - Abandoned vehicles
- 1 - Careless operation of a motor vehicle
- 2 - Failure to obey Stop Sign

McGruff the Crime Dog reminders:



Seatbelts are required at all times while operating or riding in a vehicle on board NCBC as stated in OP-NAVINST 5100.12H.

Law Enforcement and Physical Security for Navy Installations, NTPP 3-07.2.3, directs Navy Security Forces to make use of entry and exit point vehicle inspection to ensure compliance with vehicle safety and registration requirements, safeguard government property, control contraband, deter and detect impaired driving. Refusing to allow your vehicle to be inspected may result in debarment and driving privileges revoked.

LifeWorks October Schedule of Events

October: Count the Tootsie Rolls in the Ghost Contest - Residents can stop by the office all month long to count the Tootsie Rolls, and see if your guess is the winner on Oct. 30.
Oct. 20-23: Teen Read Week - Teens stop by the office this week and exchange book with other Teenagers in your community.
Oct. 21: Pumpkin Face Painting -

Residents meet at the pool house to enjoy a movie under the stars and face painting and crafts. Be ready for plenty of SPOOKtacular fun with family, neighbors, and friends!!
Oct. 26: 30th National Red Ribbon Week - Celebrate by displaying a red ribbon on your door. Each resident will be provided with a ribbon. A drug free poster

contest will also be held this week. Pick up poster board at the office and submit entries by Oct. 23. Winning poster will be made into banner for display on base!!
Oct. 30: Halloween Decorating Contest Best Decorated house for Halloween will be awarded!!
Oct. 31: Trick or Treat throughout base housing from 5 - 8 p.m.



Creepy Cookie Cake



Ingredients:

1 (8-ounce) package cream cheese, softened to room temperature; 1/2 cup sugar; 1 cup sour cream; 1 teaspoon vanilla extract; 1 (8-ounce) container whipped topping; 1 1/2 cups crushed chocolate sandwich cookies plus 10 whole cookies; 1 (9-inch) chocolate pie crust. Directions: Combine softened cream cheese and sugar in mixing bowl. Beat with an electric mixer on low speed until creamy, add sour cream and vanilla, beat until well combined. Stir in cool whip and crushed cookies. Spoon mixture into pie crust using a rubber spatula to spread evenly. Refrigerate for 4 to 5 hours before serving. To decorate: Through a fine sifter, heavily sprinkle cocoa powder over the cake to make it look like dirt in a graveyard.

October 22, 2009

Seabee Courier

Going global: Sailors observe Navy birthday

Sailors at Kandahar Airfield mark day with ceremony

By MC3 Ernesto Hernandez Fonte
30NCR Public Affairs

Sailors deployed to southern Afghanistan celebrated the Navy's 234th birthday at a ceremony at Kandahar Airfield, Afghanistan Oct. 13, 2009.

Sailors from the 30th Naval Construction Regiment (30NCR), Naval Mobile Construction Battalion 22, U.S. Forces Afghanistan (South) and several other commands participated in the ceremony.

"The Navy has both a tradition and a future, and we look with pride and confidence in both directions," said Adm. George Anderson, former Chief of Naval Operations.

Anderson's words, spoken Aug. 1, 1961, rang true throughout the birthday celebration. It provided Sailors an opportunity to share their pride and confidence in the Navy's past and future.

"Sea power protects the American way of life," said Cmdr. La Tanya Simms, 30NCR Chief Staff Officer and

guest speaker for the ceremony. "We have been dubbed a global force for good, executing the nation's Maritime Strategy through forward presence, deterrence, sea control, power projection, maritime security, humanitarian assistance and disaster response."

Though today's Navy has changed from that which was founded Oct. 13, 1775, many aspects have remained the same. Today's Navy has continued to build upon the legacy of service and tradition of being a force for good founded 234 years ago.

"We're in every corner of the globe wearing, among other uniforms, NWUs, ACUs, DUUs and CUUs," said Simms. "We are men, we are women, we are multi-ethnic [and we are] multi-cultural. An assortment of threads woven together from the fabric of our great nation; we are brothers, sisters, mothers,

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NMCB 74 Seabees take part in 5K at Camp Leatherneck



HELMAND PROVINCE, Afghanistan - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74's Alfa Company run as a group under their company guidon Oct. 13 during a 5K run held on Camp Leatherneck in honor of the Navy's 234th Birthday. More than 150 service members assigned to the camp participated in the event. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

Camp Lemonnier celebrates in Expeditionary fashion

By MC2 (SWAW) Marc Rockwell-Pate
Commander Navy Region Europe,
Africa, Southwest Asia Public Affairs

The Navy's 234th birthday was celebrated at Camp Lemonnier, Djibouti (CLDJ) in truly expeditionary style with a checklist of only three necessary items: sun block, malaria medication and the desert camouflage uniform Oct. 10.

"This is certainly the first time I've attended a ball wearing combat boots and a U.S. Navy uniform," said Brig. Gen. Chris Leins, deputy commander, Combined Joint Task Force-Horn of Africa (CJTF-HOA).

"But it's all done in the spirit of the moment, celebrating the Navy's birthday with our joint, coalition, and interagency partners who are all working together to achieve U.S. and international objectives in a part of the world most Americans seldom

see or hear about."

Though the environment at CLDJ's celebration was different than most Navy Balls, the underlying ambiance of mission-oriented moral accomplishment and commitment to the world's greatest naval force glowed from the enlisted and commissioned service members as they paid tribute to the Navy.

"It was my first Navy Ball and it made me feel proud to be a Sailor," said Personnel Specialist 3rd Class (SW) Nathan Rothenberger. "I got to experience traditions I didn't know about. The ceremony really helped me understand the history and importance of being a Sailor."

After a short introduction and an acknowledgement of the distinguished guests, nearly 200 Army, Navy, Marine Corps and Air Force personnel indulged in a 5-star

quality meal. Offset at the front of the room stood a table, perfectly set, to honor the brave individuals who never made it back home.

"Those who have paid the ultimate sacrifice paved the way for us," said Master Gunnery Sgt. Philip Roberson, the senior enlisted advisor for all Marine elements at CLDJ. "They should never be forgotten. They are the reason we have a heritage to live up to."

Along with honoring the fallen men and women from past and present conflicts, the camp's Commanding Officer, Capt. William Finn, also honored the spouses and significant others who could not be in attendance.

"Tonight we celebrate alone knowing fully that they are in our hearts and minds because without them our time here would be far more difficult to manage if not impossi-

ble," said Finn.

After nearly three hours of celebratory speeches and toasts honoring the Navy, the evening ended with the master of ceremonies reading the 2009 birthday message from the Chief of Naval Operations Adm. Gary Roughead.

"I thank you and your families for all you do," Roughead's message read. "On October 13, whether you are at sea or ashore, I ask that you take a moment to reflect on your extraordinary accomplishments and our Navy's 234-year legacy which each of you continue to build upon. Happy birthday, shipmates."

Camp Lemonnier, Djibouti is located in the Horn of Africa and is the only U.S. military infrastructure located in Africa to provide a base of operations for U.S. and Coalition forces.

Brothers reunite as Brothers-in-Arms

By MC2 Michael Lindsey
NMCB 74 Public Affairs

Two brothers were reunited while deployed to Afghanistan. The reunion took place in Kandahar, Afghanistan, when one brother traveled from his base at Camp Leatherneck, Afghanistan, during a public affairs visit.

Culinary Specialist Seaman David Vermillion, 22, attached to Naval Mobile Construction Battalion (NMCB) 74, and Army Pfc. Matthew Vermillion, 24, attached to the 4th Engineer Battalion are currently deployed in support of Operation Enduring Freedom. Both find themselves serving in the culinary specialty field in their respective services and assigned to engineer units.

Matthew Vermillion is a Food Service Specialist in the Army, yet he rarely cooks on deployment. He has been doing a lot of construction work and route clearance missions with his battalion.

As a Navy Culinary Specialist attached to the Seabees, David Vermillion performs a variety of duties related to his field, including cooking for British forces at Camp Bastion, Afghanistan.

Although the brothers grew up together and both are enlisted members of the armed services, they have not been in contact for the past couple years.

"We haven't been close for many years," said David Vermillion. "It's awesome to see what he is doing now and how much he has changed in the

Army."

David and Matthew were born in Arlington, Texas and have an 18-year-old younger brother. When they were children, David said they did the typical brother stuff, but as a teenager Matthew was introduced to the wrong crowd. That's when the relationship between Matthew and his family began to suffer.

"I moved out of my parent's house when I was 16," said Matthew Vermillion. "I wanted nothing to do with any of them; I just wanted to get away. I was one of those kinds of kids; I didn't even finish high school."

Matthew moved to Michigan to live with his uncle. He thought getting away from the bad influence of his friends would change things. However, once in Michigan, he eventually ended up with the wrong crowd again.

"We went several years without even talking on the phone. When we did, we would just argue," said David Vermillion. "We eventually just stopped hearing from each other and lost touch all together."

After several years of hard lessons and tough love, Matthew decided it was time to make a change. When he learned that his wife was three months pregnant, he enlisted in the Army July 24, 2007.

"The Army paid for my GED and gave me great training and discipline. I finally got away from all the partying and straightened out my life," said Matthew Vermillion. "The military helped me to do that."

Matthew said that the military has given him a new perspective and a sense of pride and duty. The Army has also given him practical skills, such as cooking and construction.

"When I first deployed to Afghanistan I didn't understand why we came, but now I'm glad we're here. We are fighting for their freedom instead of waiting to have to defend ours," said Matthew Vermillion. "If the tables were turned, I would want someone to help us out."

David enlisted in the Navy Dec. 16, 2008. Although, he didn't ask to be a cook or to be attached to the Seabees, he has enjoyed the experience and is proud to serve his country along side his older brother. He believes the military has helped bring them together.

David and Matthew are both planning to enroll and complete college courses using military tuition assistance programs while they are on active duty.

Once their enlistments are up, both share the goal of completing their bachelor degrees using their GI Bill benefits. David wants to study marine biology and Matthew wants to become a wildlife conservation officer.

Both brothers were very thankful for the opportunity to be reunited and agreed to try to take leave together when they get back home.

David said he really wants to meet his niece and nephew for the first time and to catch up with his older brother some more.



Culinary Specialist Seaman David Vermillion, 22, attached to Naval Mobile Construction Battalion (NMCB) 74, and Army Pfc. Matthew Vermillion, 24, a Food Service Specialist attached to the 4th Engineering Battalion walk and talk after reuniting in Kandahar, Afghanistan. Both brothers had not seen each other in two years. They are currently deployed to Afghanistan in support of Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey /Released)

NMCB 7 Seabees train with Field Operator course

By SWCN Kolani Andrade
NMCB 7 Public Affairs

Naval Mobile Construction Battalion (NMCB) Seven communications personnel and other members of NMCB 7 are attending the 811.1 Field Communications Operator Course to prepare for their upcoming field exercise and further expe-

riences in the field of tactical communications.

This two-week long class begins by preparing the students with the basic knowledge on how to operate the equipment and culminates with the students taking three tests to check their new-found knowledge.

After one full week of hands-on experience with the equipment, the students begin to gain the experience they need along with confidence and an understanding of what it takes to communicate and work out in the field.

With different types of phones and wiring systems,

this course has a wide variety of information the students must learn in a short amount of time. Subjects covered include how to assemble and disassemble each radio, the components of each piece of equipment and even the nomenclature of every item involved in communications.

The course also dives into information about the different sizes of antennas, their uses, how to erect them and take them down, their maintenance, and proper storage. With so much information to be gained the course truly tests

See NMCB 7 page 8

2015. To reduce water usage, low flow shower heads, low flow aerators, low flush toilets and low flush urinals were installed.

"Many times we didn't change out the actual fixture but could replace the valves or install a retrofit kit," said Baker. "This project showed a payback of less than nine years."

While this project has been successful, the help of individuals is needed to meet the mandated reductions.

"Do your part to get rid of that personal refrigerator in the office, avoid the use of space heaters, keep those windows and doors shut and turn off unneeded lights and fans to help out in meeting

our goals," suggests Baker.

Meanwhile, Public Works will continue to test or increase the usage of new technologies that provide higher efficiency.

"We have used variable refrigerant air conditioning at Servmart, the Anchor and Eagle's conference center and plan to use this for the Public Works office renovation," said Baker. "LED street lighting was purchased and tested and we plan to use more lighting control systems and solar tube lights in the future."

Those measures come in addition to the American Recovery and Reinvestment Act photovoltaic solar energy project that NCBC Gulfport is taking part in, as discussed in a July 30 article of The Seabee Courier.

SPOOKFEST and Haunted Trail

Get ready for a scary fun-filled family time Oct. 30 from 6:30-9:30 p.m. at the old Fitness Center. There will be a live DJ, costume contest, Trick or Treating, candy, refreshments for sale, temporary tattoos, face painting, games and prizes! Call the Youth Center at 228-871-2251 for more details and volunteer opportunities.



NMCB 74 Chief Petty Officers



Chief Selects assigned to Naval Mobile Construction Battalion (NMCB) 74 recite the Sailors' Creed during their pinning ceremony at Camp Leatherneck, Afghanistan. Pinning on the anchors comes after six weeks of induction designed to welcome them into the fraternity of Chief Petty Officers. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

From NMCB 7 page 7

the students mentally.

With accurate memorization, a cool temper, and plenty of notes the students tackle the outside portion of the course, overcoming all the obstacles and scenarios thrown at them with little trouble.

A key point to the course was that without communication, the Seabees' mission would not be successful.

Attending this class will give you a much better understanding on what it takes to run things smoothly and make it home safely. This communications course may be difficult, however it is a vital source for what the Seabees call 'The Big Picture.'



Commissary extends hours . . .

Effective Nov. 3, the NCBC Commissary will have extended hours Tuesdays and Thursdays from 9 a.m. until 7. p.m.

Buzz on the Street



*How do you like the
new boots?*



*"The new boots are
very comfortable, and I
really enjoy wearing
them."*

CECN Nicholas Rudy
22 NCR
Hometown:
Madison Heights, Mich.



*"They go well with our
uniforms and they
make me feel lighter on
my feet."*

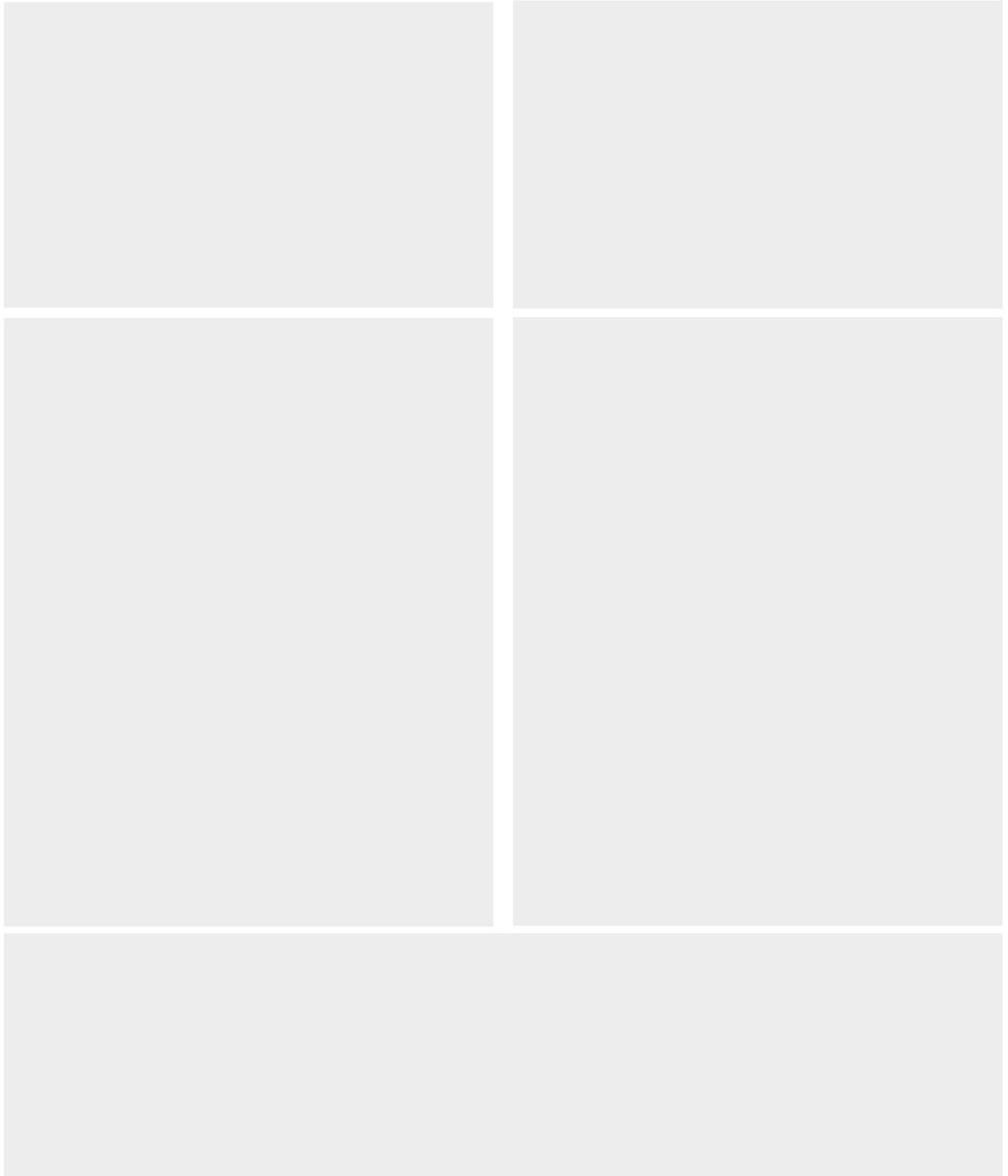
YN3 Christina Nolan
20TH SRG
Hometown: Columbus, Ga.



*"The new boots are com-
fortable and have a good
tread for walking in sand
and mud. I like them a
lot."*

SW1(SCW) Wayne Perzee
20TH SRG
Hometown: Magnolia, Ill.

**NCBC Trick or Treat hours . . . Trick or treat for base housing is Oct. 31
from 5 - 8 p.m. Be sure and watch out for the kids! Children should be
told to wait until they return home to sort through their treats.**



From SHIP page 1

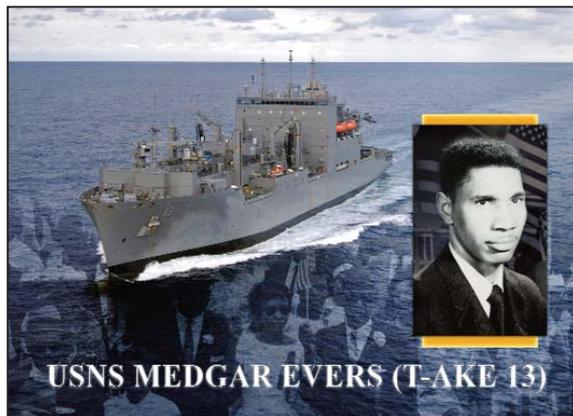
Kennedy to ask the Congress for a comprehensive civil rights bill.

Designated T-AKE 13, Medgar Evers will be the 13th ship of the class, and is being built by General Dynamics NASSCO in San Diego.

As a combat logistics force ship, Medgar Evers will help the Navy maintain a worldwide forward presence by delivering ammunition, food, fuel, and other dry cargo to U.S. and allied ships at sea.

As part of Military Sealift Command's Naval Fleet Auxiliary Force, Medgar Evers will be designated as a United States Naval Ship (USNS) and will be crewed by 124 civil service mariners and 11 Navy sailors.

The ship is designed to operate independently for extended periods at sea, can carry a helicopter, is 689 feet



The Secretary of the Navy the Honorable Ray Mabus, a former governor of Mississippi, is honored to announce that the Navy will name a dry cargo ammunition ship after the civil rights leader Medgar Evers. The future USNS Medgar Evers (T-AKE 13) is designed to provide replenishment services to U.S. Navy ships at sea, to include collation ships from other nations. (U.S. Navy Illustration by Mass Communication Specialist 2nd Class Jay Chu/Released)

in length, has an overall beam of 106 feet, has a navigational draft of 30 feet, displaces approximately 42,000

tons, and is capable of reaching a speed of 20 knots using a single-shaft, diesel-electric propulsion system.

Daylight Saving Time ends Nov. 1 at 12:01 a.m., Remember to set clocks back one hour.



**WANTED:
Seabee
Divers!
Underwater
Construction
Team ONE**

**Contact:
S1/CCC@
(757) 462-
3986/3988**

"Stay Fire Smart! Don't Get Burned!"

2009 Fire Prevention Week

Fire Prevention Week dates back to the Great Chicago Fire of Oct. 8 and 9, 1871. The fire killed more than 250 people, left 100,000 people without homes, destroyed more than 17,000 structures and consumed more than 2,000 acres.

Legend has it that Mrs. Catherine O'Leary was milking her cow when the animal kicked over a lamp and set the barn ablaze. Although this popular story has since been proved untrue by Chicago historian Robert Cromie, the story is still often repeated. While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. That distinction goes to the Peshtigo Fire, the most devastating forest fire in American history.

The fire, which also occurred Oct. 8, 1871, and roared through Northeast Wisconsin, burning down 16 towns, killing 1,152 people, and scorching 1.2 million acres before it ended.

National Fire Prevention Week was proclaimed for the first time by President, Woodrow Wilson in 1920.

Fire Prevention Week has since been observed on the Sunday through Saturday period in which Oct. 9 falls.

This year's theme is "Stay Fire Smart! Don't Get Burned!".



Aviation Warfare Systems Flight Engineer 3rd Class, Ashley Buell, assigned to Personnel Support Detachment Gulfport, receives Fire Extinguisher training from Billy Ducote, NCBC Fire Inspector. (U.S. Navy photo by MC1 (SW) Terry Spain/Released)

Quick Fire Facts

In 2008, U.S. fire departments responded to 386,500 home fires which killed 2,755 civilians.

Eighty-three percent of all fire deaths resulted from home fires.

Someone was injured in a home fire every 40 minutes and roughly eight people died in home fires every day during 2008.



Fire Inspector Billy Ducote helps children out of the fire house on board NCBC, Oct. 8. In support of Fire Prevention Month, the base fire department gave a tour of their facilities to the children of the Child Development Center (CDC), teaching them about fire safety and what to do in case of an emergency. Children from the CDC were also able to have a special lunch with Sparky the Fire Dog. (U.S. Navy photo by MC2 Gregory N. Juday/Released)



Capt. Ed Brown, Commanding Officer Naval Construction Battalion Center/Commander 20th Seabee Readiness Group, signs a proclamation with Sparky the fire dog to officially kick off Fire Prevention Week on board the Seabee Center. (U.S. Navy photo by MC2 Gregory N. Juday/Released)



NCBC Gulfport fire fighters give Sparky a ride during the 2008 Veteran's Day parade in Biloxi. Appearances such as these foster community spirit. (Photo courtesy of msveterans.com)

Fire prevention Week material compiled from the National Fire Protection Association website at www.nfpa.gov

Basic Rescue course teaches NMCB 7 life saving skills

By CECN Ivana Flores
NMCB 7 Public Affairs

Severe weather tore through an apartment complex critically injuring two small children and three adults. The range of injuries consisted of fractures and head injuries. With no time to lose, the rescuers arrive.

The teams arriving at the site of the catastrophe included a search team, roof team, ground crew, triage, and bipod and tripod crews. In less than 90 minutes, the teams' hard work paid off in the extraction of two children from the ground using the bipod and tripod. The three adults were also extracted from the building by the search and roof teams.

While these rescuers were Seabees training for real-world missions, the victims in this case are training-aid dummies, and the damaged building is a specially designed training facility at Naval Construction Battalion Center (NCBC), Gulfport. Members of a Naval Mobile Construction Battalion's Disaster Recovery Team (DRT) begin their training with

the Basic Rescue course.

The Basic Rescue course is a week-long class that challenges them to work as a team to perform various life saving tasks in the quickest time possible. The classes are broken down into various topics ranging from basic first aid to knot tying, culminating with the final practical exercise.

On the first day of class, the students learn about basic first aid. After learning how to treat someone, the trainees had their first chance to apply what they learned. Students wear various props with simulated injuries and their peers take turns treating them.

On the second day, the class begins knot tying; students learn the basics of knot tying and what the purpose of each knot is. The fundamentals begin with the basic overhand knot, before moving on to the square knot, various figure eight knots, the clove hitch, the double fisherman's knot, the wrap-three-pull-two, the water knot, the trucker's hitch, and the half hitch. During the hands-on part of the lab, students take part

in a knot-tying race which serves to build their confidence and familiarization with the knots, and to push them to tie quickly, which could make the difference in saving a life.

Casualty handling is the subject of the third day of the course, with students learning about the different type of stretchers and their use. Students also learn how to tie victims onto stretchers and complete a trust exercise to show that the webbing will hold. Casualty handling combines challenges merging the past two days of information together as well as applying the new information on the stretchers.

The fourth day of the course is a challenge. Students spend most of their class time outside applying what they learned during the week. Students are broken into four groups defined by different colored uniforms. The groups are assigned to separate stations and complete assignments under instructor supervision, rotating stations until all checkpoints are finished. Stations include: search teams, roof teams, bipod teams,



Seabee Disaster Recovery Team members prepare to move a simulated casualty during a training evolution at Naval Construction Battalion Center. Naval Mobile Construction Battalion (NMCB) 7 is currently preparing for their upcoming field exercise. (U.S. Navy photo by MC2 Ja'lon A. Rhinehart/Released)

tripod teams, ground crew, and jib arm construction.

Day five is the most challenging day, putting students' knowledge and practice to the test. They are given a scenario and released to perform the assigned tasks. Orange team is assigned to the tripod and ground crew, red team is

the search team, blue team takes to the roof and assembles the jib arm, and yellow team works on the bipod, assisting orange team on the ground and blue team on the roof. The challenge is completed a mere hour and twenty-four minutes later with the five victims safely at the triage point.

NMCB 1 DET Sasebo



Construction Electrician 2nd Class Eric Smith of Naval Mobile Construction Battalion (NMCB 1) directs Equipment Operator 2nd Class Brandon Martin as he digs a hole for a construction project at Fleet Activities, Sasebo. NMCB 1 is currently on a six-month Pacific Command deployment to (U.S. Navy photo by Mass Communication Specialist 1st Class Richard Doolin/Released)

All together now...



Students from Naval Construction Training Center (NCTC) Gulfport lead the crowd in warm up exercises before the Gulf Coast Heart Walk held Oct. 3. NCTC sent more than 75 staff and students from the Navy, Air Force and Army to participate in the walk and help with clean up. Organizers of the event saw the Navy students doing their warm up routine and asked if they would lead the entire crowd in a warm up before the official start. (U.S. Navy photo by Builder 2nd Class Dylan Jay/Released)



Special Events

Attention all "Parrotheads"! You are invited to join us for a night of music at the Training Hall Oct. 29 at 8 p.m. Stop by and listen to "A1A" Original Jimmy Buffett Tribute Band. FREE admission!

SPOOKFEST

This year's Spookfest will be the best ever, but not without your help. Spookfest is just around the corner and volunteers are still needed. If your battalion or command would like to volunteer, please contact Kim Reid at 228-871-2251.

Beehive

"BURN YOUR OWN STEAK!" That's right - come to the Beehive Oct. 24 from 5:30 - 7:30 p.m. and for just \$7.50, you get to cook your steak; sides include a baked potato, salad and roll. Beverages will be available in-side for purchase. Also, come out and enter our Wii Tournaments every Tuesday and Thursday from 6-8 p.m. The daily prize is a gift certificate to Pizza Brothers for \$20. If that was not enough, there is football every Monday night and

Ladies Night every Wednesday. What else could you ask for? So, come to the BEEHIVE ALL HANDS CLUB and always remember "Be Safe, Stay on Base".

The Grill

Ready for some good food at a fair price? Then swing on by the Grill, located in the club house at the Pine Bayou Golf Course on Colby Ave. They have a wonderful selection of food that will surely satisfy any taste. They are open 7 days a week! You can even call 228-871-2494 for carryout.

Pizza Brothers

Have you tried the best pizza around? Well if you haven't, then you need to stop by Pizza Brothers, located adjacent to the Grinder in the shiny trailer. They have a great selection of pizza (made right before your eyes), salads and that wonderful specialty of theirs: The Wedger. So, call 228-227-1146 to place your order for delivery or carry out.

Vehicle Storage

Deployment Special - Free storage for first vehicle and 50 percent off each additional vehicle. This includes all RV's, for all deploying troops. You must present a letter of deployment from your command. For more information contact your MWR Auto Hobby Shop at 871-2804.

Auto Hobby Shop Special

October. Free tire pressure check Wednesday - Friday from 10 a.m.-4 p.m. Saturday 9 a.m.-1 p.m. Contact your MWR Auto Hobby Shop at 871-2804 to make your reservations today.

CBC Lake Pavilion Special:

10 percent off all large pavilion rentals during October. Small pavilions are first come, first served. Contact the MWR Outdoor Rec. Center for more information at 228-871-2804.

MWR Vehicle Resale Lot

Have a Vehicle, Motorcycle, RV, Boat or Utility Trailer you want to sell? Put it in the MWR Vehicle Resale Lot located on 5th Street. Location is in a high visibility area and is lighted for extra security. Contact your MWR Auto Hobby Shop at 871-2804.

Car Wash

The MWR car wash is located off Marvin Shields Blvd. and Rodgers Ave. MWR also has new shade structures on order for those car enthusiasts who like to wax their vehicles out of the HOT sun. Contact your MWR Auto Hobby Shop at 228-871-2804.

Liberty Center

Join Liberty in celebrating Halloween with all sorts of different activities for you to join in! How about getting scared out of your wits at a haunted house- we're going to one Oct. 24 in Saucier that will only cost you \$7 at the gate (depart from Liberty at 5:15 p.m.) or you can enjoy Halloween to it's fullest by going to the New Orleans House of Shock with us Oct. 31 and only paying \$35 for a VIP ticket (depart from Liberty at 4:30 p.m.)

If getting scared isn't your thing we've got lots more to offer! On Oct. 25 we will be providing various pieces of costumes so you can Make Your Own Costume for the holiday! Then Oct. 26 (weather permitting) we'll be showing the Rocky Horror Picture Show as a Movie on the Lawn at 7 p.m.! On Oct. 27 we'll be venturing off base to join in a free community event listening to ghost stories at a Biloxi Cemetery Tour (depart from Liberty @ 5 p.m.). Are you any good at Pumpkin Carving? Compete against your

Fun for all on ITT's trip to Orlando theme parks

On Oct.9, a big blue bus arrived at the ITT Office, in Bldg 352 to take a group of excited travelers on an Orlando theme park weekend outing. They arrived at the hotel around midnight and settled in for a good night's sleep.

Saturday they were off and running! They had active duty, retired, dependents and civilians, who all had a wonderful time. It was the perfect opportunity for everyone to take advantage of the Military Salute tickets offered by the theme parks for both military and family and friends.

The weather cooperated for the most part, with only a few showers to cool off the hot afternoons. Everyone was gone from early morning till late at night, and when they returned in the evening, they went downstairs and relaxed poolside. They couldn't ask for a more relaxing time!

Although we had a good size group of 26, it would have been great to have more attend; especially since the Disney Military Salute specials are scheduled to end in December.

At this time, ITT still hasn't heard if the Military Salutes special offer will be extended.

Our next trip is Feb.13-15, for the Daytona 500 weekend. But you don't have to be a race fan to go - we stay in the Orlando area, so the theme parks are also an option!

Contact ITT, building 352 or 228-871-2231 for more information.



fellow students in a Pumpkin Carving Contest Oct. 28 at 6:30 p.m. with 1st and 2nd place taking home Halloween prizes! If you aren't as good with a knife as you are with a sledgehammer then join us Oct. 29 at 7:30 p.m. on the Liberty lawn as we smash the pumpkins that didn't make it through the night before! To end up the Halloween festivities join Liberty for our Halloween Party Oct. 30 from 10 p.m.-1 a.m. as we stay open late to party with a costume contest, food, games, a DJ and more! You won't want to miss it!

CBC Skatepark

The skatepark is now open and is located south of the baseball fields and features a half pipe, grind rail, and quarter pipe. Helmets must be worn at all times. Contact Outdoor Recreation at 228-822-5103 for more information.

Fitness Center

All Aerobics classes are free

to all eligible patrons. Children between the ages of 10-15 must stay with their parents throughout the class. Classes are: Monday and Wednesday-Bosu at 9 a.m., Cycling at 9 a.m., Aqua Aerobics at 10:15 a.m., Total Body Challenge at 11 a.m., and Cycling at 5 p.m. Tuesday and Thursday-Silver Slipper for Seniors at 8:30 a.m., Abs & Push-Ups at 11:15 a.m., Cardio Kickboxing at 5 p.m., and Abs & Push-Ups at 6 p.m.

Attention All Command

Fitness Leaders! Fitness Enhancement Program and command PT Aerobic classes can be schedule through Joan Hudson, joan.hudson@navy.mil or Xavier Thornton, xavier.thornton@navy.mil. Be sure to make a splash by signing up for **Swim Lessons**. The next session will be held Nov. 9-19. Parents

See MWR page 19

At the Movies . . .

FREE movies, now playing at the Training Hall Movie Theater



Oct. 22: Land of the Lost - PG13, 5:30 p.m., Ice Age: Dawn of the Dinosaurs - PG, 7:30 p.m.

Oct. 23: Ice Age: Dawn of the Dinosaurs - PG, 5 p.m., Terminator: Salvation - PG13, 7 p.m.

Oct. 24: My Sister's Keeper - PG13, 2 p.m., Transformers: Revenge - PG13, 4:30 p.m., Drag Me to Hell - PG13, 7:15 p.m.

Oct. 25: Up - PG, 2 p.m., Ice Age: Dawn of the Dinosaurs - PG, 4 p.m., Terminator: Salvation, PG13, 6 p.m.

Oct. 27: Land of the Lost - PG13, 6 p.m.

Oct. 29: Transformers: Revenge - PG13, 6 p.m.

Oct. 30: Ice Age: Dawn of the Dinosaurs - PG, 6 p.m.

Oct. 31: Up - PG, 2 p.m., Transformers: Revenge - PG13, 4 p.m., Terminator: Salvation - PG13, 7 p.m.

FOCUS on Education

DODEA Educational Partnerships awards grant to Long Beach Schools

From DoD Education Activity

The Department of Defense Education Activity awarded a \$300,000 grant to the Long Beach School District in Long Beach, Mississippi through a grant program aimed at assisting schools that serve children of military families. The Invitational Grant Program is specifically focused on schools that support installations with frequent and/or sustained deployments, or who are located in remote locations. The Long Beach School District serves the children of military families at the Naval Construction Battalion Center in Gulfport as well as some families from Keesler Air Force Base in Biloxi.

"This is great," said Capt. Ed Brown, commanding officer of the Naval Construction Battalion Center Gulfport. "It is another way to demonstrate how our military is part of the community. A lot of our people live west of the base which borders Long Beach," Brown added. "With the high deployment rates here, extra help for our children is definitely warranted. It is nice to see the school district being recognized for who they are and what they do for their country and their Seabees."

The Long Beach School District will implement a Credit Recovery and Remediation Program beginning fall 2010 at Long Beach High School, Long Beach Middle School and Long Beach Alternative School. The goal of the grant is to provide students with additional effective remediation opportunities aligned with the Mississippi Curriculum Frameworks during and after school. Outcomes include improved student achievement in grades six through twelve.

Long Beach High School Principal Susan Whiten is excited about the opportunity this academic remediation program will offer her students.

"My goal as principal of Long Beach High School is to graduate productive citizens. Very often teens experience obstacles that impede their path to graduation. The DoDEA grant will provide a program to improve academic success for all of our students," Whiten said.

"We appreciate the efforts of the DoDEA to promote academic achievement in students of our military families and the entire student body. It will meet the needs of a diverse population of students; from the student who needs extended time for successful completion of a course to the student who does not meet the academic requirements for an honors class."

"This is the first year DoDEA has been able to execute our grant program and it's very gratifying to be able to offer assistance to the schools that are educating our military's children," said Dr. Shirley Miles, Director of DoDEA. "We are looking forward to seeing how the districts implement the programs they've developed. We know that all children in the grant recipient districts will benefit from these awards."

DoDEA's aim is to enhance the education of military students, but funds may be used to raise student achievement for all students.

In FY 2007, the John Warner National Defense Authorization Act allowed DoDEA to expand its reach to the approximately 92 percent of military students that do not attend DoDEA Schools. Through collaboration with the Department of Education, DoDEA is working to ease the transition of military students and providing resources to Local Education Agencies who educate military dependent students.

DoDEA consists of the Department of Defense Dependents Schools located overseas, and the Department of Defense Domestic Dependent Elementary and Secondary Schools located in the U.S. and its territories and possessions. DoDEA provides education to eligible DoD military and civilian dependents from pre-kindergarten through 12th grade. DoDEA also provides support and resources to Local Education Activities throughout the U.S. that serve children of military families.

Seabee Center supports DEFY



DEFY (Drug Education for Youth) camp is a two-phase program designed for DoD children ages 8 1/2 - 13 years old. The goal of the year-round program is to produce youth with character, leadership and confidence who are equipped to engage in positive, healthy lifestyles. The first 10-day phase took place in July onboard Naval Construction Battalion Center with the help of 17 dedicated volunteer mentors from the Center. Phase two of the program consists of a year of followup activities with the 33 program participants, including educational trips, training and one-on-one mentoring. (U.S. Navy photo by SK1 Johns/Released)

School Liaison Officer Notes: Career Exploration Conference

The Sixth Annual Career Explorations for Girls Conference will be conducted on the Hattiesburg campus of The University of Southern Mississippi Nov. 14 from 8 a.m. to 3:45 p.m. The conference is open to all girls in grades 7-12 and each girl must be accompanied by her mother or another adult female. Girls do not need to be enrolled in gifted education to attend. There will be a keynote speaker, followed by several distinguished presenters who will offer practical information to help girls plan for their education and entry into prospective careers. Careers to be discussed include business de-

velopment, science and technology, health care, journalism, education, art, psychology, law, music and sports. Registration deadline is Nov. 1. On the day of the conference registrants should sign in from 8 a.m. to 8:45 a.m. in Joseph A. Greene Hall. There is no charge for the conference and lunch is included. The conference is co-hosted by The Frances A. Karnes Center for Gifted Studies and the Spirit of Women at Forrest General Hospital.

For more information, contact the Center at 601-266-5236, or visit online at www.usm.edu/gifted.

Mississippi Lieutenant Governor seeks students for Page Program

The Lieutenant Governor's office is taking applications for the 2010 Page Program. Students who are interested should fill out an application with all supporting information to the Lt. Governor's office Nov. 30.

There are only 50 slots available for this year's program. Students selected to serve as a Page in the Mississippi Senate and will be notified by Dec. 31. In order for students to be considered, all information must be submitted. Students who

See PROGRAM page 15

From PROGRAM page 14

are selected will serve one week in the Mississippi Senate/Lt. Governor's Office starting January 5, 2010 - April 3, 2010. The week for the students to serve in the Mississippi Senate will be assigned by the Lt. Governor's office, based on space availability.

For additional information about the Lt. Governor Page Program, please contact Nycole Campbell Lewis, Page Program Coordinator. Completed application can be submitted to: Attention: Nycole Campbell Lewis, Constituent Services Office of the Lt. Governor P. O. Box 1018 Jackson, MS 39215

Application Checklist

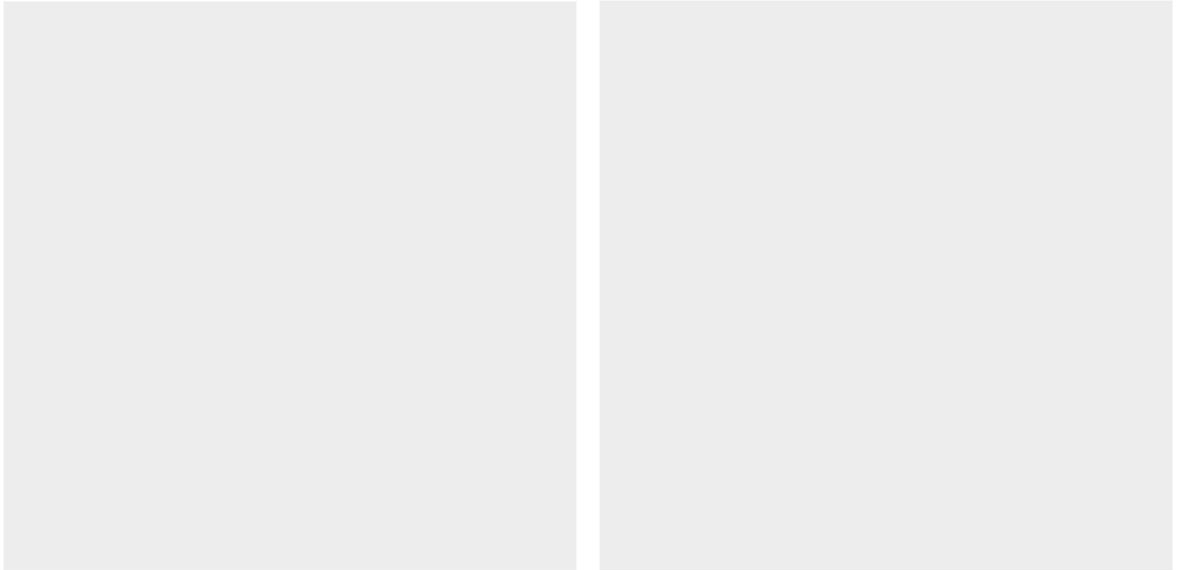
- Page program application
- Short essay (1 page)
- One letter of reference (superintendent, principal, counselor or teacher)
- Copy of academic transcript



9th Annual Gulf Coast Veterans Parade

Nov. 7, 11 a.m. Downtown Gulfport

Featuring marching units from the Seabee Center, Keesler Air Force Base and JROTC units, as well as marching bands, antique military vehicles, military aircraft fly-over, motorcycles and much more. For more information visit www.msveteransparade.com



GULF COAST USO

3001 6th St., Bldg. 306, (228) 575-5224
Office hours: Monday-Friday, 8 a.m. - 5 p.m.
Saturday, 11 a.m. - 7 p.m.
(Closed Sundays)



tional Security Positions no longer asks for mental health treatment details if the care involved only marital, family, or grief counseling, not related to violence by the applicant, unless the treatment was court-ordered.

Another myth is that counseling is only sought by people who have been arrested or are filing for divorce. Through counseling, however, adults can learn to treat their partners with compassion and respect and avoid manipulation and criticism, even during arguments.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers (FFSC). These are available to active duty and their family members – even Sailors who are unmarried can have couple's counseling with their partners.

A variety of courses that teach healthy relationship skills are also available at FFSCs. These include anger management and conflict resolution. These are also free and available to both active duty military and spouses.

"These services are available because the Navy believes so strongly in the importance of the prevention of abusive behavior," Turner said.

Turner has a simple message to those who are considering asking for help. Don't wait.

"Sailors who succeed with their careers and their families have the strength to ask for help before a problem gets out of hand," Turner said. "The Navy knows this, which is why they provide places to get help."

Help is also available for victims of domestic abuse.

There are two types of reporting options, restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports will include some type of investigation by command and or law enforcement. Both options make available to victims the full range of advocacy, medical and counseling services.

Speak with a counselor of victim advocate at a local FFSC or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options for domestic violence. If you think you may be a victim of domestic violence, contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your Gulfport FFSC or call them at 228-871-3000 for information on available resources.

From **PROTECTION** page 2

tends to live in the home as a single family residence.

The result of these two protections is that, if the tenant qualifies for protection under the act, the tenant may stay in the home for at least 90 days, and possibly for the duration of the lease.

Tenants living in a home facing foreclosure have other rights as well. The service member's Civil Relief Act requires banks to follow particular procedures before evicting active duty service members. Furthermore, the Joint Federal Travel Regulations Manual cur-

rently authorizes a local Household Goods Move for tenants forced to move because of a landlord's foreclosure.

Landlord/Tenant law has always been complicated, and new protections created as a result of the national foreclosure crises have added an additional layer of difficulty. If you rent a home that is being foreclosed on, consult a legal assistance attorney to make sure your rights are protected.

The Gulfport RLSO SE can be reached at 228-871-2620. This article is not intended to substitute for the personal advice of a licensed attorney.

From **30NCR** page 5

fathers. We are family called to serve at a time of conflict and do so without hesitation or mental reservation."

The ceremony included a live performance of the Star Spangled Banner by Ensign. Michael Andrews and Lt. j.g. Monica Rojas both assigned to 30NCR.

"I've sung the national anthem in front of stadiums so I wasn't nervous," said An-

drews. "Seeing the look on the faces of the Seabees and IA Sailors put the meaning of the national anthem in a much more meaningful context."

After the Secretary of the Navy's birthday message was read, the ceremony concluded with the youngest and oldest Sailor at the ceremony cutting the Navy birthday cake and every Sailor in the room singing the song of the Navy, "Anchors Aweigh." Happy Birthday Sailors!

Community Notes

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. A potluck dinner is served at 6 p.m., followed by a 6:30 p.m.

meeting. Children are welcome and baby sitting is provided during deployment. For more information, contact FRG President Angela Sourwine, 228-323-0036 or FRG Vice President Rashelle Geddis, 228-224-1475 or e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes friends and family members to attend FRG meetings the third Monday of each month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. To receive FRG information, send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at 228-206-0377.

NMCB 74 FRG welcomes all friends and family members to join the NMCB 74 FRG. Meetings are the third Monday of every month at 5:30 p.m. at the Fleet and Family Support Center. Bring a covered dish to take part in a potluck dinner. For more information, contact FRG President Torell Coquet at torellcoquet@yahoo.com or Vice President Annie Gundy at aniegundy@gmail.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

NMCB 11 FRG welcomes all friends and family members to attend FRG meetings the second Tuesday of every month at 6:30 p.m. in the Navy Operational Support Center (NOSC), building 113. For more information contact FRG President Liz Stocking at 717-491-2900 or Vice President Sarah Edwards at 336-215-2211 or email nmcb11frg@gmail.com. Visit the ombudsman and FRG website at <http://nmcb11.webs.com>.

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 baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail han-sonkl54@yahoo.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg/>.

Naval Officer's Spouse Club

The Naval Officer's Spouse Club meets the fourth Monday of every month at 6 p.m. in the Youth Center. Children are welcome and child care is provided. For more info, e-mail noscgulfport@yahoo.com or contact NOSC President Dawn Spies at 228-343-3623. Visit NOSCgulfport.org for more information.

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers. Child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday 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 obtain information about becoming a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet & 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 more information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-

832-5343 or Amanda at 228-328-1352 to sign up.

Naval Sea Cadets - Gulfport branch 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 60, room 105. For more information contact Lt.j.g. Bowling at 228- 313-9035 or coachcb_yahoo.com; or AGC Enrique Acosta-Gonzalez at 228- 871-3787 or enrique.acosta@navy.mil.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood night, the remaining Fridays are Steak night. Breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Bill North at 228- 863-8602.

VFW Post 4526 Orange Grove is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. VFW meetings are held the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call Post Commander Bill McNicholas at 228-832-0017 or Sr. Vice Commander Ben Barker at 228-832-3798 for more information.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport

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don't fret! If you are unsure as to what skill level your child would best fit into a lifeguard can assist you in making that determination. For more information contact Dana Dawson, Pool Coordinator at 228-822-5103.

Child Development Center

We need your help! We are requesting that you come and give our kids a treat Oct. 30 at 9:30 a.m. We will have the kids parading in front of the Center. Contact the CDC at 228-871-2323 if you have questions.

Pine Bayou Golf Course COSIT happening now

By Nicole Dunn
MWR Marketing

MWR recently chartered a Cycle of Service Improvement Team, or COSIT for the Pine Bayou Golf Course onboard Naval Construction Battalion Center (NCBC).. The COSIT is using data collected during interviews and also via electronic surveys to make improvements at Pine Bayou.

"We collected data at the Pine Bayou Golf Course during the month of January and that information is the basis for our improvements," said Dana Dawson, the customer oriented enterprise facilitator.

Approximately 125 customers were interviewed and asked to answer the question, "When you came to Pine Bayou Golf Course today, did your experience meet your expectations, exceed your expectations or fall below your expectations." Customers also were asked, "What is the one major improvement that they would like to see at the Pine Bayou Golf Course?"

The information was compiled into a working project list of improvements. The issues that detracted ("detractors") from the Pine Bayou Golf Course num-

bered only 16; while there were 25 suggested improvements to enhance Pine Bayou ("enhancers").

The COSIT team, consisting of customers, Pine Bayou Superintendent, MWR staff, and a facilitator met Oct. 5 to begin a six to eight-week process to make improvements.

The team realized some issues couldn't be improved; for example, installing a plush locker room. The team also realized that some suggestions could be implemented quickly (short term fix), while others would take more time.

Each week that the team meets it designates three to five short-term and long-term improvements to make or move toward.

The COSIT project is on display at the Pine Bayou Golf Course. Weekly updates are made as improvements are completed. The team's final meeting will be at the end of December and a second survey will be taken in six months to collect patron comments.

Dawson said the Pine Bayou Golf Course project is the second COSIT that MWR has conducted in the past two years. More COSIT projects will be conducted in the future at various other facilities onboard the Seabee Center.

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in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for more information. The website also contains links to hundreds of Seabee military historical sites as well as reunion information.

HERITAGE

The Seabee Gift Store is in the new Training Hall, building 446 and is open Monday - Friday, 10 a.m. to 4 p.m., phone 228-871-4779. The shop has several command exhibits, as well as a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Hueneme, Calif. Contact the museum through the web address at

www.seabeesmuseumstore.org/shop/index.php



Seabee Memorial Chapel

Services:

**Protestant: Sunday School, 9:30 a.m.
Sunday, 11 a.m. Divine Worship**

**Catholic: Sunday, 9:30 a.m.,
Family Choir Mass
Sunday, 10:40 a.m., Religion Education**

**Monday - Friday, 11:35 a.m.,
Daily Mass**

Gospel Service: Sunday, 8 a.m.

Center Chaplains:

**Cmdr. Macgregor McClellan,
Protestant Chaplain
Lt. Leticia P.J. Rouser,
Protestant Chaplain**

**For more information concerning
other faith groups, call the chapel
office at (228) 871-2454**