

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 47 No. 17

Naval Construction Battalion Center, Gulfport, Mississippi

September 2, 2010

Seabees of NMCB 7, CBMU 202 work to improve life for people of Columbia during Continuing Promise 10



DON GABRIEL, Colombia - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 and Construction Battalion Maintenance Unit (CBMU) 202 move a floor base during a Continuing Promise construction project at a school in Don Gabriel, Colombia. The multipurpose amphibious assault ship USS Iwo Jima (LHD 7) is off the coast of Colombia conducting the Continuing Promise 2010 humanitarian civic assistance mission. The assigned medical and engineering staff embarked aboard Iwo Jima are working with partner nation teams to provide medical, dental, veterinary and engineering assistance to eight different nations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jennifer Hunt/Released)

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Sailors, It's all about You

By MC1(AW) LaTunya Howard
NPC Public Affairs

Navy Personnel Command (NPC) has an all new "My Personnel Information" link on the NPC homepage, directing Sailors to a single grouping of web links for personnel information and career management.

"This is all about the individual Sailor," said Capt. Hank Vitali, director of the Personnel Services Delivery Transformation Office at the Bureau of Naval Personnel.

"The 'My Personnel Information' page (the first listing under quick links) is a first step in response to requests from the fleet for a single self-service-online site for personnel service delivery capabilities," Vitali said. "We've heard the fleet loud and clear and are working to develop an enhanced 'portal' that provides Sailors direct access to the most commonly used applications and sources of career information."

The "My Personnel Information" page has four main functions; personnel records, self-support, training and edu-

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Skipper's Log

Dreams and Goals

Goodbye NCBC . . . Has it been 2 years?

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



Capt. Ed Brown

Periodically I'll task the staff to give me their 5 and 10 year goals. I do this for a number of reasons. Mostly it's to make them stop and think about where they want to be. I'm trying to give them the opportunity to put a mark on the map. They can then develop a plan to achieve the goal. "Finish my Associates Degree in three years" gives you the opportunity to determine that you need two classes a year or whatever is needed to get there. Then if after three years you've only taken four of the six planned classes, you're a heck of a lot closer than if you put off starting for the past three years.

What I frequently see when I ask for goals however, are dreams. "Have a high paying job" without a sub-goal of fin-

ishing a degree is just a dream. Dream, is defined as a wild hope or fancy. Your goals should not be based on hope. They should be something you can develop a plan for, something YOU can be responsible for accomplishing. You can be more than you currently believe, but it's up to you to make up your mind and it's up to you to take action.

September Change of Command Ceremonies

Twenty Second Naval Construction Regiment

Sept. 9, 10 a.m.

Training Hall, building 446

NCBC/20SRG Change of Command
 Sept. 10, 8 a.m., Grinder

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.

By Capt. Ed Brown

CO, NCBC/CMDR 20TH SRG
 I have had the honor of serving alongside some of the most dedicated military and civilians in the nation. For nearly 26 years I have had the privilege of supporting and defending the Constitution of the United States. For the past 26 months it has been an honor to be doing this back with the Seabees, here on the Gulf Coast. We have one of the most diverse and difficult missions in the Navy. At an Air Station, you can focus on the runway, at a Naval Station it's the pier. For us, it's the people, it's the history, it's the heritage. In the past two years you have created a New Gulfport. Your focus to the future, total rejection of "good enough," desire to always find a better way (even if it's more work for you) has completely revised how we are viewed.

Our training is unequaled in the Expeditionary Community. You have the top learning site in NETC and the only Expeditionary Learning Site in the Navy. The Meteorological Learning Center is the place to train. You focus on care for the students, enhancing their learning and developing their commitment to excellence. Across the board the improvements in housing are unequaled and are being recognized as best in the Navy.

The Food Services and retail establishments are changing, evolving and improving every day. Our Recreational Service, Child and Family Support have been tested and continue to be the best anywhere.

Community support continues to be stellar. Today it's no longer just, "what can you build for me." Today, you are mentors and more

involved in your communities than ever. The "Can Do" mentality has spread. Your communities outside the base are finding that they too can be more.

Your growth and your excitement for the future are amazing. We have built for the future; we have established a new standard. We have informed anyone within earshot that we will no longer be the little force or the little base that just wants to be left alone.

Your success brings new responsibilities. New people will join us and folks will return who remember the old way. Do not assume they will embrace your new outlook and expectations. You need to be the driver and must show them why we must be leaders. It will take years for what you have created to be "the way we do it." Continue to press; continue to add to the chorus of those singing the praises of our forces.

As Eileen and I move on, we are excited for the future of the installation, the Seabee Readiness Group and Seabees. My relief, Captain Cariello and his wife Vicki, are experienced in not just Expeditionary Forces but also in Gulfport. Having been here during Katrina and currently serving as the commodore of 22NCR, they have seen the evolution, understand the challenges of deployments and know why it's all about troops and families. Their prior experience also has given them a wealth of experience on how critically important our civilian workforce, sister services and our community are. Thank you for allowing us to be part of your community. We believe once you're here you are always a Gulfport Seabee and part of the Gulf Coast Community.

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.

Around the Center



Chief Petty Officer selectees assigned to Naval Construction Battalion Center hold a fundraiser lunch at the Navy Exchange on board the Seabee Center. The selectees are currently going through a four-and-a-half week initiation, culminating in their pinning ceremony Sept. 16, where they'll be deemed the Navy's newest chief petty officers. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Jacavone/Released)



Lawrence Frederick, a professional dog trainer on the Disc-Connected K9s dog team, performs stunts with frisbee dog 'Flash' at the outdoor recreation facility on board NCBC, Aug. 19. The Disc-Connected K9s crew was invited on board to celebrate the grand opening of Seabee Park's new dog park. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon)

Seabee Center makes progress in energy conservation

By E03 Mikayla Mondragon
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) is taking steps toward a more energy efficient base. NCBC has made a significant reduction in energy usage, but is still quite a ways from its goal of a 15 percent reduction. Partnered with Mississippi Power, low efficiency lights have been replaced by high efficiency lights, outside air controls have been upgraded, infra-red heaters have been installed and measures are being made for water conservation. Still, more action is needed to achieve the reduction goal.

Naval Facilities Engineering Command Southeast (NAVFAC SE) Public Works department on board NCBC is continuing to seek out additional initiatives to meet the 15 percent goal. A Photovoltaic Project, which is scheduled to begin construction in October, consists of adding solar panels which will produce 500 kilowatts (KW) of energy to six buildings. The American Recovery and Reinvestment Act funded \$6.52 million for this project. ARRA is also funding the \$4.9 million Advance Metering Infrastructure project that will replace or add SMART grid capable meters, to help monitor and control building energy usage on the Seabee Center. Construction for this project is scheduled to begin February 2011.

Ninety building energy moni-



A Photovoltaic Project to add solar panels to six buildings on board Naval Construction Battalion Center (NCBC) is scheduled to begin in October. The solar panels will produce 500 kilowatts of energy to the six buildings. (U.S. Navy photo by Mass Communication Specialist 1st Class Richard Doolin/Released)

tors have been trained to help provide energy awareness and monitor building energy usage. BEM's keep an eye out for energy conservation opportunities, energy waste and report discrepancies to Public Works.

"If you don't need it, turn it off," said Gene Baker, Utilities and Energy Management Commodities Manager. "A ceiling fan will do no good if you're not in the room, so why leave it on?"

Energy Conservation is a responsibility of everyone on the Center. Simply turning off the lights when leaving a room or turning your computer off before leaving at the end of the day helps conserve. Public Works is initiating many steps to conserve energy onboard NCBC; what steps are you taking?

Cashing in with Coupons . . . Fleet and Family Support Center (building 30), Sept. 7, 12:30 - 1:30 p.m. Tonya Adams, a Seabee Spouse will explain her proven techniques for buying groceries and household items for a fraction of their normal cost by clipping and using coupons. Everyone is invited. Reserve your space by calling 228-871-3000.

SEABEE MUD RUN

Sept. 18 at 8 a.m.
at the Seabee Base, Gulfport

Go to
<http://tiny.cc/bic65>
to register



Do you crochet or knit?

The Navy Marine Corps Relief Society is looking for six individuals who can crochet or knit and might be interested in volunteering with their Layette Program. The small afghans made by their volunteers are given to the attendees of the NMCRS monthly Budget for Baby Workshop. They are included in the free Junior Sea Bag that is issued after attending the workshop. Active duty, retirees, civilian personnel and family members are welcome to consider volunteering with this program. Interested individuals can reach Alice Huffman at 228-871-2610.

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Equipment Operator Constructionman Apprentice Jay Smith, left, Equipment Operator 2nd Class Kevin Rapier, Secretary of the Navy Ray Mabus, Detective Michael Smith, Master at Arms 1st Class Walter Riddick, Master at Arms 2nd Class Reginald Turner, Master at Arms 2nd Class Rodolfo Gallardo, Detective Ed Hathaway, Seaman Apprentice Bridget Lucas, and Special Agent Joe Slagel are pictured during SECNAV's visit to the Gulf Coast in August. Public Safety Office personnel were asked by Naval Criminal Investigative Service to work the Protection Detail while SECNAV was on the Coast. The Detail accompanied Mabus during regional Town Hall meetings on the Oil Spill Recovery response and throughout the remainder of his visit. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin O'Brien/Released)



Special Olympics

Volunteers Needed . . .

A day of service - Special Olympics will be holding their regional games on board NCBC Sept. 11 from 8 a.m. to 5 p.m. across from building 361 (old gym). There will be four events (horseshoes, softball, soccer and crochét) in which the athletes can participate. They need more than 100 volunteers to help out. A project leader is still needed to help with the details. If you are interested, call Rob Mims at 228-871-2699.

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Convoy Security Element team members from Naval Mobile Construction Battalion (NMCB) 1 earn their qualification on the MRAP vehicles during simulated convoy training held on board Naval Construction Battalion Center (NCBC) in August. NMCB 1 is training in preparation for their deployment to CENTCOM in 2011. (U.S. Navy photo courtesy of NMCB 1/Released)

NMCB 1 CSE ramps up homeport training

By UT3(SCW) Katie A. Spencer
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1's Convoy Security Element currently home-ported on board Naval Construction Battalion Center is ramping up their homeport training cycle with simulated convoy training. The Convoy Security Element is tasked to conduct tactical convoy operations. Convoy Security Elements train and are equipped to meet Area of Operation requirements including communications, reporting, and escort.

In preparation for the Battalion's next deployment to CENTCOM, NMCB 1 decided not to waste any time and started their mobilization training right away. The Seabees assigned to NMCB 1's CSE team rotated crews driving Mine-Resistant, Ambush Protected-Vehicles (MRAPVs), until every Seabee accumulated enough hours to earn a license for the vehicle.

Qualification for an MRAPV license requires individuals to

drive at least eight day time hours as well as eight hours at night.

"It's a great chance for everyone to get a feel for the vehicle, plus it's a lot of fun," said Equipment Operator Constructionman Bradley Stenzel.

Both day and night time driving scenarios will help CSE team members prepare for future operations while on deployment.

Equipment Operator 1st Class David Frank is currently organizing the licensing and training for NMCB 1 CSE. He commented on how CSE can gain additional training while licensing. "The purpose of this unit driven training is to expose our CSE team to situations they will face in their Urban Skills training and potentially in Afghanistan while executing missions," said Frank. "It goes beyond just simply getting a license to operate the MRAP. Vehicle familiarity and knowledge of reaction drills will be key to our success."

If this is any indication of NMCB 1's motivation and drive, they will be sure to excel on their next deployment!

NMCB 74 gears up for Readiness Exercise

By MC2 Michael Lindsey
NMCB 74 Public Affairs

On Aug. 7, the "Fearless" of Naval Mobile Construction Battalion (NMCB) 74 successfully completed their first homeport 2010 readiness exercise on board Naval Construction Battalion Center (NCBC). The exercise was designed to build strength, confidence and endurance in order to prepare the battalion for future missions and exercises in homeport and on deployment.

The morning began with a Mission Oriented Protective Posture Level IV drill where the Seabees had nine seconds to don their gas masks and nine minutes to don their MOPP Suits.

"We heard the call 'GAS! GAS! GAS!' Everybody scurried and threw on their gas masks, then we donned our MOPP gear and did buddy checks as fast as we could. It was kind of stressful, but I think we did pretty well," said Equipment Operator Constructionman Brian Smith, an exercise participant.

After the MOPP drill the battalion doffed and stowed their chemical suits, re-donned their Military Tactical Vests and Kevlar battle helmets and marched to the base crane yard where seven stations were prepared. The exercise events included: walking lunges, push-ups, buddy carries, squats, up-downs, sit-ups and running in place while wearing gas masks.

"The push-ups were the last station for my company. By then I was exhausted," said Smith. "It felt like they were going on forever, but we got motivated and shouted to get through it."

According to Lt. j.g. Joshua Baker, operations officer for field exercises and readiness exercise coordinator, the goal of the whole exercise was to get used to wearing heavy gear under physically demanding conditions.

"You don't want your first time wearing this gear to be out there in the field," said Baker. "You put your vest on, you put your Kevlar on, then you add a heavy bag and you start to realize things like 'this



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 perform a fireman's carry in full gear during a battalion Readiness Exercise held on Naval Construction Battalion Center, Gulfport. The exercise included seven stations designed to build strength, confidence, and endurance in order to prepare the battalion for future missions. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

bounces too much, I should cinch this down' or 'this strap chafes my neck, I should move this.'"

Baker emphasized the fact that once the battalion gets out into the field, it will be too late to try and exchange or repair the gear. The time to address any issues is now in homeport.

"I think it's a good idea to get us ready, especially for the new guys. They need to get used to the gear, and we have to practice to make sure that everyone is proficient and confident in their equipment," said Smith.

In addition to the readiness exercise, NMCB 74 has been, and will

continue to emphasize the importance of physical training on a regular basis and acclimatization. At present, the battalion performs PT three times a week as a group.

"Mississippi gets very hot and humid, and it's something we have to pay attention to and prepare for," said Baker. "Our best chance at preventing heat casualties is regular PT, readiness exercises and keeping our camel backs full."

NMCB 74 has more readiness exercises planned during the homeport training cycle, and is scheduled to deploy later this year.

NCTC students drop their tools to enjoy annual 'Sports Day'



The students of Naval Construction Training Center (NCTC), Gulfport took a break from classes for the afternoon of Aug. 6 to participate in a quarterly Sports Day. Activities included competitions in basketball, volleyball, dodgeball, and a culminating Tug-of-War. Flag football had also been part of the plan, but due to the extreme heat conditions that sport, regrettably had to be postponed until a later event. The competition was fierce with the future Seabees of Echo company taking the title in basketball, the Soldiers of Charlie Rock winning volleyball, and the Airmen of Detachment 6 knocking out all the competition in dodgeball. It all came down to a best of three pull off in the Tug-of-War. The Air Force outpulled the Army 2-1 in the final event and earned NCTC bragging rights for the next quarter. Congratulations to Detachment 6! (U.S. Navy photos courtesy of NCTC/Released)

NMCB 11 DET Chinhae



BUSAN, Republic of Korea - Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11, deployed to Commander, Fleet Activities Chinhae, teach Republic of Korea navy sailors how to construct an above-ground heavy timber bunker during a training exercise in Busan. Blue Ridge serves under Commander, Expeditionary Strike Group (ESG) 7/Task Force (CTF) 76, the Navy's only forward deployed amphibious force. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Viramontes/Released)

Continuation Board keeps best Sailors in the Fleet

By MC1(AW) LaTunya Howard
NPC Public Affairs

The Navy announced the fiscal year 2011 (FY-11) performance-based board for continuation, which will convene Sept. 20 to review senior enlisted (Active/Reserve) personnel with more than 19 years of service.

The focus is performance within the last five years or since advancement to current grade (E-7 through E-9), whichever is later. According to NAVADMIN 276/10, an amplified update to NAVADMIN 180/10, documented misconduct, sub-standard or marginal performance will be the primary reason board-eligible Sailors will not be continued in the Navy past the 20-year mark. Among the specific performance indicators the board will consider are:

- * Documented misconduct involving either Uniform Code of Military

- Justice (non-judicial punishment) or civilian offenses.

- * Moral or professional dereliction such as relief for cause or detachment for cause.

- * Continuity gaps in evaluation/fitness report of greater than 90 days.

- * The Sailor's evaluation/fitness report during the period reviewed includes marks showing sub-standard or marginal performance of duty.

The board will consider these factors and others within the entire record and use its judgment to select Sailors for continuation whose service is in the best interest of the Navy. NAVADMIN 276/10 contains the complete list of board consideration factors.

"This is a performance-based board, and I have extreme confidence that the senior enlisted leadership who sit the board are focused on fairness and proper adherence to standards," said

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West. "This is a move in the right direction, so we are retaining the best people possible for our Navy."

Commands may re-verify their FY-11 enlisted continuation board eligibility listings weekly until Sept. 1. For Sailors being reviewed, the board correspondence submission deadline has been extended to Sept. 1. Board-eligible Sailors must submit any correspondence to the board with a postmark by this date.

West said this is the second year of the Senior Enlisted Continuation Board, but the first year Reserve chiefs will be looked at. "The continuation board has expanded from last year," West said. "More people are being looked at across the Navy's Total Force including reserves and some communities that were exempt last year."

Buzz on the Street



By EO2(SCW)
Elizabeth Jacavone
NCBC Public Affairs
What do you do to conserve energy?



"I switched my old light bulbs out with more energy saving ones."

EO3(SCW) Joshua Reiner
NMCB 133
Hometown: Santa Cruz, Calif.



"I carpool with my husband every day to work."

CM3 Tabatha Dennis
20th SRG
Hometown: Gulfport, Miss.



"I make sure to secure all the lights when I leave a room or do not need them."

Lou Fountain
CBC Emerg. Mgmt. Officer
Hometown: Long Beach, Miss.

From rooftops, to grasslands, to rivers; stormwater flow is a Navy concern

By NAVFAC SE Public Affairs

Did you know that part of Naval Construction Battalion Center (NCBC) Gulfport stretches all the way to Biloxi Bay and beyond? It is not a road or a secret tunnel; it is the conveyance system for the stormwater that collects on the base.

Whenever it rains, stormwater moves from the base collection system, into the City of Gulfport pipes that release into Turkey Creek or Brickyard Bayou. Both of those waterways flow into Bernard Bayou, which connects to the Mississippi Sound and Biloxi Bay.

That raindrop that runs down your roof gutter, through the parking lot, onto the street, into the grassy ditch, through the culvert under the road, down the storm drain, merges with other water to become part of a creek flow. That creek feeds into a bayou that supports a lake that eventually blends into the Mississippi Sound.

Ideally that raindrop should return to the creek as a clean drop of water from the sky but most often it brings along the pollutants it encounters along the way. Those pollutants come in many forms including dirt, soapy water, chemicals, pharmaceuticals, oils, garbage, fertilizer, grass clippings, leaves, paints, sand and animal feces.

Storm drain water is traditionally routed to nearby surface water - the same surface water used for swimming, fishing and other aquatic activities. The water that goes into the

stormwater system is not treated.

That means that what goes down the drain comes out the drain.

Once that raindrop has been mixed in with urban pollution, it takes it back to the regional recreational water area. The key issue to reduce urban pollution in recreational waters is keeping everything but stormwater out of the storm drains.

The base stormwater conveyance system includes, storm drains, grass swales, creek like ditches, concrete piping and ponds to move and hold the stormwater away from your front door, parking areas and base roads. Vegetation, whether it is someone's lawn or a grass swale, acts as a filter to clean the water of some of the pollutants that bond with it. Vegetation and ponds reduce flooding and slow the water down, which allows the dirt and other debris to settle out of the flow.

The best way to protect rivers, creeks and the oceans from pollution, is to keep urban pollution out of the stormwater conveyance system. Besides being a good thing to do to keep the country's recreational waters healthy, it is a federal and state requirement.

NCBC has a state permit which requires inspections of the stormwater system and checking the stormwaters leaving the base to make sure they are clean. The permit also includes requirements to inform and involve all base personnel about their role and contribution to the keeping water runoff pollution free.



Stormwater runs through ditches like this one before passing into culverts and traveling under roads to merge with other bodies of water. (U.S. Navy photo courtesy of NAVFAC SE/Released)

Keeping the storm system water clean is something everyone can do regardless if you work or live on the base. Everyone can help to keep rivers clean by following a few guidelines:

Never direct any type of waste liquid or solid to the storm drains.

Dispose of all paints, fertilizers, and oils on hazardous waste collection days. Clear storm debris and garbage from your area storm drain. Never pour anything down a storm drain.

Go to the car wash.

Keep soap, mud and vehicle oils out of the

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Seabees rebuild, renovate Columbia cities in support of CP '10

By Lt. Jacqui Barker
Continuing Promise Public Affairs

Sixty Seabees from Construction Battalion Maintenance Unit (CBMU) 202 and Naval Mobile Construction Battalions (NMCB) 7 and 25 completed building and renovation projects in support of Continuing Promise and Partnership of the Americas 2010 near Covenas, Colombia Aug. 16.

The Seabees, who are attached to USS Iwo Jima (LHD 7), repaired a school and constructed a playground in Salitral. They also constructed a storage shed and large pavilion for a school in Don Gabriel.

"We are thrilled we could get in there and begin to work," said Lt. j.g. Kelly Stevens, CBMU 202 officer in charge. "We were worried the road conditions would prevent our construction materials from arriving on site, but the Seabee 'Can Do' spirit made it all work. These are

truly meaningful projects and they are symbolic of this (Continuing Promise 2010) humanitarian mission overall."

USS Iwo Jima (LHD 7) is embarked with command element, Amphibious Squadron Six and includes U.S. Special Marine Air Ground Task Force (SPMAGTF) as a support element. The mission is deployed to the United States Southern Command's area of responsibility until November.

Approximately 1,600 military and civilian non-governmental organization personnel are traveling on this mission to provide Humanitarian Civic Assistance, subject matter exchanges, medical, dental, veterinary, engineering and humanitarian support throughout Central and South Americas.

"These projects will definitely improve the lives of the people in this area and send the strong message of America's commitment and partner-

ship with the people of the Caribbean, and Central and South Americas," said Capt. Thomas Negus, Continuing Promise 2010, commodore. "The Seabees built a centralized pavilion, storage shed, playground, and a pavilion to house the school kitchen that will improve the quality of life for these Columbians.

"These construction projects and the medical support our military, civilian and Non-Governmental Agency professionals provided make a difference on the ground and in the lives of these communities."

The Continuing Promise and Partnership of the Americas 2010 closing Friendship Ceremony was held in Covenas Aug. 16. The ship will provide medical and humanitarian assistance to host countries to include Costa Rica, Guatemala, Guyana, Nicaragua, Panama and Suriname.

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cation, and Customer Service Center support. Sailors can access their official military personnel file, their physical readiness information, submit an electronic-leave request, enter the Defense Travel System or request a Sailor/Marine American Council on Education Registry Transcript.

"There are 20 links to personnel records information, self service and support sites, training and education, customer service - even post-incident personnel accountability via the Navy Family and Ac-

countability System," said Vitali. "We'll leverage the feedback and lessons learned from the 'My Personnel Information' page into the requirements for the future Navy Human Resources Portal under development for our active and Reserve Sailors."

For more information or to provide direct feedback on "My Personnel Information" visit <http://www.npc.navy.mil> (quick links to the left), or contact NPC Customer Service Center at CSCMail@navy.mil or 1-866-U-ASK-NPC.

NOSC Annual Welcome Party

NOSC Gulfport Naval Officers' Spouse's Club cordially invites all local officers' spouses to their Annual Welcome Party Sept. 12 from 3 to 5 p.m. at the Heritage Center inside the Training Hall (building 446). Please RSVP to noscgulfport@yahoo.com.



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

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

Public Affairs Office has moved . . . The PAO has moved into building 1 on the second floor, room 205. The phone numbers remain the same. Seabee Courier/Deputy Public Affairs Officer - 228-871-3662, Lead Petty Officer - 228-871-3663, Journalists -228-871-3664 and Public Affairs Officer - 228-871-2699.

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Focus on Education

Donate to Seabee Memorial Scholarship Association through CFC . . .

The Seabee Memorial Scholarship Association's purpose is to provide scholarships for sons, daughters, and grandchildren of Seabees, past and present, active, reserve, or retired. Since 1972, the Association, through the generosity of its supporters, has provided scholarships to 670 Seabee dependents seeking higher education. The SMSA desires to support as many applicants as possible and continuously explores ways of increasing the scholarship fund. Our goal is to increase the value and number of scholarships awarded to our youth. Your contribution through the CFC will help us to achieve that goal. Donate to the Seabee Memorial Scholarship Association, **CFC code 11959**

SLO: The link between military and public schools

By **MC1(SCW) Demetrius Kennon**
NCBC Public Affairs

Who is the School Liaison Officer (SLO) and what exactly does he do?

"I assume most people know about my job, but some people come in and say they didn't even know I was here," said Kevin Byrd, the Naval Construction Battalion Center (NCBC) SLO.

Whether it's a military family with school-aged kids or a single service member with no dependents, the SLO plays an important role in the military-to-public school relationship.

"My number one goal is to be able to help the military parents with their children, so that they can be treated fairly and be placed on a level playing field," said Byrd. "Just because the [military] kids move in halfway into the school year, we still want everything to be fair."

The SLO serves as the liaison officer between the installation commander, military agencies and schools by providing assistance in matters pertaining to student education.

Their core services include



Kevin Byrd, the Naval Construction Battalion Center school liaison officer located in MWR building 352, is on board NCBC to serve as the connection between military members and their children and the local school district. (U.S. Navy photo/Released)

school transition, deployment support, command, school and community communications, home school linkage, partnerships in education, post secondary preparation, and special education system navigation.

"[Military families] move about every 2.9 years, and most families don't understand that going to a new school can be both enjoyable but can also be very hard on a child. Research shows that there's about a two to three week window where if a child doesn't feel connected to a school, then they will start turning to other areas that may not be good for

them," explained Byrd. "So we try to connect with the schools and get the kids to feel connected as quickly as they can when they come to a new school."

During this transition, communication between the school and the command is the key in resolving problems.

"It's very important that the command here at the base know exactly what's going on in the school districts because it affects our families, so I do stay in contact with our command here as much as possible and with the battalions," Byrd said. "They want to know. They want to be a part of everything our families go through."

Another aspect of the SLO's job is to get the military who may not have children involved in the local schools through the Adopt-A-School program.

"The Seabee men and women get to go to the schools and work, whether it's mentoring, proctoring, tutoring, hall monitors, chaperones or small construction projects like laying a small

See SLO page 20

'Student 2 Student' Support



Julie Coffey, a trainer for Military Child Education Coalition (MCEC) talks to 40 civilian and military-connected high school and middle school students to establish and sustain peer-based programs in their schools that support mobile children as they transition from school to school. The MCEC established the student 2 student initiative in 2004. Participants in the program are trained on methods to support students relocating to or from their school. The team then returns to their home school to recruit and train others. The focus is student-centered and student-led, under the close supervision of a teacher or school counselor. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Jacavone/Released)

September 2, 2010

Seabee Courier

Navy TA distribution going to quarterly system in October

By **MCSN Alexandra Snow**
National Naval Media Center Public Affairs

A policy change, effective Oct. 1, to the Navy's Tuition Assistance (TA) program will not only place monetary caps on the funds available to Sailors, but also affect how and when the funds are allocated.

TA provides funds to eligible active-duty personnel and enlisted Reservists, who are recalled to active duty for 120 days or more, to further their education on an off-duty basis, said Joyce Murphy, Navy TA program manager at the Center for Personal and Professional Development (CPPD) in Virginia Beach, Va.

Currently, Sailors can receive tuition assistance throughout the year. When the policy takes effect, benefits will be allocated quarterly and determined by available funds. In addition, applications for assistance will be processed

on a first-come-first-serve basis until the quarterly cap is reached, according to NAVADMIN 245/10, which was released July 21.

Sailors can still submit applications for TA benefits at any time; however, applications will not be processed more than 30 days prior to the start of each quarter, said Murphy. TA pays for the cost of tuition and mandatory fees directly associated with course instruction, but does not cover the cost of applications, registration, parking, textbooks or any living expenses accrued during enrollment, Murphy added.

To apply for TA benefits, personnel must use the Navy College Web site. They are also encouraged to contact their nearest Navy College office to discuss their educational goals with a counselor and review college credits earned via Navy training and experience, said Lt. Cmdr. Walter Rogers, Voluntary Education Programs (VOLED) analyst at CPPD in Virginia Beach, Va.

Before receiving the electronic assistance voucher that allows them to en-

See TA page 20

Pacific Partnership ends visit to Timor-Leste; NMCB 11 'Bees head for New Guinea

By Ensign Matthew Lundin
25 NCR Public Affairs

Pacific Partnership 2010 officially came to an end in Timor-Leste with its closing ceremony at Nu Laran Primary School. The Nu Laran School was the site of Pacific Partnership's largest Engineering Civic Action Program (ENCAP.) The ENCAP involved the renovation of six classroom buildings, two bathrooms and one auditorium. The Nu Laran site involved more than 80 military engineers from the United States, Australia and Timor-Leste and Navy Facilities Contractors alongside Non-Government Organizations from the USNS Mercy. The entire project has been estimated to have taken over 2200 man-days. Timor-Leste marks the last stop for the USNS Mercy's involvement in Pacific Partnership 2010 before heading home to San Diego; PP-10 will make one last stop, Papua New Guinea, before wrapping up the exercise.

Pacific Partnership 2010 brought 31 engineers into Timor-Leste, but they were not the only ones on site. An already established crew from the International Stabilization Force (ISF) and Falintil-Forças

de Defesa de Timor Leste (FFDTL) were working alongside a detachment of Seabees from Naval Mobile Construction Battalion (NMCB) 11.

The Seabees from NMCB 11 have been in Timor-Leste since May and have been working at Nu Laran since July of 2010. With the help of the ISF and FFDTL, the Seabees were on track to finish their buildings early and before the USNS Mercy arrived.

The USNS Mercy brought ashore a detachment of 11 Seabees from Amphibious Construction Battalion (ACB) One, Australian Army Engineers and other civilian engineers.

"It was good seeing different types of Seabees and working with them was a pleasure," said Construction Electrician Third Class Joshua Murphy, NMCB 11. The original scope of the project for the engineers of NMCB 11, ISF, FFDTL and Pacific Partnership 2010 only involved the renovations of the six classroom buildings but the inability of local contractors to complete certain tasking, led to more work for the engineers of PP-10 and NMCB 11.

The project grew, to include the

auditorium, west bathroom and septic tank. Along with these increased demands these engineers also were responsible for a new concrete parking apron in front of the auditorium as well as repainting the exterior wall line.

The early work consisted of repairs to the damaged walls and the installation of new ceilings. Painting and scrapping became a daily task for most of the project until NMCB 11 took on the work of the local contractors. After that Nu Laran expanded to a working construction site, as the Seabees and other engineers were trained with the ability to multi-task on site.

NMCB 11 took charge of the completion of the Auditorium and the west bathroom. The auditorium needed a completely reinforced stage floor, an overhead concrete pour and the expert welding touch of Steelworker 3rd Class Nicholas Johnston.

The engineers from Pacific Partnership took the lead on the design and construction of a reinforced 12,000 liter concrete septic tank. Concrete pours were the largest and most demanding portion of the project. Seabees



Construction Electrician 3rd Class Joshua Murphy and Equipment Operator 3rd Class Dustin Hicks of Naval Mobile Construction Battalion (NMCB) 11 pour concrete during one phase of the school renovation project in Timor-Leste. (U.S. Navy photo/Released)

from NMCB 11 poured over 100 cubic meters in the end.

The work is not finished at the Nu Laran School, as the change in tasking has left the Seabees of NMCB 11 with more work to be done after the PP-10 leaves Timor-Leste.

"There is still a lot of work in the days ahead, however the motiva-

tion and mission focus of the crew on NMCB 11 accepts the challenge and looks forward to closing the project out and turning over a facility that creates a conducive teaching and learning environment in Timor-Leste," said Builder 1st Class Jonathan Garrigal, operations petty officer for Det. Timor-Leste.



KUDOS!

On Aug. 23, Cmdr. Bill Whitmire, far left, commanding officer Naval Construction Training Center (NCTC) and Lt. Col. David Hargy, far right, company commander 366th TRS, Det 6, presented command coins to Gulfport Public Works Department employees Matt Shultz, Bennie Boren, Kurt Bratzler, Al Walker and Bill Oster. Acting on the request of NCTC, these employees performed exceptionally while compiling detailed engineering/design data and generating extensive contractual and funding documents to execute replacement of a Building Exhaust System valued at \$735K in a Training Facility occupied by the US Navy Steelworker School and the US Air Force 366th Training Squadron, Detachment 6. (Official U.S. Navy photo/Released)



Above: Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7's Camp Maintenance Department install protective razor wire at Camp Mitchell's weapons armory aboard Naval Station Rota, Spain. The \$4,500 protective wire installation is an NMCB 7 Maintenance Control Division (MCD) Project to maintain security integrity of the battalion's weapon armory. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

Right: Equipment Operator Jeremy Jones, assigned to Naval Mobile Construction Battalion (NMCB) 7, uses a Caterpillar 924G Loader to crush a training vehicle for use during a vehicle extrication training exercise by Naval Station Rota, Spain's Fire Training Department. Vehicle extrication training is required of Department of Defense (DoD) fire fighters to achieve their Fire Fighter II certification. NMCB 7 and its detachments are currently deployed to U.S. Sixth Fleet's area of responsibility to provide construction and engineering support. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

NMCB 7

on deployment

Rota, Spain



Above: Construction Electrician 2nd Class David Wasserloos, assigned to Naval Mobile Construction Battalion (NMCB) 74, Bravo Company, serves food to visitors who stop by the NMCB 74 Washington, D.C. booth at the Diversity Fair held on board Naval Construction Battalion Center Aug. 5. NMCB 74 took home 2nd place in the judging. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G.Wilber/Released)

Right: Senior Chief Utilitiesman Joyce Williams, assigned to NMCB 74, Bravo Company, serves a visitor at the battalion's Washington, D.C. booth at the Diversity Fair. More than 15 booths presented information and offered food from the diverse states of the U.S. at the fair. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G.Wilber/Released)

NMCB 74

represents at the

Diversity Fair





Anchors and Eagles

Open Tuesday through Thursday from 2 - 9 p.m. in building 303 by the Pass Road gate. Are you looking for a place to host your group's upcoming Christmas party? Then A&E is your place. Located in building 303, A&E is a full service bar with covered patio area. Want to know the best part? The rental fee is only \$25 an hour. So call 228-424-6892 to reserve your party.

Beehive Lounge

Free WIFI! The Beehive has the atmosphere and the friendly bartenders to serve you up a great time. With low prices and close enough to walk to, the BEEHIVE is the place for you and your buds. Located in building 352 behind the Commissary, the BEEHIVE is available Sundays for private parties. Call 228-424-6892 for info.

Liberty Center

Liberty has a lot of fun on-base events planned for the month of

September! Check out our tournaments which begin at 6 p.m. in the Liberty Center. Not only are they free to play, but there are prizes for 1st and 2nd place! Tournaments include: Pool on September 9, Ping Pong Sept. 14, and Texas Hold em Poker Sept. 23.

Other on-base activities include Paintball, Sept. 3, for only \$5 (includes 2 hrs of play, gear and 500 paintballs) beginning at 5:30 p.m. at the Paintball Course on base and Slip-n-Slide behind the Liberty Center at 6 p.m. Sept. 8.

Our FREE food events (while supplies last) are as follows: Labor Day BBQ at 3 p.m., Sept. 6 at Liberty with FREE hamburgers and Hot dogs. If you already have plans and can't make it, don't worry because we have other events planned such as National Cheese Pizza Day Sept. 7 beginning at 11 a.m. and International Chocolate Day Sept. 13. We will be having a Financial Workshop Presented by Navy Federal Credit Union Sept. 20 in the Liberty Center at 6:30 p.m. with FREE food.

If you'd like to get off base, Liberty has many options as well! Sept. 2 we will have a free

shuttle to Edgewater Mall departing at 5:30 p.m. Everclear in concert at the Hard Rock Sept. 4 departing at 6:30 p.m. and costs \$20.

Tour the Beauvoir/Jefferson Davis Home Sept. 5. The shuttle is FREE (\$7.50 at the door).

FREE Bass Pro Shuttle will be Sept. 10, departing Liberty at 5:30 p.m.

Sept. 11 enjoy Deep South Team Roping at Harrison County Fair Grounds for FREE, trip departs Liberty at 11 a.m.

The Biloxi Seafood Festival is Sept. 12. A free shuttle will depart Liberty at 10 a.m. (admission charged at gate).

Sept. 15 - Liberty will be providing a free shuttle to the Prime Outlets Mall, departing Liberty at 5:30 p.m.

Come with Liberty to enjoy cage fighting at its best when Atlas Fights will be at The Hard Rock Sept. 16 for only \$30, trip departs Liberty at 6 p.m.

Liberty will be providing a shuttle to Chili's, Longhorn Steakhouse, TGI Fridays or Cracker Barrel for free (called the Dinner Dash) Sept. 17, departing Liberty at 5:30 p.m.

If you would like to volunteer and help out some unwanted pets, come with Liberty to the Humane Society of Southern Mississippi September 18, trip departs Liberty at 8:30 a.m., earn an LOA!

Our New Orleans Day Trip is Sept. 19, departing Liberty at 10 a.m. The cost is \$3.

Sept. 21 Liberty will be providing a free shuttle to Keesler Air Force Base to go bowling. Bring cash for your games - trip departs Liberty at 5:30 p.m.

The Rock Climbing trip to Slidell Rocks will be held Sept. 22, departing Liberty at 5:30 p.m. Transportation is FREE and it's only \$12 to climb! Come check out ALL that Liberty has to offer!

Vehicle Storage

Housing Residents - All vehicles and RV's receive 50 percent off the regular storage rate. (Must present proof of your residency, (phone bill, cable bill, etc.). For more information and space availability please contact Auto Hobby Shop at 228-871-2804.

Auto Hobby Shop

Use a vehicle lift to change your oil for one hour at no charge (all necessary tools included). Save \$3.50 on rental fees.

Special Note: The Auto Hobby

FINANCIAL LITERACY 101

Liberty Center
September 20-6:30 p.m.
FREE Workshop

Come visit with a Navy Federal financial mentor for help:

- How to create a budget
- Fixed vs. variable expense
- Budget checklist
- Helpful websites
- Why save?
- Pay yourself first
- Interest rates
- Savings and checking account
- Certificate of Deposit
- Retirement plan
- IRA
- Thrift Savings Plan
- Benefits of a checking account
- How to write a check
- Balancing a checkbook
- Credit score
- How a credit score is calculated
- Building credit
- Credit card payments and interest rates
- Avoid debt
- How debt affects us
- Payday loans
- Ways to prevent fraud
- Fraud resolution
- Preparing for deployment

FREE FOOD!

For more information please contact the Liberty Center at 871-4684.

BUY YOUR SAINTS TICKETS TODAY!

ITT has your 2010-2011 Saints Tickets!

\$25/Pre Season AND \$50/Regular Season

For more information please contact ITT at 871-2231.

PRE SEASON	Date of Game/Time	Sale Date/Time
•Saints vs. Texans	Saturday, August 21 at 7:00 p.m.	Monday, August 9 at 9:00 a.m.
•Saints vs. Chargers	Friday, August 27 at 7:00 p.m.	Monday, August 16 at 9:00 a.m.
REGULAR SEASON	Date of Game/Time	Sale Date/Time
•Saints vs. Vikings	Thursday, September 9 at 7:30 p.m.	Monday, August 30 at 9:00 a.m.
•Saints vs. Falcons	Sunday, September 26 at 12:00 noon	Monday, September 13 at 9:00 a.m.
•Saints vs. Panthers	Sunday, October 3 at 12:00 noon	Monday, September 20 at 9:00 a.m.
•Saints vs. Browns	Sunday, October 24 at 12:00 noon	Tuesday, October 12 at 9:00 a.m.
•Saints vs. Steelers	Sunday, October 31 at 7:20 p.m.	Monday, October 18 at 9:00 a.m.
•Saints vs. Seahawks	Sunday, November 21 at 3:05 p.m.	Monday, November 8 at 9:00 a.m.
•Saints vs. Rams	Sunday, December 12 at 3:05 p.m.	Monday, November 29 at 9:00 a.m.
•Saints vs. Buccaneers	Saturday, January 7 at 12:00 noon	Monday, December 20 at 9:00 a.m.

Tickets will go on sale 2 weeks prior to each game. During the first week of sales it will be open to Active Duty only. During the second week of sales tickets will be available for purchase to all eligible MWR patrons (Active Duty, DoD, Dependents, and Retirees) with proper identification. Limit to 2 per Military ID card. Parking Passes are \$40 for parking inside of the Superdome Parking Garage and will be available on a first come first serve basis.

Skills Center has just acquired four vehicle lifts. Stay tuned as we install these units for use.

The Auto Hobby Shop now has an ASE mechanic on duty during normal working hours. For any automotive questions please feel free to give us a call. Hours of operation are Monday-Friday 9 a.m. - 4 p.m., Saturday 9 a.m. - 2 p.m., closed on Sundays & holidays.

Seabee Recreational Park Area

The Seabee Recreational Park Area has many things to offer for your outdoor enjoyment. There are three large pavilions for rent which include picnic tables, BBQ grills, lighting and electrical. There are also 11 smaller pavilions for use that are available on a first come first serve basis. Also located at the Seabee Recreational Park Area is a large covered kid-friendly playground area, basketball court, paddle boats sand volleyball court, four practice golf holes, chipping and putting green, driving range, paintball field, dog park and walk trail. Contact the Outdoor Recreation for more information at 228-871-2127.

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. The Lot is located on 5th Street in a high traffic area with extra lighting for security. The cost is \$5/week or \$15/month. For more information please contact your MWR Auto Hobby Shop today at 228-871-2804.

Shield's RV Park

The MWR Shield's RV Park is located on 9th St. in the north east corner of the installation. The park has 68 full service sites. There are 53 pull through sites and 15 back in sites. All sites have full hook ups including 50, 30, & 20 amp outlets, phone service hook up, sewage, potable water, free cable TV, WI-FI, pet walking areas, coin operated laundry facilities and full ADA restrooms and showers. Office hours are Monday - Sunday 7 a.m. - 5 p.m. year round. For more information on space availability and fees, please contact the Shield's RV Park office at 228-871-5435.

Information, Tickets, and Tours

Saints Ticket Sale Dates: Active Duty ticket sales begin Sept. 13 at 9:00 a.m. for the Atlanta Falcons 26 game. All other eligible MWR patrons may purchase tickets beginning Sept.

See MWR page 17

FOCUS on FITNESS

By EO3 Mikayla Mondragon
NCBC Public Affairs Affairs

Formation Running

Fit Tip:

Improve teamwork and health with formation running.

Formation running is a great way to improve, not only cardiovascular health, bone health and coordination, but will also improve teamwork. Another benefit of formation running is that it will help in preparation for the physical fitness test that is held every six months for service members. Endurance and motivation are other advantages gained from formation running.

So next time your out for your morning physical training (PT), keep in mind all the benefits you will be gaining from your work out. For information about running and other fitness opportunities contact the Fitness Center at 228-871-2668.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 use formation running as part of their morning physical training. For more fitness opportunities and gym hours visit: https://www.cnmc.navy.mil/Gulfport/MWR/Fitness_Center/index.htm (U.S. Navy photo/Released)

Buckle up for safety every time . . . Click it or ticket!

Navy Seabee Veterans of America Island X-1 Gulfport



Navy Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at

Anchors & Eagles at 7 p.m.

For more information contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@caleone.net or log onto WWW.NSVA.ORG for an application.

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.

AD Space

From MWR page 15

20 at 9 a.m. Active Duty ticket sales begin Sept. 20 at 9 a.m. for the Carolina Panthers Oct. 3 game. All other eligible MWR patrons may purchase tickets beginning Sept. 27 at 9: a.m.

Base Wide Yard Sale Sept. 18 - reserve your spot today. Deadline to sign up for the yard sale is Sept. 10. Only \$10 per booth includes 2 tables/2 chairs or canopy. For only \$5 more you can upgrade and get all three (tables, chairs, and canopy). For more info please contact ITT at 228-871-2231.

Hit the road with Mickey Mouse and your favorite Disney friends for a hilarious talent search in the all-new Disney Live! Rockin' Road Show Sept. 26 at the Mississippi Coast Coliseum! Interested parties may call Bill Shanks at 1.866.248.8740 ext. 103 to purchase tickets today.

Outdoor Recreation

Sept. 2, 9, 16, & 23 - Arts & Crafts with Ms. Yolanda at the Grill from 2 -3 p.m. (ages 9 and under) or 3 - 4 p.m. (ages 10 and up)

Sept. 5 - Day in Mobile, Ala.; Visit the USS Alabama, have lunch on the bay, shop at one of the many malls and boutiques, or explore the Explorium and Imax Theater. \$5 for transportation

Sept. 10 - Dance Lessons and All Request Dance Party to follow at MS Dance Clubs - \$10.

Sept. 12 - Canoe/Kayak the Okatoma River, \$40/boat.

Sept. 13, 20, & 27 - BINGO at the Grill with FREE food and cash prizes.

Sept. 24, 25 - Corn Maze; Admission charged at event ... it's a must see.

Fitness Center

New lunch time group fitness classes beginning Sept. 7, 11 - 11:30 a.m.

Dodge, duck, dip, dive, and dodge in the Dodgeball game held at the Fitness Center on Sept. 9, 7 a.m. For more info please contact 228-822-5109.

Intramural Racquetball League signups are Sept. 9 - 23. Season TBD according to how many teams sign up.

The next 5K will be held Sept. 15 at 6:30 a.m.

The next CFL course is scheduled for Oct. 25-29. To register for the class you must log into: www.npc.navy.mil. All information needed is located on the website. Register early, as space is limited.

Rewarded for Excellence



Capt. Richard Cook, commander Center for Seabees and Facilities Engineering (CSFE) presents the Naval Construction Training Center (NCTC) tri-serve team with the 2009 NETC Training Excellence Award. This is the second consecutive year that NCTC has won the award. (U.S. Navy photo/Released)

AD
Space

Recycling Saves, Recycling Pays

AD
Space

Homefront in Focus: Connecting with our Guard and Reserve Sisters . . .

By Beth Wilson
Military Spouse Contributor

I can't seem to find a military community; I feel alone going through this." This email came in from Susie, a National Guard spouse in the Midwest. Kelly, a Guard wife in California, sat across from me expressing her confusion over military acronyms and procedures. She says, "I think I need a 'military' girlfriend. I know I can do this if I could just talk to someone who understands." Her words echo many I have heard from Guard and Reserve spouses.

Over the past two years I have enjoyed the privilege of speaking to National Guard spouses across the country. I am inspired by these spouses. Man, I admire them. As active duty spouses we are immersed in the culture of the military, we have at our finger tips resources, support and opportunities that enrich our lives - all nearby. We "are" military. Our Guard and Reserve counterparts are what one spouse described as 'suddenly military.'

Guard and Reservists are no longer 'weekend warriors.' Since 9/11 they have deployed aggressively in support of the conflicts in Iraq and Afghanistan. The Oklahoma National Guard, for example, is in the midst of their largest deployment mobilization since the Korean War.

The local armory is their "base." A look at the armory reveals no Exchange or Commissary; no FFSC or ACS. It is where the service member "drills" or trains

for duty and they may be driving from as far away as 100 miles to do so. Families are distributed across the state and it is not unusual to even cross state lines.

I want to talk to my active duty sister spouses. We have National Guard and Reserve families in our neighborhood. An internet search of your town and "National Guard" will show how many armories dot your county, your area. My experience with the National Guard Bureau Family Programs Office has been so positive. The FPO is mobilized and busy reaching out to Guard and Reserve Families. But you and I know the FFSC isn't the "girlfriend" we all need. We need that girlfriend . . . that "deployment buddy" so to speak, and that presents an opportunity.

Let me build my bridge - National Guard and Reserve spouses are not victims, they are not helpless or needy. They are amazing, capable men and women. But take a moment to remember when you first entered the military culture.

I equate my first deployment to the mini-earthquakes I experienced in southern California. Things are shaking and you're not sure where to find stability. Now imagine that you were 'suddenly military' because of a deployment but there is no family support center nearby. Yeah . . . like me, you'd want to find others to hang with. So this is my challenge to you - look for the "suddenly military" in your community. Get to know them, reach out to them and offer them the



Beth Wilson

support and friendship you know you need during deployment.

Whether Army or Air National Guard, or Navy Reservist, the diversity adds to the richness of friendship. I have learned so much from the Guard and Reserve spouses that serve on my team. They have programs we do not; we have programs they do not. They do things "differently" and the exchange of ideas is great. And, in the process they have become my dearest friends.

Want to connect with spouses in your area? The Family Programs Office is always looking for volunteers; contact your local Armory or your state's National Guard or Reserve Bureau. They will welcome your interest, will train and equip you . . . you'll be all the richer in friendships.

Connect with Beth on twitter (@Beth_Wilson), her forum (www.enlistedspousecommunity.net/forum) or email her at beth@homefrontinfo.com. Don't miss Enlisted Spouse Radio at www.blogtalkradio.com/nht.

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 meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, 228-273-4158, e-mail nmcbonefrg@gmail.com or Secretary Krystin Canipe, 704-726-5751, 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 NCBC chapel. Children are welcome and baby sitting is provided for children four and under. For e-mail updates, 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 Naval Reserve Training building #114. Bring a covered dish to take part in a potluck dinner. Contact FRG President Angela Boyd at 832-579-8422 or Vice President Tanieka Roshell at 414-530-4189. 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 p.m. in the Seabee Chapel Fellowship Hall. For more information contact FRG President Sarah Edwards, Vice President Robin Coker, Secretary Krysta Thomas or Treasurer Jennifer Babb via email at 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 hansonkl54@yahoo.com. To receive updates log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg>

Naval Officer's Spouse Club

The Gulfport Naval Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! Please email noscgulport@yahoo.com more information. We hope to see YOU soon!

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday, 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 find out how to become 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 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. 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. 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 information or for links to Seabee historical sites.

Seabee Veterans of America

Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at Anchors & Eagles at 7 p.m. For more information contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto WWW.NSVA.ORG for an application.

HERITAGE

The Seabee Gift Store is located in the Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has 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 at www.seabee-museumstore.org/shop/index.php or call the gift shop locally at 228-871-4779.

Hurricane season is here . . . Do you know what you and your family will do if a hurricane is headed toward the Gulf Coast? — Visit Emergency Management at https://www.cnic.navy.mil/Gulfport/Service_Organizations/EmergencyManagement/index.htm to help you answer the question. Do you know how to get info about current tropical cyclone conditions and base actions? There are several avenues to get accurate info quickly including the Base Website at www.cnic.navy.mil/gulfport, Facebook (sign up for SMS alerts) at <http://www.facebook.com/pages/Gulfport-MS/Naval-Construction-Battalion-Center-Gulfport/161404016711?ref=mf>, Twitter at <http://twitter.com/Seabee-Center>, Base Marquees, AtHoc (CAC card holders only), and 228-871-4777.

Installation Antiterrorism Note . . . All personnel should be alert and inquisitive about strangers, especially those seen loitering, taking photographs or notes near the installation's perimeter or gate areas. Be suspicious of items that don't belong in the area and be alert for abandoned parcels. All suspicious activity should be reported immediately to Security at (228) 871-2361.

From SLO page 12

section of sidewalk," he said. "It's important for the kids to see those uniforms in the hallways. They're proud of it and the kids love it."

The battalions are partnered with 28th Street Elementary, Gaston Point Elementary, Gulfport Central Middle, West Elementary and the base medical clinic adopted Pineville Elementary. Upon Naval Mobile Construction Battalion 7's return, the SLO is looking to pick up another school.

The SLO has a work radius of schools within 50 miles of NCBC. As a native of the area with prior education experience, he's proven to be a retainable asset to the community and service members here.

"I've got 29 years of experience in the education business, from a teacher to a coach and all the way up to a school director down here on the Coast, so I know most of the local [people in the] school district on a first name basis," said Byrd, a Long Beach, Miss., native. "This job became available shortly after I retired and it's been a good match for me. I continue my relationships with all the people I've worked with, and in doing that, I'm better able to support our military children as they move into our schools."

Byrd is in his third year as the NCBC SLO and is located at Morale, Welfare and Recreation building 352 on base.

For more information on the SLO's core services, stop by or call 228-871-2117.

Check out the new Summer edition of SEABEE Magazine at: <https://www.seabee.navy.mil/files/73363/SeabeeMagazineSummer2010.pdf>

From TA page 12

roll in college courses or certification programs, Sailors must submit their online TA application for command approval, said Rogers.

"Sailors may also access our Virtual Education Center (VEC) for educational information, counseling and TA processing," added Rogers.

Those who enroll in courses prior to applying for TA benefits will not be reimbursed, said Rogers. Likewise, if a Sailor is approved for TA benefits and chooses not to enroll in the course, they must contact the Navy College offices or VEC to cancel the voucher. If they do not, the Sailor must reimburse the government in the amount of the voucher.

"TA cannot be used congruently with Navy College Fund benefits or other education programs such as the Advanced Education Voucher and Graduate Education Voucher," said Murphy, "[but] if a Sailor's tuition costs more

than the TA cap, then they can use their Montgomery GI Bill benefits to [supplement] their TA."

Navy College offices are located in Anacostia and at Naval Support Activity

Bethesda.

For more information on TA and other educational programs and services offered by the Navy, visit www.navycollege.navy.mil/local/nnmc/.



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storm drain by going to the car wash instead of using your driveway. If you must wash your car at home, park the car on the grass so that the liquids can be filtered by the soil and the dirt resettled into the ground.

Pick up after your pet

Containing your pet's waste using bags or shoveling it to a container helps reduce harmful bacteria and nutrients from entering the storm system. Remember the rain may wash it away from your yard but it could still end up in your favorite swimming hole.

Minimize use of Fertilizer and Pesticides.

Use fertilizers and pesticides carefully and as instructed around

your home. Avoid using if your forecast predicts rain. If you use too much it will runoff with the storm water and contribute to algae growth and fish kills in our recreational waters.

Clean Up Car Liquid Spills

Use a rag or sand to clean up motor oil, anti freeze, engine fluid, etc spills and leaks from your car. Collect and bag the rags or sand and dispose of those with your other household hazardous waste products.

Dry Clean Your Outside Areas

Yes, the old sweep method. Use a broom or blower to clean up your outside spaces instead of hosing down those areas. Sweep up yard debris and bag it. Keep grass clipping out of the street and storm drain.



Ditches such as these should be kept free of household runoff such as pet waste, car wash residue or pesticides to prevent pollution of recreational water areas. Keeping storm system water clean is everyone's responsibility. (U.S. Navy photo courtesy of NAVFAC SE/Released)

Navy Civilian Employee Association . . . Civilians, would you like to see the Navy Civilian Employee Association (NCEA) continue? If so, we need board members. Board positions are President, Vice President, Secretary and Treasurer. At the moment there is a board of one. Any interested parties can email donna.hott@navy.mil. We hope to get back on track this year in time for the annual Christmas luncheon.

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Plan, Prepare - the recipe for Hurricane Season survival

By **Mary Anne Tubman**
Navy Region SE Public Affairs

Every year, hurricane season begins June 1 and runs through Nov. 30.

Hurricane Bonnie was the second named storm of the 2010 hurricane season to threaten the Gulf Coast region. Hurricane Alex was the first tropical cyclone, dumping heavy rains and causing flooding in the Corpus Christi area.

The 2010 hurricane season has been projected to be an active storm season. In this decade alone, virtually every installation in the Southeast has been impacted by tropical cyclones. The 2008 season produced Hurricanes Gustav, Hanna and Ike, and called for the evacuations of Naval Air Station Key West and Joint Reserve Base New Orleans. Communities in Louisiana

and Mississippi are still recovering from the devastation of Hurricane Katrina in 2005.

The time to plan is now. There are many keys to survival before, during and after a storm. The following provides information and resources to guide you and your families on how to weather the storm:

- Operation Prepare:
http://cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/EmergencyManagement/OperationPreparedness/index.htm

This comprehensive Web site developed by Commander, Naval Installations Command (CNIC), covers every aspect of hurricane preparation, including creation of a personal emergency plan, assembling a supply kit, caring for family members with special needs, mustering and recovery. Operation Prepare also offers simple,

ready-to-use fact sheets, checklists and forms for other natural and man-made disasters and how to prepare for them.

There are chief of naval operations mandated items for all Department of the Navy (DoN) personnel:

Enrollment in the Defense Travel System (DTS) Web site: See your command/department DTS representative to enroll today at www.defensetravel.osd.mil.

Navy Family Accountability and Assessment System (NFAAS): The NFAAS is used to account for all DoN personnel and their family members during and after a natural disaster. Developed following the 2005 hurricane season, NFAAS was used for Hurricane Ike in September 2008 following the evacuation of NAS Key West personnel and

See **RECIPE** page 23

Questions on Recycling?
Call CBC Recycling at:
(228) 871-4738

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families to the Orlando safe haven. Be sure your NFAAS data is current before an emergency arrives. All family members should be familiar with NFAAS in the event you are separated.

To review and update NFAAS, visit <https://navyfamily.navy.mil>.

Total Workforce Management System (TWMS): All DoN and civilian personnel must regularly update their TWMS information. This is where family information is pulled from to draft evacuation orders for Navy and civilian personnel and their family members. Login to <https://twms.nmci.navy.mil/selfservice/>. In the left-hand column, click on "Personal/Recall Information."

Emergency Phone Numbers: Develop a list of emergency phone numbers that include command, quarterdeck and hurricane hotline information.

Emergency Checklist: Utilize local hurricane preparedness information. Learn community evacuation routes. Become familiar with workplace, school and daycare center emergency plans.

Hurricane Kits: Gather the supplies you'll need if your family is confined at home. There are specific items you should stock: water, food, first aid supplies, clothing, bedding, tools, emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container such as a large covered trash can, a camping backpack or a duffle bag.

For more information on hurricane kits, go to <https://www.cnic.navy.mil/cnrse/AboutCNIC/HurricaneSeason2010/HurricaneKit/index.htm>.

Visit your installation for important hurricane information. Obtain a copy of the hurricane editions or inserts from your installation newspapers. Stay tuned to local news and weather stations for the latest information. Maintain close contact with your chain of command and be prepared to execute evacuation orders if called to do so.

The best advice is to stay alert, be prepared and have a plan.

Early preparation will ensure you and your family make it through the storm.

Commander's Action Line . . . The Commander's Action Line gives all NCBC personnel a direct link to Capt. Ed Brown, commanding officer of NCBC. Go to <https://www.cnic.navy.mil/Gulfport/ServiceOrganizations/PAO/CNICP A132870>

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



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.

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

Protestant Service: Sunday, 10:30 a.m.

Gospel Service: Sunday, 11:45 a.m.

Center Chaplains:

Lt. Cmdr. Michael Brown,

Protestant Chaplain

Lt. Leticia P.J. Rouser,

Protestant Chaplain

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