

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 46 No. 22

Naval Construction Battalion Center, Gulfport, Mississippi

December 17, 2009

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As NMCB 11 signs a charter of support for the school, students from Twenty Eighth Street Elementary sing a song dedicated to members of the U.S. military.

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Lt. Gregg Hazlett, NMBCB 74 chaplain leads praise and worship at Camp Leatherneck, Afghanistan in celebration of the Chaplain Corps' birthday.

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Cmdr. Stanley Wiles, commanding officer NMCB 1, congratulates an athlete at a Special Olympics event held on Kadana AFB, Okinawa, Japan.

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May your days be merry and bright



A sprinkling of rain and a blast of cold wind didn't keep Seabee Center children and their parents from coming out to the Annual Christmas Tree Lighting Ceremony Dec. 11. The evening's activities included music, games, food, treats for the children and a special visit from Santa. Children stood patiently in line for the opportunity to ask Saint Nick to make their special dreams and wishes come true while parents stood by taking mental notes. (U.S. Navy photo by Mass Communications Specialist 2nd Class Gregory N. Juday/Released)



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CAMP LEATHERNECK, Afghanistan (Nov. 26, 2009) Secretary of the Navy (SECNAV) the Honorable Ray Mabus serves turkey to Marines and Sailors Thanksgiving Day at Camp Leatherneck. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien/Released)

Let us all give thanks for the troops serving our country during this holiday season

By MC3 Ernesto Hernandez Fonte
30th Naval Construction Regiment
Public Affairs

For many Soldiers deployed to Afghanistan this was their first Thanksgiving away from home and for others, it's their second or more. Soldiers like those assigned to the 76th Engineer Company, 19th Engineer Battalion, deployed near the Afghanistan - Pakistan border at Forward Operating Base Spin Boldak.

"I don't like spending Thanksgiving here because it was a really big holiday for my family growing up," said Spc. Arnie R. Greatheart from Wayne County, Georgia assigned to the company. "Thanksgiving is one of those times that everyone, regardless of whether they are

family, just everybody in the neighborhood pretty much just goes to everybody and anybody's house. It's kind of like an extended family."

For Greatheart, who has only spent one Thanksgiving home since 2002, it's his battle buddies that get him through this holiday. He believes that everyone has their own way of getting through what can be a depressing time; some face it as a group, others individually.

"Friends and battle buddies get you through, someone you get along with and someone you trust going through the same things you are going through," said Greatheart. "Communica-

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Green thoughts

Not everything goes down the drain

From CBC Environmental

One may see a lot of things flow down the street each day during the rainy season. Keep in mind that everyone must be conscious of the things they throw away and things they dispose of to ensure the environment is protected.

The Seabee Center follows guidelines provided by local, state and federal agencies regarding the disposal of waste and water discharge. Please note the following are allowable non-storm water discharges by permit for NCBC Gulfport:

- o Routine external building wash down that does not use detergents
- o Pavement wash waters where spills or leaks of toxic or

hazardous materials have not occurred (unless remediated) and where detergents are not used

- o Untamated air conditioning or compressor condensate
- o Untamated ground water or spring water
- o Foundation or footing drains where flows are not contaminated with process materials such as solvents
- o Untamated excavation dewatering
- o Landscape irrigation
- o Water used to wash vehicles where detergents are not used

Report any possible activities of non-storm water discharges to the Environmental department at 228-871-3118.



Attention Single Sailors - Live in base housing for 50 percent of your BAH and pocket the rest. Contact Balfour Beatty or Housing for details at 228-863-0424.



Skipper's Log

Each of us have blessings to count

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

When the holidays come around, there are usually two ways of thinking; "oh hurry up and be over with" or "oh I absolutely love this time of year." Whatever your way of thinking, there is one thing that stands true, we should all give thanks for all the blessings we have received. I am not talking about just in your personal life; albeit very important also, but for those around us who impact our lives and whose lives we impact every day.

Over the past few years this base has transformed into a remarkable place to live and work. Last week we opened the last building paid for by Hurricane Katrina Recap dollars. Many old structures have been torn down and more than 24 new buildings have emerged to give the base a whole new look and feel.

What's more is the way this already great place has become even better. Everyday the awesome people here come up with new and fresh ideas and many of these ideas become real. That type of magic does not happen everywhere. It happens here because of the people. It happens because of you.

Our mission here is one in which we should all be ex-



Capt. Ed Brown

traordinarily proud. Our Expeditionary Forces give of themselves in areas of the world where others tend to shy away or totally avoid. We do it because we love it and understand the true meaning of "Can Do." Our Troops couldn't do it without the support they get from you. They need all of us in their families, base and community.

We all live a giving spirit and heritage everyday, so the holiday season really is a Gulfport season. Do good for others, continue to grow as families and as part of this great community and continue to make magic happen here on the Gulf Coast and in all the places we deploy.

So from Eileen and me to you and yours ... Happy Holidays and thank you for another fabulous year.

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.

NMCB 7 reboots field training exercise format

By MC2 Michael B. Lavender
 NMCB 7 Public Affairs

Naval Mobile Construction Battalion (NMCB) 7 personnel began the next phase of their homeport training to prepare them for their next deployment by embarking on a three-week unit Field Training Exercise (FTX).

The FTX will test the battalion's deployment readiness by examining how the unit reacts to hundreds of scenarios.

"The goal of our field exercise is to prepare us for our deployment," said Chief Navy Career Counselor (SCW/SW) Arusha Johnson, NMCB 7's command career counselor and watch chief. "Once we pass our field exercise, we're considered to be operationally and tactically ready to deploy to anywhere in the world and do what Seabees do best."

Unlike previous field exercises, this FTX focused on how currently Seabee operations take place, with a main-body unit operating from an established camp that supports several detachments in the field. "This operating environment is much like how our deployment to Afghanistan was," said Johnson. "We're not living as primitively as we were on previous field exercises. For example, we're living in bunk beds instead of cots, temperature control, hard floors instead of grass and actual showers with warm water."

With the new FTX, there are different phases as well.

"When we're actually in the field, we usually have a logistical support area phase, followed by a forward operating base phase," said Johnson. "This year, we have the field training exercise phase followed by the final evaluation problem. For the first part, the Seabee Readiness Group watches and trains us how to per-

fect the knowledge we've received throughout homeport. Then we go into the final evaluation phase, where they grade us on how we react to our scenarios and how well we complete our mission."

There are still similarities between the old FEX and new FTX. The battalion still conducts their 48-hour mount out with their Air Detachment, which is capable of moving 90 personnel and more than thirty pieces of Civil Engineer Support Equipment in two days to any place in the world.

Some of the scenarios also focused on how a battalion should react to civilians instead of armed combatants.

"We brought in personnel who are from a Somalian descent," said Construction Mechanic 2nd Class (SCW) Clint Davis, a 20th Seabee Readiness Group tactics evaluator. "They speak the languages of the region this battalion may deploy into, so they have to learn to utilize translators during their encounters."

While on the FTX, Seabees from sister battalions aggressed NMCB 7, testing their combat skills and reactions. Additionally, contracted civilians were brought in to enhance the realism of the exercise.

"We brought in Africans to help train the battalion and bring a sense of realism to their field training exercise," said Steelworker 1st Class (SCW/AW) Coogan Kennedy. "Additionally, we use special effects to simulate rocket propelled grenades and various other scenarios the battalion may encounter. The Somalians we brought in play a large part though. Some wear the traditional clothing while others wear the uniforms of a local army. We also have them do various scenarios



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7's bridge detachment respond to an attack by aggressors playing simulated insurgents. During the attack, the battalion's bridge detachment also had to respond to a mass casualty drill, testing the battalion's readiness to deploy. NMCB 7 returned from its field training exercise and is now preparing for its upcoming deployment to several locations throughout Europe and Africa. (U.S. Navy photo by MC2 Michael B. Lavender/Released)

that show the battalion that not every scenario is a bad one. Sometimes it may just be a village elder coming to the gate to offer assistance, so the battalion needs to know how to handle that while also maintaining the rules of engagement and escalation of force procedures. Vigilance is definitely a key factor in this training evolution. What we do here could save a Seabee's life."

With nearly seven months of training, the

battalion rolled into the FTX with the traditional Seabee mentality of 'Can Do.' "I think we're ready," said Johnson. "Over the next couple of days, we'll get better into the routine of things, gain accountability and everything else will fall into place. We've done a good job in preparing our pre-operation plans, but even with the best planning, if you don't have accountability of your personnel, it can be detrimental to your battalion."

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20 SRG Seabees use skills to improve area food pantry

By CE3 Jennifer Hall and
 EA2 Cassandra Rivera
 20th Seabee Readiness Group

Seabees from the R73-CCCT department of Twentieth Seabee Readiness Group (20SRG), volunteered for a wheelchair ramp and porch project to help disabled members of the Gulf Coast community gain access to the Long Beach Community Food Pantry. The pantry is designed to feed up to 1,000 people a month. Those in need may visit

the pantry three times a month to receive food that has been donated by private citizens and businesses throughout the Coast.

The project began at the request of Franklin Williams, operator of the Long Beach Community Food Pantry. He requested the Seabees and their "Can Do" spirit help complete the project. He was very familiar with the work that Seabees do and he said he wanted them to be a part of making life easier for those who are in need.

"We are very appreciative for the work the Seabees came out and did. We couldn't have asked for a better job. With the threat of Hurricane Ida, we thought it was going to slow down the project. But nothing could stop them and their 'can do'

attitudes," said Williams.

The project leader was Builder 1st Class Steve Byers who said he volunteered for the project because he felt it was the right thing to do. Other members of the crew included Builder 1st Class Tony Perriero, Builder 1st Class Luland Taylor, Builder 2nd Class Hope Butler, Utilitiesman 2nd Class Daniel Miller and Builder 3rd Class Yerally Ramos. They put their many years of experience together to complete the deck and ramp project.

When the new food pantry opens Jan. 4, the Seabee's and members of the community who donated all of the supplies to complete this project will have the satisfaction of knowing that their efforts will help make a difference.



Utilitiesman 2nd Class Daniel Miller, 20th Seabee Readiness Group, builds railings for a wheelchair ramp at the Long Beach Community Food Pantry Nov. 16. (U.S. Navy Photo by MC2 Gregory N. Juday/Released)

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Here is your chance to Help . . .

The Navy-Marine Corps Relief Society and Naval Officer's Spouse Club are planning the inaugural Seabee Ball Gown Fashion Show and Sale for January 2010.

We need those gowns, jewelry and heels that are collecting dust in your closet. It's your chance to give someone else the opportunity to "gussy-up" and step out at the 2010 Seabee Ball. All at an affordable cost. Gown sales will support NMCRS programs. Call 228-871-2610 to arrange to drop your donation off at the Thrift Shop.

Contact Angie, 228-871-2610 or Nicki, 228-871-2070 for more information.



Navy Chief saves life with CPR, AED training

By Airman 1st Class Adawn Kelsey
82nd Training Wing Public Affairs
Sheppard AFB, Texas

Chief Petty Officer Buddy Parsons had hoped he would never have to use the cardiopulmonary resuscitation skills he had learned during his career. But he and Chief Petty Officer Joseph Mathers were glad he knew what to do Nov. 20 during the Navy Chief meeting at the Sheppard Club.

The Navy Chiefs were having dinner at the Sheppard Club when Chief Petty Officer Joseph Mathers, Utilities Lead Chief Petty Officer in the 366th TRS, began having a reaction to the Mongolian Barbeque that he had been eating.

"I felt my throat getting a little tight but didn't think much of it," the Chief Mathers said. "When I began to take another breath I realized I couldn't breathe, I couldn't cough, so I sat up in my chair."

At that point Chief Parsons responded just as he had been taught in the CPR and AED courses that he has taken.

"When I looked up at Chief Mathers, his eyes got big, he had started changing colors a little bit and started pointing to his throat," Chief Parsons said.

Chief Parsons said he rushed over to the other side of the table and began the Heimlich maneuver.

Chief Mathers said Chief Parson's reaction seemed to be a second nature for him.

"Master Chief (John) Beck didn't even have time to call 911 by the time Chief Parsons had helped me," Chief Mathers said.

Chief Parsons said that he had taken the CPR and AED classes and had practiced on fake victims numerous times but that was his first time applying it to a real choking victim.

"The CPR and AED courses are important ones to know you never know when situations will come up or when you will need to use the training," Chief Parsons said. "It can happen anywhere, at any-time."

A New Beginning



Rear Admiral Jonathan White (center), commanding officer of the Naval Meteorology and Oceanography Command is joined by Capt. Ed Brown (right), commanding officer of NCBC and Cmdr. Frank Schenk, commanding officer for the Naval Meteorology and Oceanography Professional Development Center (NMOPDC), to cut the ribbon officially opening the NMOPDC building on board NCBC Dec. 10. The 22,000 square foot, \$8.4 million building has 10 classrooms that can house additional courses that have been developed and officially opens 363 days after the groundbreaking ceremony. The opening of the building marks the end of the Hurricane Katrina Recapitalization Plan projects. (U.S. Navy photo by EO3 Elizabeth Saranto/Released)

The Seabee Center celebrates the holidays with the annual Tree Lighting sponsored by MWR and a special Christmas Play, "Brown Christmas" at the Seabee Memorial Chapel



Children play games while waiting for Santa.



Parents and children patiently wait for the fun to begin.



Elf alert! Contest winner Jill Paradise fulfills her part of the deal while Santa wows the crowd.



To some he is jolly, to others not so much . . .



Children look over the selection of gifts and prepare to fill their sacks.



Children give it their all during a musical selection at the Christmas play.



"Brown Christmas" participants add a new dimension of excitement to the program.

Tree Lighting photos by MC2 (SCW) Gregory N. Juday
and
Chapel Christmas Play photos by EO3 (SCW) Elizabeth Saranto

Anchored in Excellence: NMCB 11 charters new territory with mentorship of Gulfport school

By MC1 (SCW) Nicholas Lingo
NMCB 11 Public Affairs

One of the finest American minds of his time and one of our greatest statesmen Benjamin Franklin once said, "No one is useless in this world who lightens the burden of it for someone else."

The ability of humans to give selflessly of their time and effort is a great experience that should be taken up with open arms. The Seabees of Naval Mobile Construction Battalion (NMCB) 11, itself in its infancy since its recommissioning just two years ago, are taking the necessary steps to begin a mutually beneficial relationship with a new school in Gulfport, Mississippi.

The 'Bees of Eleven signed a charter with the soon-to-be completed Twenty Eighth Street Ele-

mentary School to begin what they hope to be a longstanding relationship between the two entities to assist the schools needs.

"We're going to be helping them in any way possible, whether that be mentoring or whatever they ask of us, we're here to help," said Lt.j.g. Mark E. Coker, NMCB 11's command chaplain.

NMCB Eleven will begin mentoring the children and assisting with small projects like field days. These steps are important in acting globally and locally.

"This is a great foundation for the future of our country and our community," said Cmdr. Michael Monreal, commanding officer NMCB 11. "As Seabees we are committed to a lifetime of service to our country, but also to our local community.

We are truly privileged to take part in the molding of our future."

Lea Bellon, Twenty Eighth Street Elementary School's principal, has seen the great impact this types of relationships have yielded in the past with the Seabees.

"I'm looking forward to working with the Battalion (NMCB 11). Already we've been blessed by the Navy base and the commitment that you've shared in the past. We are looking forward to working with you so that we can make sure all of our students are anchored in excellence."

The wealth of knowledge and the skills the Seabees may provide will prove to be key in a successful relationship between the school and NMCB 11 for many years to come.



Seabees from Naval Mobile Construction Battalion (NMCB) 11 recite the National Anthem with a group of children from Gaston Point Elementary School in Gulfport. NMCB 11 signed a charter with members of the faculty to mentor children at the new Twenty Eighth Street Elementary School which is slated for completion in early 2010. NMCB 11 is currently in their homeport training phase and scheduled to deploy to the Pacific Command Area of Operations in 2010. (U.S. Navy photo by MC1 Nicolas Lingo/Released)

22 NCR Sailor of the Year



Commander of the 22nd Naval Construction Regiment (22 NCR), Capt. Louis V. Carriello, presents the 22 NCR's, Sailor of the Year Award, to Logistic Specialist 2nd Class Laura Motley (SCW/EMF), on board the Naval Construction Battalion Center, Dec. 4. (U.S. Navy photo by MC3 Michael Wright/Released)



Seabees from Naval Mobile Construction Battalion (NMCB) 133 use a 2' x 4" board to screed wet concrete during the construction of a tool shed at the Feed My Sheep soup kitchen in Gulfport.

NMCB 133 lends support to Feed My Sheep

Story and photos by RP3 (FMF)
Kirk Cogswell
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 lent their skills to improve the community by placing concrete during the construction of a tool shed at the Feed My Sheep soup kitchen in Gulfport.

The soup kitchen is a non-profit organization and can feed more than 1,000 people at a time.

Feed My Sheep offers more than just a place where homeless or needy people can come in and sit down to eat a hot meal, they also deliver meals to homebound people in the area. Feed My Sheep is located less than a mile from

Naval Construction Battalion Center (NCBC) and was founded by a small group of concerned Christian citizens in 1983. The kitchen was named as one of America's "Points of Light" by former President George W. Bush.

The storage shed will be used to store tools used for upkeep of the grounds. This project was a positive contribution to the community as well as a good chance for some on-the-job training in the art of placing concrete for the junior troops. Although the weather forecast predicted rain on the day of the concrete placing, the Seabees were treated with clear skies and sunshine and completed the placing without delay.

Commissary Holiday



Hours . . .

The NCBC Commissary will be open Dec. 21 from 9 a.m. to 6 p.m. and Dec. 24 from 9 a.m. to 3 p.m. The commissary will be closed Christmas

KIDs CORNER



Santa Claus

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

I R E E D N I E R T E I H
P O O N S N R E N N O D T
C L T N O N E N C U P I D
H O O E E R T Z S S U T R
R W M X O P T I T S N S H
E C I E Y R I H D I L N M
H V H I T E O E P E L R H
S S D I I S R H I O S B P
A Z A T M E S G O C L A L
D N N O E N H E L H A E O
S M C Y E T E A R O O N D
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BLITZEN, CHIMNEY, COMET, CUPID, DANCER,
DASHER, DONNER, HO HO HO, MRS CLAUS
NORTH POLE, PRANCER, PRESENTS, RED SUIT,
REINDEER, RUDOLPH, SLEIGH, SNOW, TOYS,
VIXEN

Crime Prevention

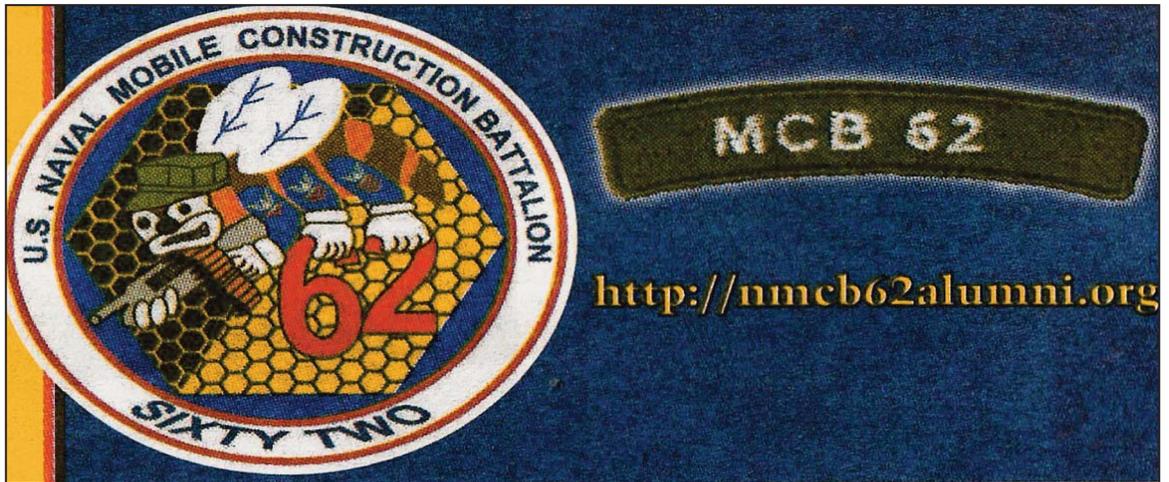
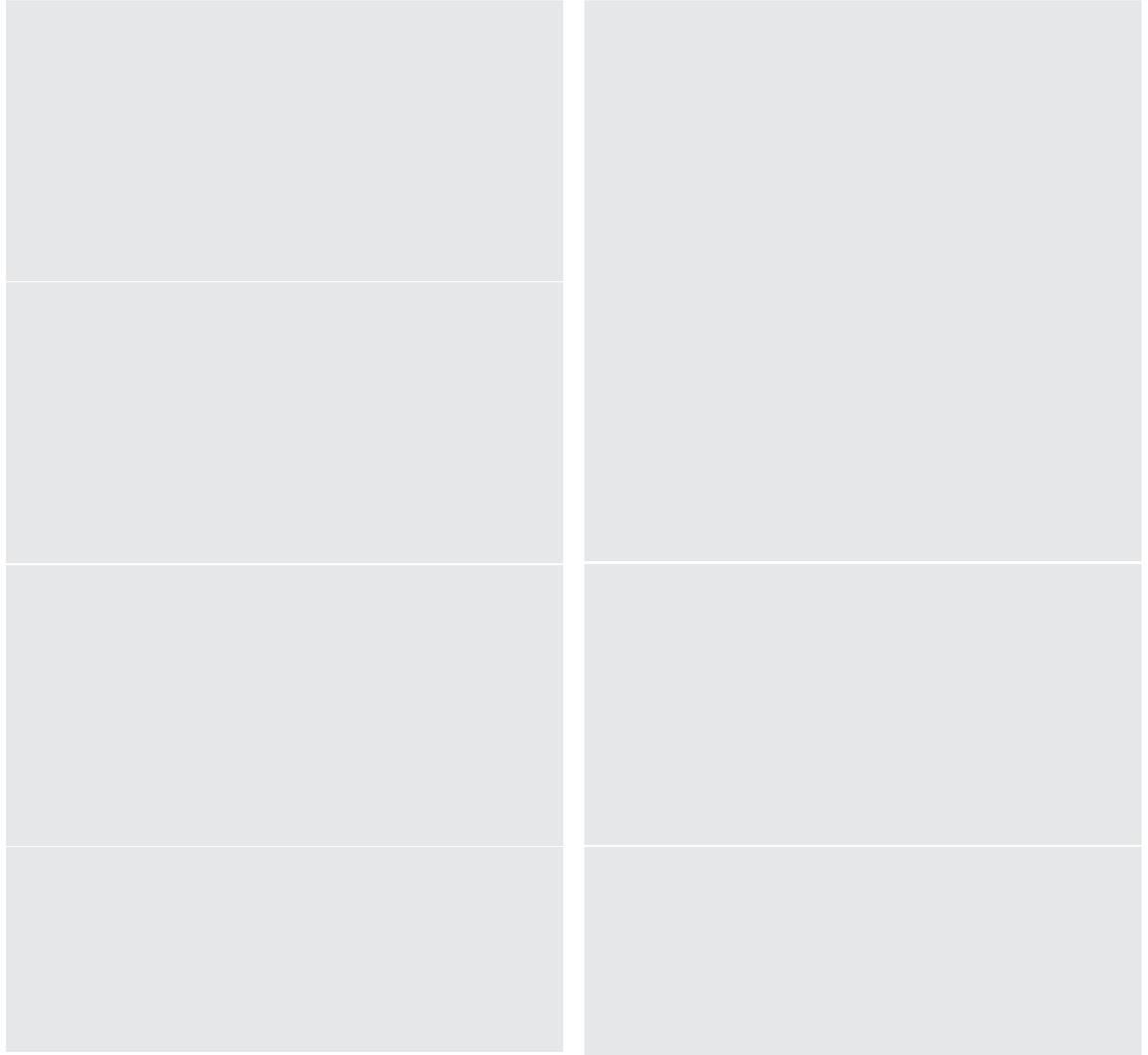
Violence in the workplace: Increasing awareness and responsibility

By Sharlene Daniels
CBC Security

The recent shooting incident at Ft. Hood, Texas, has caused Americans everywhere serious concern about unexpected violence in the workplace and possible domestic terrorism.

Domestic Terrorism involves groups or individuals who are based and operate entirely within the United States; or its territories, without foreign direction. Domestic terrorism acts are directed towards the U.S. government or its population. Their motivations spring from issues relating to American political and social concerns. It is not unusual for domestic terrorism groups to attempt to recruit U.S. service members. Not all violence in the work place is based on acts of domestic terrorism.

Often an employee can become angry with an organization, organizational policies or coworkers. Some anger is based on stress, stress related incidents or stressful environments. It is important for anger directed toward the work place to be taken seriously before it escalates into aggression or violence. Those who are likely to commit an act of violence in the work place are likely to express their frustrations. Often serious violence in the workplace should not be a total surprise because the suspect often displays numerous early warning signs.



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Some of the warning signs are as follows:

- o Direct or veiled threats of harm to self, others or property;
- o Intimidating, belligerent, harassing, bullying, or other inappropriate and aggressive behavior;
- o Numerous conflicts with family, supervisors and other employees;
- o Bringing a weapon to the workplace, brandishing a weapon in the workplace,

making inappropriate references to guns, or fascination with weapons and explosives;

- o Statements showing support or fascination with incidents of workplace violence, indicating approval of the use of violence to resolve problems, or identifying themselves with perpetrators of workplace homicides or domestic terrorism;
- o Statements indicating desperation (over family, financial, and other personal problems) to the point of contemplating suicide;
- o Drug/alcohol abuse;

o Extreme changes in behaviors, ideas or life style to include the addition of radical political views.

o Internet postings (personal web pages, myspace, facebook, etc.) about suicide, bombings and other threats.

One of the early indicators listed above involves weapons. Carrying personally owned weapons and ammunitions, storing them in a personal vehicle, housing or barracks is a violation on board Naval Construction Battalion Center

(NCBC), Gulfport. All weapons are expected to be claimed and checked with security upon contact with security's sentries at entry points.

Though harboring a personal weapon is a violation of installation law and may cause severe penalties to the suspect, it may also be a clear indication that something serious is wrong and must be reported. To report suspicious observations or request assistance from the Naval Security Force call NCBC's Security Emergency Dispatch di-

rectly at 228- 871-2361 or use Security's Emergency telephone number 228-871-2333. To report suspicious or criminal activity and remain anonymous, call 228-871-4888.

You have heard the request to remain vigilant before. Being vigilant, identifying any early warning signs and reporting indicators of possible aggression may prevent violence in the work place.

You can still receive immediate emergency assistance by calling 9-1-1.

Buckle Up for Safety - Every Time!

Tracking NMCB 74



Guests attend a dinner banquet held at Camp Leatherneck, Afghanistan in honor of the Chaplain Corps' 234th birthday. Chaplains from four countries assigned to commands in southern Afghanistan met at Camp Leatherneck to celebrate the birthday. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

Camp Leatherneck hosts Chaplain Corp birthday party

By MC1 (SCW) Ryan G. Wilber
NMCB 74 Public Affairs

Chaplains serving in southern Afghanistan met at Camp Leatherneck to celebrate the Chaplain Corps' 234th birthday. Twenty chaplains from four countries, assigned to camps and Forwarding Operating Bases throughout southern Afghanistan participated in the day's events.

The birthday celebration was a full day event of spiritual rejuvenation and training that culminated in a dinner celebration.

Before the morning praise and worship began, Lt. Gregg Hazlett, command chaplain for Naval Mobile Construction Battalion (NMCB) 74 and event organizer, stated that he wanted the chaplains to take something akin to a souvenir from the day's events back with them.

"When you go on a trip, back in the states, you often buy souvenirs to commemorate the trip; something to show friends. Our hope is that this day's events will be a souvenir you take from Afghanistan. That it will be a day you remember fondly as a time we shared with the Lord," said Hazlett.

After praise and worship the spiritual retreat began, a time of meditative reflection and renewal for the chaplains who have been working day in and day out for their troops while forward deployed. Cmdr.

Bruce Boyle, command chaplain for Marine Aircraft Group 40, led the spiritual retreat.

Boyle led the chaplains through a series of meditative reflections based upon their shared, passionate love of God, which included topics such as: sources of positive and negative motivation, yielding complete control to God and each person's source of true spiritual sacrifice. For the meditative reflections, Boyle presented a topic and the chaplains discussed it based on personal experiences. Afterward, they took a few minutes in silence to meditate on the discussion.

"Sometimes circumstances and events happen and pass us by so quickly that we need to take time to reflect on those things and meditate on them, in the Biblical sense, in order to come to a better understanding of how those experiences have impacted us, and we have grown from them in light of our experience with God," said Cmdr. Phil Pelikan, command chaplain for 2d Marine Expeditionary Brigade.

Emotions related to feelings of sincere service could be seen on the chaplain's faces and heard in their voices as they shared personal life experiences.

"The point of this is to encourage one another as chaplains, and brothers in the Lord," said Boyle.

"Self-care is good, spending time with the Lord, reading your Bible

and praying, but doing it corporately with other chaplains like we did is wonderful. I felt recharged and rejuvenated," said Hazlett.

After lunch at the camp dining facility, the chaplains sat down for training on stress management, a relevant topic for spiritual leaders among military members serving in a combat zone. The training was co-chaired by Lt. Kevin Nasky, command psychiatrist for 2d Marine Expeditionary Brigade, and Pelikan.

"Mental health is spiritual health, and spiritual health is mental health," said Nasky.

The day culminated with a dinner banquet and cake cutting. British and Estonian chaplains assigned to nearby Camp Bastion, as well as Col. Abdull Salam Haqani, a mullah assigned to the Afghan National Army, accompanied the Navy chaplains for dinner on Camp Leatherneck.

Guest speaker at the dinner, Col. Preston McLaughlin, Chief of Staff, Marine Brigade-Afghanistan, recounted memorable experiences with chaplains throughout his career, and heroic and courageous actions of chaplains throughout the history of the chaplain corps during his speech. McLaughlin highlighted his speech with a reading of the citation for Navy Chaplain and Medal of Honor recipient, Father Vincent

See *CHAPLAINS* page 15

Equipment Operator first recipient of '74 Safe Seabee Award

By Senior Chief Construction
Mechanic Shawn Hollister
NMCB 74 Public Affairs

August marked the start of Naval Mobile Construction Battalion (NMCB) 74's Safe Seabee of the Month program.

The first recipient, Equipment Operator 3rd Class Darnell Baker, attached to Alfa Company, was both surprised and pleased when he was announced as the winner by Cmdr. Bruce Nevel, NMCB-74 commanding officer, at company quarters.

"It was really a surprise," said Baker, "I didn't expect it."

Many hard-charging Seabees were submitted for the title, but in the end Baker was selected by the Safety Committee.

"For our inaugural Safe Seabee of the Month award, we had four strong nominees that made an impact on the command's safety program, but EO3 Baker's accomplishments stood out," said Lt. Cmdr. Tom Lyons, NMCB 74 executive officer. "The effort that EO3 Baker put in on the Ammo Supply Point (ASP) project to keep the crew and the on-site Marine guards safe

is commendable, and the fact that there have been no safety mishaps on the project site speaks for itself. EO3 Baker has clearly set a high standard for the award."

The Safe Seabee of the Month receives a Letter of Appreciation, a Commanding Officer's Coin and has their photo displayed on the battalion safety board. At the end of each quarter all three Safe Seabee of the Month winners will compete for Safe Seabee of the Month. That winner will be awarded a Navy and Marine Corps Achievement Medal (NAM) by the commanding officer.

"NMCB 74's Safe Seabee of the Month is an incentive that the battalion's Safety Committee believes will help reduce mishaps and allow our troops to be recognized for their performance," said Chief Builder Jeff Allgood, NMCB 74's Command Safety Representative.

"It was very easy to choose Petty Officer Baker. He is a role model of safety for all of his troops and for Alfa Company as well," said Chief Equipment Operator Joe Hangren, ASP Project Chief. "He will most certainly earn that NAM."



Equipment Operator 3rd Class Darnell Baker, assigned to Naval Mobile Construction Battalion (NMCB) 74, Alpha Company, is presented the Safe Seabee of the Month Award by Cmdr. Bruce Nevel, NMCB-74's Commanding Officer. Baker is the battalion's first recipient of the award, since its inception in August 2009. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

One Team, One Fight

NMCB 1 puts up big numbers at Special Olympics

By NMCB 1 Public Affairs

More than 200 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 volunteered their time to help some 900 special-needs athletes competing in the 10th Annual Kadena Special Olympics, held Nov. 14 at Riser Sports Complex.

The stands were filled with the crowd of more than 6,000 people who showed up to watch the events and cheer on the athletes in one of Okinawa's largest military outreach programs which is hosted by the 18th Air Wing of the Air Force.

The Seabees of NMCB 1 helped to escort athletes to running, Frisbee, basketball, softball, golf, wheelchair beanbag drop, soccer, tennis, floor hockey and the long jump while cheering for them from start to finish. The day also displayed the talents of 300 special-needs artists, who had their work on exhibit.

"Today was a blast! My athlete and I were able to overcome a lot of barriers as I got to know him," said Constructionman Jose Torres, an equipment op-



Ensign Jerimiah Smith, Lt. Christian Auger, Lt. Adam Perrins and Lt. John Baise of Naval Mobile Construction Battalion (NMCB) 1 are pictured with the athletes they sponsored during the Kadena AFB Special Olympics in Okinawa. More than 200 members of the Battalion volunteered to help special-needs athletes compete in the 10th Annual Kadena Special Olympics. (U.S. Navy photo/Released)

erator assigned to NMCB 1. "When we think of people as being handicapped, we sometimes think that they are a

burden on society. After being out here, I can tell you - that type of thinking is just flat-out wrong!" Many

Seabees went as far as running alongside their special needs athlete to help give them that extra boost of motivation.

"I didn't think I would make it to the finish line but my partner was right there with me to make sure I did, and I ended up getting third place," said Ryuushin Ishihara, an athlete who competed in the 30 Meter Dash.

For the past 10 years, the thing that has helped make the Kadena Special Olympics one of the largest Special Olympic events in the world is the sheer number of volunteers across all branches of the military services who continue to help year after year.

"We wanted to make sure we came out in full force to show [everybody] what NMCB 1 is all about," said Petty Officer 1st Class DeShawn Wilson, a logistics specialist assigned to the unit. Wilson, who coordinated NMCB 1's involvement with the Kadena Special Olympics added, "We showed up in such a big force, poured our hearts into making this thing a success, and it turned out great, you know, so I couldn't ask for much more."

NMCB 1's DET Guam talks turkey about Thanksgiving

By EO3 Peter Charron
NMCB 1 Public Affairs

Happy Seabees with big smiles and full bellies walked out of the galley in Camp Covington, Naval Base Guam Nov. 27. Although it was a holiday meal away from home and family, the Seabees of Naval Mobile Construction Battalion (NMCB) 1 were provided with as good a substitute as possible without being home in the States.

The galley staff received great reviews for this year's Thanksgiving dinner.

"This is by far the best meal we had all deployment," said Steelworker 3rd Class Thomas Fish, crew member for the DET's surface drains improvement project. Petty Officer Fish was not alone in his praise of the Thanksgiving meal as many



Seabees with Naval Mobile Construction Battalion (NMCB) 1 DET Guam are given a warm reception upon arriving at the Camp Covington Dining Facility for their Thanksgiving meal. (U.S. Navy photo/Released)

Seabees enjoyed not just the quantity but the quality the meal served.

See GUAM page17

Seabees of NMCB 1 Det Diego Garcia take time to brush up on patrol skills

By Lt. Matthew Lenzer
NMCB 1 Public Affairs

Even though Naval Mobile Construction Battalion (NMCB) 1 is on deployment to the Pacific, it is never a bad time to practice and hone the military skills that make the Seabees unique in what we do. During their last training day in October, the Seabees from DET Diego Garcia had a chance to practice some of their military skills during a patrol planning practical exercise. Using the existing squad structure, the Seabees planned a patrol then the squad leader presented a patrol brief in the standard five paragraph format to the squad for evaluation.

To start the training evolution, each of the two squads were given a scenario and map to develop their plan from. Each squad had to de-

velop a warning order prior to moving on to creating the actual patrol brief. The warning order is typically given as far in advance of the patrol as possible to inform the squad members of the general time line, what they will be doing, and any special equipment they may need during the operation.

With the warning order issued, the squads moved on to creating the patrol brief. During the process of creating the patrol brief, each squad worked as a group to develop the plan and ensure it had all of the necessary detail in it. They were also required to develop a terrain model to use during the patrol briefing. Working as a group helped introduce personnel new the Seabees to the process of patrol planning and what may be asked of them on future field exercises.



Builder 3rd Class (SCW) Kafele Wilks briefs his squad on the order of march of the patrol and actions at danger crossings. (U.S. Navy photo/Released)

See PATROL page 17



Auto Hobby 871-2804

Special & New hours of operation: Monday - Friday 9 a.m.-4 p.m. and Saturday 9 a.m.-2 p.m. December: Free Fluid Check every Wednesday - Friday from 10 a.m.-3:30 p.m. and Saturday 9:30 a.m.-1:30 p.m. Please contact your MWR Auto Hobby Shop to make your reservations today.

Car Wash 871-2804

MWR has done many upgrades to the car wash with the installation of new vacuums. Vacuums have high suction power, stain remover, shampooer and fragrance selections. 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 in a covered area.

CBC Lake Pavilion 871-2804

Due to road construction on 11th Street the CBC Lake Pavilion area will be closed until further notice. We apologize

in advance for any inconvenience this may cause.

Fitness Center 871-2668

Group Fitness: There is a new group Fitness Class-Strong and Fit and it is offered every Tuesday and Thursday from 10.-10:45 a.m. This is a medium intensity class that incorporates free weights and machines. Silver Slipper has been cancelled!

Sports: Intramural Basketball season begins Jan. 11. Sign ups begin at the CBC Fitness Center Dec. 14. For more information contact Sam Perkins, IM Sports Coordinator, at 822-5109.

Information, Tickets and Tours (ITT) 871-2231/2126

Attention NASCAR Fans . . . It's that time of year again to start planning for the biggest race of the year . . . the Daytona 500! Bus will depart CBC at 9 p.m. Feb. 12, and return at approximately 8 p.m. Feb. 15. Cost includes round-trip transportation via deluxe motorcoach and 2-nights at the Radisson Worldgate Resort in Kissimmee. Not into racing, but still want to go? No problem . . . you can come along and still have 2 full days to

enjoy the theme parks or just get some well-deserved R & R! Race tickets and theme park tickets (if needed) are additional. Everyone is welcome! Layaway plans are available for all trips. Sign-up deadline is Feb. 5 with final payment due by Feb. 12. For more info on pricing, contact Kayci or Lois at ITT.

Deployment doldrums got you down? Feel like you've been closed in all winter? Are you suffering from cabin fever? Well, here is a cure for all of these! It's never too early to think about SPRING!! ITT has a special Spring Break Orlando trip planned!! We will depart CBC at 9 p.m. March 28 and spend four wonderful days and nights at the Radisson Worldgate Resort and attractions, before returning back to CBC at approximately 8 p.m. April 2. Bring your family, relatives, friends, singles, retirees - everyone is welcome!!

Sign-up deadline is March 18 with final payment due by March 26. Mark your calendars . . . May 28 . . . Dust off your steel drums because ITT is taking you on a three-day group cruise on Royal Caribbean Cruise Lines to the Bahamas! Ship departs from Port Canaveral May 28 at 4 p.m. and returns May 31 at 8 a.m. Trip cost will include round trip transportation to Port Canaveral, Fla. We will depart CBC at 11 p.m. May 27 and return at approximately 9 p.m., May 31. Layaway plan available!

Mississippi Surge Hockey Tickets are still available! ITT has half-price vouchers available in the Platinum Level for \$11 and in the Gold Level for \$8.50! This is a great deal! Hurry while they last!

Liberty Center 871-4684

We know it's that time of year when you start getting more and more homesick and longing to spend time with family- we may not be family but we can certainly act as a home-away-from-home at the

74 takes Captain's Cup



Sam Perkins, Intramural Sports Coordinator presents Senior Chief Steelworker (SCW) Joseph Yott of Naval Mobile Construction Battalion (NMCB) 74 with the Captain's Cup Trophy. This year NMCB 74 beat out all other commands on board the Seabee Center to earn the title. The program serves as a means to promote leadership, mental health, teamwork, physical fitness and morale within and between commands. Points are earned from Basketball, Softball, Dodgeball, Volleyball, 5K Runs and Flag Football. NMCB 74 will be awarded with a traveling trophy cup and presented with a plaque to serve as a permanent award for their trophy case when it is time to relinquish the trophy to next year's winner.

Liberty Center!

The Liberty Center is one of those cozy places on base that is open 365-days a year (yes even Christmas and New Years!) so don't worry about not having anywhere to go - our doors are open to you!

Join us during the last part of the month for activities such as Christmas Cookie Decorating on Dec. 21 at 5 p.m. while supplies last. Maybe you're more into seeing some of those holiday lights? Join us as we get off base to see some of the local flavor of Christmas at the Snowflakes on the Bay on Dec. 23 at 6:45 p.m. or maybe the local legend in Long Beach - Winter Wonderland, Dec. 26 at 6:30 p.m.

Keep us in mind for ringing in the New Year as well! Liberty's holiday hours will not affect your ability to celebrate so join us as we stay open till 12:30 a.m. to watch the ball drop and have some fun of our own!

As we head into January there's lots more fun coming

your way! Join us Jan. 17 as we head up to Lumberton, Miss. for Skydiving for only \$150!!! Or perhaps you're looking forward to that next volunteer opportunity with Habitat for Humanity Jan. 23! Either way, keep Liberty in mind and check out what fun we have to offer!

Vehicle Resale Lot 871-2804

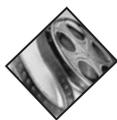
Have a Vehicle, Motorcycle, RV, Boat or Utility Trailer you want to sell, put it in the MWR Vehicle Resale Lot located on 5th Street. Location is in a high visibility area and is lighted for extra security. For more information please contact your MWR Auto Hobby Shop.

Vehicle Storage 871-2804

Deployment Special: Free storage for 1st vehicle and 50 percent off each additional vehicle this includes all RV's for all deploying troops. Must present a letter of deployment from your command. For more information please contact your MWR Auto Hobby Shop.

At the Movies . . .

FREE movies, now playing at the Training Hall Movie Theater



- Dec. 17: The Final Destination, R, 5:30 p.m.; District 9, R, 7:30 p.m.
- Dec. 18: Post Grad, PG13, 5:30 p.m.; Inglorious Bastards, R, 7:30 p.m.
- Dec. 19: Halloween, R, 1 p.m.; District 9, R, 3:30 p.m.; Shorts, PG, 6 p.m.; The Final Destination, R, 8 p.m.
- Dec. 20: Shorts, PG, 1 p.m.; G-Force, PG, 3:30 p.m. Aliens in the Attic, PG, 5 p.m.
- Dec. 21: Shorts, PG, 5:30 p.m.; The Final Destination, R, 7 p.m.
- Dec. 22: G-Force, PG, 5:30 p.m.; Inglorious Bastards, R, 7 p.m.
- Dec. 23: Julie and Julia, PG13, 5:30 p.m.; 500 Days of Summer, PG13, 7:30 p.m.
- Dec. 24/Dec. 25: CLOSED - HAPPY HOLIDAYS!
- Dec. 26: Shorts, PG, 1 p.m.; Inglorious Bastards, R, 3 p.m.; Halloween, R, 6 p.m.; District 9, R, 8 p.m.
- Dec. 27: Post Grad, PG13, 1 p.m.; Julie and Julia, PG13, 3 p.m.; The Hurt Locker, R, 5:45 p.m.; Shorts, PG, 8 p.m.
- Dec. 28: The Final Destination, R, 5 p.m.; 500 Days of Summer, PG13, 7 p.m.
- Dec. 29: Shorts, PG, 5:30 p.m.; District 9, R, 7:30 p.m.
- Dec. 30: The Final Destination, R, 5:30 p.m.; The Hurt Locker, R, 7:30 p.m.
- Dec. 31: CLOSED - HAPPY NEW YEAR'S EVE

Focus on Education

Family communication during deployment has come a long way . . .

By Ann Jenkins-Allen, LMSW
FOCUS Gulfport

Oh, the technology! We can communicate to far reaching places at the click of a mouse but do we really need that much togetherness? Many families in the military are using webcams and their supporting software / websites. At the first mention of it, I thought how much an improvement from the cassettes we used to send back and forth back in the day it is. Hearing your loved ones' voices is better than just a letter. Seeing them on your computer screen must be even better when you really want to see that they are okay. It affords you that opportunity to "eyeball" them and see that they are healthy and happy... you know, eating right and not hurt in any way.

However, as in anything, there are the pitfalls. What happens when communication is down or because of their mission / work they are unable to link up at the designated time? Is it a legitimate request to have your family back home tied to the computer daily in the middle of the day? Or the middle of the night with time zone differences? Is it adding pressure to the family's ability to communicate to come up with something new to talk about every day?

People will worry, maybe needlessly, if you are unable to communicate in the same pattern throughout the deployment. People could get their feelings hurt if the family back home does not seem interested in the conversation and maybe they are just trying not to show emotions or stay strong. Of course, this technology appears to be an improvement, even fool proof, but miscommunication can still happen and cause problems just as it can when everyone is together on the same continent.

Here's an idea that families can do before deployments start. Hold a family meeting. I know, you are thinking we talk everyday why would we hold a meeting. Many people go to meetings all week in their work places but don't see how that can translate to family life, too. Try it. There are some simple rules or guidelines that will make it successful. First the meeting should be scheduled with everyone being aware of the day and time. Everyone in the family should be present. Parents should lead the first one but do not have to facilitate every family meeting. There should be rules as to how people should act or behave in the meeting. For example, each person should get a turn to talk without



interruption. Some sort of "talking stick" or item that the person holding it is the only one allowed to talk until they hand it to the next person. Make sure there is some sort of agenda. In this case, how and how often will the family expect to communicate during deployment. Everyone should be able to voice their opinions without getting in trouble for the most part. Open communication should be paramount during these meetings, even from the youngest members of the family.

With clear expectations and explanations, families will fare better later when the "pitfalls" of technology appear as they have already discussed what to do during their family meetings. You can show your children how open communication benefits the family which may help with family closeness as they get older. Essentially, this can make your strong family even stronger and better prepared.

FOCUS offers assistance on "How to Hold a Family Meeting" and other activities or services that can benefit your family. If interested, please feel free to call FOCUS at 228-224-3625.

Success story



Gunner's Mate 2nd Class (SW) Justin Webb accepts his Coastline Community College Associate of Arts degree from Dr. David Drye, Coastline Community College representative. Webb is assigned to Special Boat Team (SBT) 22. (U.S. Navy photo by Rob Mims/Released)



Navy-Marine Corps Relief Society
Helping you pursue your Academic Goals
Visit the Society's web page today,

www.nmcrs.org to learn more about the Vice Admiral E. P. Travers Interest Free Education Loan and other Society education programs for the Fall 2010 - Spring 2011 academic year.
Application deadline: March 1, 2010

Military Child Education Coalition on the lookout for budding young artists . . .



The Military Child Education Coalition is looking for children's artwork. Selected submissions in the visual arts will be featured in the art exhibits at the Military Child Education Coalition 2010 Annual Conference. All submissions must be provided by children in grades Pre-k through 12 and relate to being a military child. All work must be in its original form. For more information and a complete set of rules, visit the MCEC website at www.MilitaryChild.org/child-student/arts, or call Denise Montana-Graham at 254-953-1923.

Save the Date . . . Transition Counselor Institute Phase One Training designed to prepare education and installation professionals to recognize concerns that impact the mobile military child will take place Feb. 24 -25 at the Holiday Inn Gulfport Airport from 8:30 a.m. - 4 p.m. Registration: 8 - 8:30 a.m. Cost: NO COST - funded by HQ US Navy CNIC, N912 For more information about this training, contact Amanda Hulsey, 254-953-1923 or Amanda.Hulsey@MilitaryChild.org, www.MilitaryChild.org.

Reading Fair Judges

Representatives from the Naval Branch Health Clinic Gulfport volunteered to judge the Pineville Elementary School Reading Fair. Pictured are HM2 Lisa Yancey, Lt. Cmdr. Mary Greer, HM1 Paula Hunt, Lt. Katherine Malozzi, BMC William Bogan, ITC Tammy Dunn, HM1 Tyffny Riordan, HMCM Fred Kasper, EO1 Filipe Pardo, Gareth Rick Barber and HM1 Terry D. McDonald. (U.S. Navy photo/Released)



Reminder . . . The NCBC Photo Lab service is going away Jan. 1

Due to reduced Commander, Navy Installations Command (CNIC) funding, service members and federal employees requiring studio photography such as passports, roster photos and formal photographs for promotion boards and records will have to find alternative means of support. According to recent NAVADMIN instructions, service personnel are authorized to use commercial sources to obtain photography for official records purposes and can refer to MILPERSMAN 1070-180 for specific guidelines. Tenant commands are encouraged to purchase digital cameras to support their own photographic needs. Public Affairs will work with tenant commands to obtain commercial photography sources.

Seabee Ball coins and glasses . . . Seabee ball coins and glasses are now on sale from your Seabee Ball Representative. Visit the Seabee Center Fitness Facility to see what they look like. They are in a trophy case inside the facility. For more information, call Lt. Robert Rutherford at 228-871-3277.

No Cell Phones Please . . . It is against NCBC Gulfport policies to talk on a cell phone while driving on base. Offenders will receive a 2 point penalty for the first offense followed by a 30 day driving suspension for the second. Please don't do it.

**Recycling
Reminder**



If there is a wheeled recycling bin in your building please be aware that we all share responsibility for taking the bin to the curb when it has reached its capacity. Please take the time to wheel it to the curb Thursday mornings by 8 a.m. and return it after it has been emptied. You will be doing yourself, your building and your environment a favor.



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

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

From **CHAPLAINS** page 10
R. Capodanno. "Disregarding the intense enemy small arms, automatic weapons and mortar fire, he moved about the battlefield administering last rights to the dying and giving medical aid to the wounded. When an exploding mortar round

inflicted painful multiple wounds to his arms and legs and severed a portion of his right hand, he steadfastly refused all medical aid. Instead he directed the corpsmen to help their wounded comrades and with calm vigor he continued to move about the battlefield as he provided en-

couragement by voice and example to the valiant marines," said McLaughlin reading from Capodanno's citation. McLaughlin culminated his speech, "[As chaplains you] truly carry your ministry wherever the Marines, Soldiers, Sailors or Airman are. No greater impact is

made on the troops than being right there with them. You have a very illustrious corps, you have great men and women who continue to serve in the same spirit as [Capodanno] did. We wish you a very happy 234th birthday and thank you for the opportunity to come see you tonight."

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 anniegundy@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 hansonk154@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. 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

228-688-5288 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 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

Interested in volunteering . . . Check out www.volunteermississippi.org for information on volunteer opportunities in your community, or contact your local command representative.



Homefront in Focus: Gift ideas to delight the budget and recipient

By Beth Wilson
Military Spouse Contributor

Did you hit the stores on Black Friday? How is your holiday gift list coming along? I totally love this holiday but gift giving can sometimes leave me scrambling for the perfect gift, and on budget. I received an email list of gift ideas that is creative, thoughtful and economical. I just had to pass this list along!

Handmade/Homemade gifts:

- o Knitted scarf
 - o Decorated dish towel
 - o Personalized coupon book (ex. Car wash for a year, etc)
 - o Family history book
 - o Scrapbook
 - o T-shirt quilt (kid's or spouse's t-shirts over the years)
 - o Personal pillow case with a photograph/picture
 - o Collection of recipes from your childhood
 - o Crafty picture frame
 - o Decorated dish
 - o Tin with candy or cookies
 - o Salsa
 - o Soups/Cookie mix in a jar (recipes available online)
 - o Plain white t-shirt with your kid's handprints or picture (iron on) on it
 - o Candle decoration (dish with sand, sea shells and candles)
 - o Pictures taken at home and a copy distributed to everyone in the family
 - o Picture collage
- Make something of interest to

your recipient; apron, etc.

- o Collect cards received throughout the year and make a frame out of it in the order of the seasons (New Years, Valentine's, St. Patrick's Day, etc)
- o Gift cards (for your recipients to use on anything they would like)
 - o Gas station
 - o Department store
 - o Movies

o Restaurants

A family heirloom (age appropriate)

Purchase clothes on clearance
Recycle a gift that was given to you (make sure you don't give it back to whoever gave it to you)

- o Magazine memberships
- o Vases
- o Reading books

Gift exchange
o Traditional: Each person's name is written on a piece of paper and placed in a hat.

Those who participate get a turn to pull one piece of paper out of the hat with a name on it. Whichever name the participant receives will buy a gift for that person. In the end, each participant receives a gift. You can set a maximum dollar amount per gift. (Our family does this and we love it! We do not buy for 'everyone' in the family just our 'selected.' We can really bless that one person.)

- o White Elephant: Select participants and each one will



Beth Wilson

purchase and wrap a gift (typically, a maximum dollar amount is specified). On the day of the exchange, randomly select the order in which participants will have the ability to select a gift. The first person selects a gift and opens it. The second person has the option to "steal" the gift from the first person or select a new one. If the first gift is "stolen", the first person selects a new gift. The third person has the same option as the second person (to steal from either the first or second person or select a new one). Continue until all participants have a gift. Typically, there is a maximum number of two "steals" per gift.

I hope these ideas are helpful and will add to your holiday job! By the way, I love homemade gifts (hint-hint). Next week we'll look at holiday stress management.

Have a great week and enjoy this season!

From PATROL page 11

With their briefs developed, each squad leader presented the brief to their squad members as well as the DET leadership who were evaluating and providing feedback on the briefs. Both squads developed good terrain models with the material on hand and presented good briefs. The feedback provided some areas to improve for future briefs, but, as Seabees don't do patrols every day, the final product was excellent.

With the conclusion of the training, all of the members of the DET, especially the ones new to battalion life, had a better understanding of how much effort goes into patrol planning and what is needed to have a successful patrol.

"The training today was beneficial," said Builder 3rd Class Michael Braun. "Everyone got to work together to formulate the plan and hearing the brief at the end with the terrain model brought everything together." Each member will take this information with them into the future as they continue their careers as U.S. Navy Seabees.

Christmas Tree Recycling



The Harrison County Beautification Commission is sponsoring a Christmas Tree Recycling Program from Dec. 26 - Jan. 16. Trees can be dropped off at the Mississippi Power Company Plant, 10406 Lorraine Road in Gulfport. Live trees only, and please ensure they are free from any metal products including stands and ornament hooks or garland. Questions? Contact the Commission, 228-214-1405.

From GUAM page 11

The large variety of meats, side dishes, and desserts contributed to the success of this year's Thanksgiving meal for the battalion. Turkey, ham, and roast beef were offered and you could select any one or all of the three if you brought the appetite. Next the stuffing, followed by the mashed potatoes, sweet potatoes, collard greens, black eyed peas, corn on the cob, and a delicious New England style clam chowder. To top off the main course, a full salad bar with fresh fruits, cranberry sauce, dressings and dinner rolls. If that was not enough, a full dessert bar with a full assortment of cakes including pumpkin pie, pecan pie, apple pie, and whipped topping was located right next to the sundae bar. The sundae bar included sugar cones or bowls where you could make your own sundae creation with toppings ranging from melted marshmallow, hot butterscotch, to putting that cherry on top!

DET Guam's officers and chiefs served the Thanksgiving meal to show their appreciation for the hard work and sacrifice of the junior enlisted Seabees.

NMCB 1's Commanding Offi-

cer, Cmdr. Stan Wiles and Command Master Chief Duane Sharp travelled from the Main Body site in Okinawa, Japan to show their support as well by greeting the Seabees upon their arrival to the galley.

Although the meal was in a galley, everyone left with a big smile. Construction Electrician 3rd Class James Perruquet, Central Tool Room electrician said, "I figured there would be a lot of food after looking at the menu, but when I actually got to the galley I knew I was in for a treat seeing everything that was prepared. I also thought it was nice to have our upper chain of command taking their time to serve us, almost their way of saying thank you to us on Thanksgiving. It shows that they appreciate us and that's always a good feeling."

The aftermath of a Thanksgiving weekend spent relaxing and eating will surely show on the scales. But the hardworking, motivated, and dedicated Seabees of "The First and the Finest" deserved the tremendous feast and three-day-weekend to reconnect with families back home, relax, or simply catch-up on much needed rest to fuel their engines for final months of deployment.

From THANKS page 1

tion with family too, normally nine times out of ten, we have some type of communication.”
Greatheart whose son turned six last August misses his family this holiday season.

“It’s a deployment. Everybody gets frustrated because everyone misses home. We all become homesick,” said Greatheart. “I haven’t spent a Thanksgiving home since 2006. This is the third Thanksgiving I’ve spent overseas.”

He came to Afghanistan with one gray hair and will be leaving with more than four. Greatheart feels the stress of deployment but does not let it get to him and looks forward to his future redeployment home.

“The military is not a bad thing,” said Greatheart. “We all go through times like this. Eventually we all get through it.”

More than 55,000 Soldiers, Sailors, Airmen and Marines like Greatheart are deployed in support of Operation Enduring Freedom. As we give thanks throughout holidays, let’s not forget to give thanks to the service members who are away from their families.



GULF COAST USO



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(228) 575-5224

Office hours: Monday-Friday,
8 a.m. - 5 p.m.,
Saturday, 11 a.m. - 7 p.m.,
(Closed Sundays)



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**

**Chapel Dedication Ceremony,
Jan. 24, 2 p.m.**