



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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Naval Construction Battalion Center, Gulfport, Mississippi

January 27, 2011

Sailors leverage social media to improve chances for advancement

By Tom Updike

Naval Education and Training Professional Development and Technology Center

One year after the creation of the Navy Advancement Center's (NAC's) Facebook page Jan. 13, the social media site continues to add Sailors who seek timely and accurate information about the Navy Enlisted Advancement System (NEAS).

The page was established in January 2010 and currently has 16,000 Sailors who actively review postings and information.

"Sailors should become fans of the NAC Facebook page because it gives them immediate access to a wealth of knowledge with regards to the advancement system," said Religious Program Specialist 2nd Class Brian Preachers, Naval Support Activity New Orleans department career counselor. "This Facebook page allows Sailors to pull from the collective knowledge of thousands of their peers."

Fans of the page have access to important NEAS information on the "Notes" tab. This link includes information on the final multiple
See SOCIAL page 9

With help from NMCB 74, Scouts keep rolling



Chief Builder Brian Moroski, assigned to Naval Mobile Construction Battalion (NMCB) 74, assists a Boy Scout from Boy Scout Transatlantic Council Pack 280 cut the design for his pinewood derby car using a band saw in the Builder Shop at Camp Mitchell, Spain. Seabees from NMCB 74 assisted more than 20 boys construct their cars for the annual Pinewood Derby to be held at a local middle school next month. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released) See DERBY page 6

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Navy Region Southeast selects Regional Sailor of the Year

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By MCC Monica Nelson
 Navy Region Southeast
 Public Affairs

Commander Navy Region Southeast Rear Adm. Tim Alexander announced Air Traffic Controller Petty Officer 1st Class Sarah Howell of Naval Air Station Joint Reserve Base Fort Worth, Texas, as the Regional Sailor of the Year during a banquet held at The Players Championship Sawgrass, Jan. 13.

"It was a huge honor to be nominated, let alone selected as the RSOY, considering how many Sailors are in the region, and also the caliber of the Sailors who were chosen to represent each installation," said AC1 Howell. "The whole week was an opportunity that many do not get a chance to experience, which is very humbling for those of us that did.

Each individual that came here has a great deal of responsibility at their installation and demonstrated a knowledge and wisdom of their programs, all of which could be envied by many. Every one of us was honored to be a part of the week no matter what the outcome was."

Howell, who has seven years in the Navy, currently serves as the air traffic control tower chief at the Fort Worth joint reserve base. Navy Region Southeast hosted the Regional Sailor of the Year competition aboard Naval Air Station Jacksonville, Fla., inviting 17 Sailors and their command master chiefs to visit the tri-base area and explore



Sailors of the Year from around Navy Region Southeast visit the Duval County Veterans Memorial wall downtown Jacksonville, Jan. 12. Naval Construction Battalion Center (NCBC) Sailor of the Year, Culinary Specialist 1st Class Roslyn Barner (left, second from front), attached to CBC Bachelor Housing represented the Construction Battalion Center at the regional competition. U.S. Navy photo by Chief Mass Communications Specialist Monica R. Nelson/Released)

local hotspots, Jan. 10-13.

"We chose to bring in all the region's SOYs for the week, instead of just the top five, because they all deserve to be honored for what they've done for the Navy and our Sailors," said Commander, Navy Region Southeast Rear Adm. Tim Alexander. "It's a gesture that's important to us. We've also designed it to further develop each of Sailor of the Year by surrounding them with others like them, as well as the area com-

mand master chiefs."

"It was a humbling experience being next to so many great Sailors, to learn from them and from the command master chiefs. My wife and I had a great time," said Navy Diver 1st Class Brent Roberts of Naval Station Guantanamo Bay, Cuba, whose wife Melissa accompanied him for the week.

The kick-off event Monday evening was a meet-and-greet at Mulligan's, a restaurant on board NAS Jacksonville. Instal-

lation Sailors of the Year were able to mingle with the aviation wings' Sailors of the Year over appetizers. The following morning, CNRSE SOYs traveled to Naval Submarine Base Kings Bay for breakfast in the Chief's Club, enjoyed a tour of Trident submarine USS Alaska, and tested their skills in various submarine simulators.

"I have such a great respect for the guys who operate in those

See SOY page 11

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.

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.

NMCRS celebrates 107 years of helping Sailors, Marines

From Navy-Marine Corps Relief Society

One of the Navy's and Marine Corps' oldest and closest friends is another year older, and always ready to lend a helping hand to active and retired Sailors, Marines and their families in times of financial need. The Navy-Marine Corps Relief Society (NMCRS) operate around the world, serving where you serve - 24/7.

Founded 107 years ago Jan. 23, 1904, to care for our widows and orphans, the 19 original volunteers and \$9,000 (the Navy's share of gate receipts from the 1903 Army-Navy football game), laid the foundation of the Society that has served over 4 million Sailors, Marines and families, providing over \$1.1 billion in assistance. Today, we are still Sailors and Marines taking care of our own.

"We are dedicated to the military and we strive to help whoever comes through our doors," said Theresa Frontz, a Gulfport NMCRS services assistant.

In the last ten years, the Society has disbursed more than \$400 million in interest-free loans and grants to nearly 600,000 Sailors, Marines and families. During 2010 alone, the Society provided \$49.4 million in financial relief helping over 99,850 clients - the highest number of clients and assistance since 1993 when our Navy and Marine Corps was significantly larger. That means that nearly one out of five Sailors and Marines on active duty turned to NMCRS during the past 12 months.

Since 1904, the NMCRS has supported Navy and Marine Corps families in times of war, peace, natural disaster and personal tragedy, taking care of the essential needs of our warriors, their families and survivors, and helping to ensure those in uni-

form are able to remain focused on their mission. The Society's Combat Casualty Assistance Visiting Nurses are now serving as long term case coordinators, providing resource information and referral services and emotional support to more than 1,000 Marines and Sailors injured in the war in Iraq and Afghanistan and their families. During the past year, the Society staff assisted 583 combat casualty clients with \$216,221.18 in financial assistance - most of this is in the form of grants.

The funds to pay for these critically important services come predominantly from two sources: the Department of the Navy's Active Duty Fund Drive and the Secretary of the Navy's direct mail campaign to retirees, both conducted annually during March.

These two activities generate roughly \$12 million in charitable gifts. The Society also receives bequests, memorials, donations from Navy and Marine Corps balls, community events, return on investments, receipts from thrift shop sales, revenue from the repayment of loans and spontaneous, unsolicited donations from corporations, organizations and individuals through the mail and Society web site.

"The Navy-Marine Corps Relief Society is an integral part of the network of support that our Sailors and Marines depend upon," said Ray Mabus, Secretary of the Navy.

To find out more about this organization - how the staff can help you and to learn about volunteer opportunities - visit the local office on your base, or visit their web site at www.nmcrs.org. Demand for our services is high and they especially need your support right now. After all, blowing out 107 candles is no small feat.

Happy Birthday NMCRS!



Around the Center



Jeffery Isabelle, Fleet and Family Support Center advisor shakes hands with a Seabee after explaining the services offered to military families during the 25th Naval Construction Regiment (NCR) pre-deployment fair at the Seabee Memorial Chapel on board Naval Construction Battalion Center (NCBC) Jan 21. The 25th NCR will be deploying to the CENTCOM area of responsibility. (U.S. Navy photo by Construction Electrician Constructionman Ivana Flores/Released)

Navy-Marine Corps Relief Society staff celebrate the organization's 107th birthday Jan. 21 at the Fleet and Family Support Center on board NCBC. Founded in 1904, the Navy-Marine Corps Relief Society is a private non-profit charitable organization. NMCRS is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world. (U.S. Navy photo by Builder 3rd Class Cassandra Secher/Released)



Cmdr. Christopher Knudsen, Naval Construction Battalion Center (NCBC) Public Works Officer, stands alongside members of the Public Works Production Shop after presenting the staff with a meritorious safety awards. The Production Division received the award because of demonstrated safety excellence in working more than three years without an accident, lost time event or significant damage to government property. (U.S. Navy photo by Chief Mass Communication Specialist Terry Spain/Released)

Sailors assigned to Naval Construction Battalion Center (NCBC) watch a video clip of Martin Luther King Jr.'s famous "I Have a Dream" speech during a celebration held at the training hall on board NCBC, Jan. 13. A special lunch and cake cutting ceremony was held at Colmer Galley after the celebration. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)



Area Off-Limit Locations

Biloxi: YaYa's, 2623 Pass Road

Gulfport: Herbal Alternatives, 1909 East Pass Road and Herbal Alternatives, 11530 Highway 49

Pascagoula: Bunk Small Apartments, 708 South Pascagoula Street

D'Iberville: Guitars and Cadillacs, 4031 Popps Ferry Road

Ocean Springs: Pugs, 6213 Washington Ave.

Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board. Service members are ordered not to enter or patronize these off-limits establishments or their locations. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

Keesler AFB to hold Training Tech and Info Systems Expo . . .

The 81st TRSS and AFCEA Gulf Coast Chapter hosts the 16th Annual Training Technology and Information Systems Expo. The expo will take place directly on Keesler AFB at the newly opened Bay Breeze Events Center Feb. 24 from 9:30 a.m. to 1:30 p.m. and is free to all DoD, Government and Contractor personnel with gate clearance. The expo will feature 40+ exhibitors (including Keesler Training Groups and AFCEA). Questions should be directed to the show producer Federal Direct Access: toll-free 1-877-332-3976.

Finishing Strong . . . Seabees with NMCB 11 go for Cobra Gold 2011

By Lt.j.g. Kevin Burnett
NMCB 11 Public Affairs

Seabees attached to Naval Mobile Construction Battalion (NMCB) 11 are currently participating in the largest joint-military exercise in United States Pacific Command (PACOM), Cobra Gold 2011, which takes place in Thailand every year.

This year, the 37 Seabees with NMCB 11 are constructing two 8 meter x 20 meter school buildings in the Mae Sot region, near the Burma border. Construction will be performed side-by-side with the Royal Thai Military Mobile Development Unit (MDU). The school buildings will drastically enhance the learning environment for over 800 students who attend the Ruam Thai Charoen Kindergarten and Pa Ka Mai School.

The exercise was not only a great opportunity for Seabees to build, but also a chance to interact with both the MDU and the community, proving that Seabees are the military construction force of choice and outstanding ambassadors of the United States.

Builder 3rd Class Sean Parkison was appreciative of the opportunity as well. "I really like this type of construction, said Parkison. "Humanitarian projects really make me

enjoy my job."

Builder 3rd Class Scott Bishop is also excited about the project, "It's a chance to give back to the community and help the children of Thailand achieve a better education, said Bishop."

Despite an outstanding project and opportunity, nothing comes easy. Due to the remote location of these schools, delivery of materials and life support items was no walk in the park. Local contracted truck drivers have had an extremely difficult time with the steep, mountain grades and small back roads of the Mae Sot region.

Living conditions are very similar to a Field Training Exercise, where a sleeping bag and a cot are essential. A hot shower is hard to come by and meals consist of Unitized Group Ration - A option (UGR-A), for breakfast and dinner and Meals Ready to Eat (MRE) for lunch.

Culinary Specialist 2nd Class Freddie Waters and the Marine Food Service Specialists are doing an outstanding job of keeping morale high through good meals day in and day out. When Equipment Operator 3rd Class Charles Reid was asked how he felt about the living conditions he responded, "It's rough, but that's what the Seabees are all about."



Equipment Operator 3rd Class Charles Ried of Naval Mobile Construction Battalion (NMCB) 11 and a member of the Royal Thai Military Mobile Development Unit (MDU) shoot elevations for construction of a school building during Cobra Gold 2011. For its part in Cobra Gold 2011, the largest joint exercise in the United States Pacific Command (PACOM), NMCB 11 is constructing two school buildings in Mae Sot, Thailand. (U.S. Navy photo by Lt.j.g. Kevin Burnett/Released)

Many Seabees will get a chance to experience new types of construction, such as block work, stucco, pre-cast concrete columns, all while utilizing the local material available in Thailand.

With a project duration of only 30-days, timely completion will be a

challenge, but through hard work and dedication, the MDU and Seabees are up to the task. Participating in a stellar project and with less than two months remaining of a long and grueling deployment, spirits are high. Finishing strong will be no problem.

AD SPACE

AD SPACE

Seabees improve beaches on NAVSTA Guantanamo

By MC3 Leona Mynes
Naval Station Guantanamo Bay
Cuba Public Affairs

Seabees attached to Naval Mobile Construction Battalion (NMCB) 28's Gold Detachment placed bollards between the beach and the roadway at Cable Beach aboard Naval Station Guantanamo Bay, Cuba, Jan. 12-13.

Seven Seabees removed coral, cut pipe and installed posts in the ground to prevent automobile traffic from driving on the beach.

"The Environmental Department requested this work to keep people from driving on the beach during turtle nesting season," said Equipment Operator 2nd Class Eric Battease, the officer-in-charge at the naval station's Public Works Department Self Help Workshop. "We try to com-

plete projects that make an impact on the community."

The project is one of many that the Seabees have completed in an effort to preserve the environment at Guantanamo's windward beaches, according to Mike McCord, the naval station's environmental director.

"That's where sea turtles have the potential to nest year-round," said McCord. "Sea turtles are an internationally protected species, and what we're trying to do is keep vehicle traffic from disturbing the nests."

The placement of bollards and a restricted traffic flow

onto the naval station's beaches increases the probability of sea turtles laying eggs, said McCord.

"Guantanamo Bay is like a nature preserve," said McCord. "We have to be protective of the environment and nature that is provided to us."

NMCB 28 is on base supporting community-oriented construction projects for Naval Station Guantanamo Bay and tenant commands, including placement of bollards, repair of gates, removal of old picnic tables and planting trees at the base chapel.

Steelworker 3rd Class Blake Johns, assigned to Naval Mobile Construction Battalion (NMCB) 28, prepares to place concrete bollards on Cable Beach at Naval Station Guantanamo Bay (GTMO), Cuba. NMCB-28 is deployed to the base to support construction projects for GTMO and tenant commands. (U.S. Navy photo by Mass Communication Specialist 3rd Class Leona Mynes/Released)



NMCB 11 builds first health care facility for Kirimati Island

By Ensign Joe Painter
Pacific Fleet Public Affairs

Citizens of Kiritimat (Christmas) Island and U.S. service members celebrated the opening of a new facility to improve the health care for pregnant women, newborns and sick babies, Jan. 12.

A ribbon cutting ceremony was held for the opening of a 1,900 square foot maternity ward for the island's only medical facility that was constructed by Naval Mobile Construction Battalion (NMCB) 11.

The ward will serve the entire Line Islands archipelago population of roughly 9,000, who previously had only a tiny room, in an already small facility, dedicated to newborn and infant care.

"Our prayers have been answered," said the Honorable Dr. Kautu Tenaua, Republic of Kiribati's minister for health and medical services. "Until today, there was no maternity ward, just a tiny room . . . I have no doubt that the delivery and health care for our pregnant mothers, newborns, and sick babies will improve."

At the invitation of the Kiribati government, the U.S. Pacific Command (PACOM) sent 20 Seabees from NMCB 11 to Christmas Island in July. The mission for the mostly junior enlisted team is to conduct humanitarian and civic assistance through engineering and civil construction projects identified by the host nation. These projects provide training to hone construction for the Seabees as well as helping to



Chief Warrant Officer 2nd Eric Yobs, center, officer in charge of the Christmas Island Detail of Naval Mobile Construction Battalion (NMCB) 11, explains to U.S. Air Force Brig. Gen. Stanley J. Osserman, Jr., left, mobilization assistant to Director, Strategy and Policy, U.S. Pacific Command, a solar powered water pumping system that NMCB-11 built for a school on Kiritimat (Christmas) Island. The Seabees have spent eight months on the island upgrading the school and medical facilities. (U.S. Navy photo by Ensign Joe Painter/Released)

nurture the friendship between the United States and Kiribati.

"It builds our friendship capacity, it builds our relationship and it gets us the training that we need in different environments," said Air Force Brig. Gen. Stanley J. Osserman, Jr., mobilization assistant to Director of Strategy and Policy, PACOM.

Osserman said the opportunity to bring Seabees to a tropical climate is a win-win opportunity for the United States and Kiribati. Christmas Island offers a different environment than on the mainland United States, which provides invaluable training for service members and allows for countries such as Kiribati to benefit as the construction projects improve the lives of the local community.

"Part of what we have done here, thanks to the Seabees, is to help you in your community to build friendships and relationships that are important for our whole region to remain peaceful and stable," said Osserman.

During the past eight months, NMCB 11 has built various buildings and facilities for the islands' school and medical systems.

These projects not only provide and contribute to social and economic growth for the Kiribati people, but strengthen diplomatic relations with the U.S. government, said the Honorable Tawita Temoku,

See **HEALTH CARE** page 16

Seabees, Boy Scouts team up for derby victory

By MC1 Ryan Wilber
NMCB 74 Public Affairs

Seabees of Naval Mobile Construction Battalion (NMCB) 74 assisted boy scouts from Boy Scouts of America, Transatlantic Council Pack 280, construct pinewood derby cars in the Builder Shop at Camp Mitchell, Spain, Jan. 10 - 11.

For several years the civilian and military scouts affiliated with Naval Station Rota, Spain, have been going to the Seabee camp to build their cars for the annual race.

The boys learn how to safely use shop equipment and the importance of wearing the correct safety gear, while directly participating in the construction of their cars.

"Who better than to get with people that are experts when it comes to using this type of equipment? I think this is the best facility we've got on the base," said Chief Air Traffic Controller Brian Ward, event coordinator. "Using your expert-

ise, your help and safety briefs is the best way to do it so the kids learn everything, everybody stays safe and they get their cars done."

Anticipation and excitement were evident on the boys' faces as they and their parents planned, designed and constructed the cars from simple wood blocks. Seabees did their best to meet a boys design requirements by chiseling out a truck bed or sanding their cars to perfection.

"The kids had a great time it looked like. They really wanted to get into it, real hands on. A lot of them wanted to work with the saws and everything," said Builder 3rd Class Ryan Penner. "The cars came out really well, and they all thanked us and were real happy."

Before leaving the shop, the boys weighed their cars to ensure they met competition requirements. The derby will be held at David Glasgow Farragut Elementary School in February.



Builder 2nd Class Christian Spear, assigned to Naval Mobile Construction Battalion (NMCB) 74, observes a Scout from Boy Scout Transatlantic Council Pack 280 sand his pinewood derby car in the Builder Shop at Camp Mitchell, Spain. Seabees from NMCB 74 assisted more than 20 boys construct their cars for the annual Pinewood Derby to be held at a local middle school next month. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

NMCB 133 Det builds skills for PACOM deployment

By BUCN Christopher Ocasio
NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 assisted with the construction of a new Seabee Camp on Camp Shelby in November.

The new Seabee Camp will house the Seabees and instructors who train all of the Naval Construction Force personnel from Gulfport to increase their combat readiness and prepare them for future deployments.

The work performed by NMCB 133 was a homeport Construction Training Exercise (CTX) in support of the 22nd Naval Construction Regiment (NCR).

NMCB 133's Detail CTX Shelby was put in charge of three projects totaling 723 mandays. One project was a 22 x 90 foot concrete masonry unit building that will be one of six CMU buildings used as berthing areas. Erecting the CMU building provided critical training

for all involved. Some of the Seabees had never laid block on a project before and have now gained critical training that has prepared them for the upcoming deployment to the Pacific Command's (PACOM) Area of Operation.

"I didn't realize how important the corner leads on a block building were until I helped my crew lay the block," said Builder Constructionman Phillip Schmitt.

The Seabees of the CMU crew completed the foundation slab placement and seven courses of CMU block. NMCB 133 will continue work on the project as part of their 2011 Field Training Exercise.

Detail CTX Shelby was also in charge of building a 40 x 100 foot Pre-Engineered Building on a 40 x 100 foot concrete slab. A PEB is a prefabricated steel frame building, delivered to the site and ready to be erected in a fairly short amount of time. The build-

ing will be used as a communications center for field training exercises and will house a large amount of communications gear.

The third project was the installation of lighting and all associated electrical work in another PEB. The 40 x 100 foot building will be used as a large storage unit for supplies and any other equipment that will be needed for training and construction projects.

Detail CTX Shelby was a great learning experience for many of NMCB 133's Seabees. The Detail also capitalized on delays caused by weather and material by helping out with the Battalion's other projects. The Seabees got on-the-job training in other Seabee jobs, also known as rates, at the other projects.

"I learned the basic fundamentals of building a PEB, which included putting up insulation and metal sheathing," said Construction Electrician Constructionman Dylan Hamel.



Builder Constructionman David Goeble (left) and Builder Constructionman Christopher Ocasio with Naval Mobile Construction Battalion (NMCB 133) use a Whirly Bird to smooth a concrete foundation slab during the construction of a berthing area at Camp Shelby, Miss. (U.S. Navy photo by Ensign Ryan K. Evans/Released)

Although Detail CTX Shelby was not in Camp Shelby long enough to take each of the projects to full completion, the crews carried out their work with the professional-

ism and sweat of perfection that upholds the reputation of the Seabees and will contribute to successful Seabee field training evolutions for years to come.



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Buzz on the Street



By CECN Ivana Flores

What is the one thing you wanted to do, but didn't?



"I always wanted to go mountain climbing, but finding a solid group of people and a place to climb is difficult."

UT3 Michael Allen

NMCB 7

Hometown: Floresville, Texas



"I have always wanted to finish my college degree, but finding time with a family and career is difficult."

Maria Whittaker

Sales Associate, NEX
Hometown: Buenos Aires, Argentina



"I would have liked to finish my college instead of taking a break from school, but due to being injured playing college baseball I was forced to take a break."

Alex McCollum

Lifeguard, NCBC Fitness Center
Hometown: La Place, La.

NCBC Frames...

Builder 2nd Class

Mark Anderson

By Construction Electrician
Constructionman Ivana Flores

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

BU2: Getting advanced to Petty Officer 2nd Class in NAB Little Creek while stationed at CBMU-202.

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

BU2: Being able to put my uniform on each morning and serving my country each and every day.

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

BU2: Remain focused, never quit, and always push yourself to the limits.



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

BU2: Working on a job site, because it shows comraderie and teamwork.
FF: Who was your most influential mentor during

your career, and why?
BU2: BUC Vanaousdall because he'll always keep you motivated and keep you on your toes.

Tax Time is Here . . .

The Vita Volunteer Tax Preparation Center is open for business. Located in building 60, room 250, from 8 a.m. until 5

p.m. Tax assistance is by appointment only. Call 228-822-5072 for an appointment.

VITA

NEX early closure Jan. 29 . . . The Navy Exchange main store will close at 5 p.m., Jan. 29 while associates conduct inventory. Normal hours of operation will resume Jan. 30.

AD SPACE

AD SPACE

AD SPACE

From SOCIAL page 1

score (FMS), profile sheets, how to prepare for upcoming exams, and much more.

"Even though Facebook users are limited to the number of characters allowed in a wall post, NAC has taken advantage of the Notes option to disseminate more thorough information," said Senior Chief Mass Communication Specialist (SW/AW) Melissa Weather- spoon, the Mass Communication Specialist training manager at the Center for Service Support. "The Notes section is similar to a bulletin board, so dialog is an option."

Sailors use the page to help each other out by sharing advancement information. Some fans who are in remote locations or on an Individual Augmentee (IA) assignment overseas do not have Common Access Card (CAC) access.

Once advancement results are released, these Sailors reach out to other fans on the page and ask for assistance to look up results by command. An additional 2,500 fans were added to NAC's Facebook page in the two weeks prior to the November E4 to E6 active duty advancement results being released. The NAC NKO portal received 212,272 hits on the day results were released, and Google trends showed NAC's NKO site having the most page visits on the Internet.

"More and more sailors are turning to the Facebook site as the Navy's point of contact for advancement results. We've had to reevaluate our IT structure to handle the high volume of traffic our Facebook site generates," said Master Chief Electrician's Mate (SS) Jeromie Cook, Command Master Chief at the Naval Education and fessional Development and Technology Center, home of the Navy Advancement Center.

Advancement candidates are comfortable using social media sites like Twitter and Facebook. The NAC NEAS Notes, as well as the interaction and postings by fans, give each Sailor an opportunity to garner a wealth of information. "Knowledge is power as we have all heard, and Facebook provides a medium through which



Red Cross Seabee Base Blood Drive . . . Feb. 10 from 8 a.m. to 1 p.m. in the CBC Chapel Fellowship Hall. Donors with appointments will be given priority. To schedule an appointment, visit www.redcrossblood.org and use sponsor code SEABEES. Drive is open to civilian personnel, active duty, dependents and retirees. Presenting donors will receive a t-shirt and will be registered in a quarterly drawing for a chance to win one of two pairs of Delta Airlines tickets.

January 27, 2011

Seabee Courier

Warning signs of suicide are not always this obvious...

ACT.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATMENT**) as soon as possible.

Life counts.

www.suicide.navy.mil

Suicide Prevention is an All Hands Evolution

Be alert for suspicious mail . . .

All personnel should be alert and inquisitive about suspicious packages and letters in their area. A recent wave of incendiary devices have been mailed and while these incidents are not wide-spread, and no such incidents are anticipated at NCBC, it is in your best interest to remain vigilant. Anyone receiving suspicious mail is asked to Contact CBC Security Dispatch immediately at 228-871-2361. Do NOT handle the letter or package or remove from the building. Responding Security police officers will provide guidance for appropriate action.

2nd Annual Ball Gown Fashion Show and Sale donations needed . . . NMCRS Thrift Store is looking for gently used ball gowns and accessories to support the 2nd Annual Ball Gown Fashion Show and Sale. Donors may bring gowns, shoes and jewelry to the NMCRS Office in the Fleet and Family Support Center Monday – Friday from 8 a.m. – 2 p.m.



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confined spaces for as long as they are deployed," said Air Traffic Controller 1st Class Dwayne Hinson of Naval Air Station Meridian, Miss. "It's fascinating the way their whole world is secretive and exclusive, not to mention how they have to be aware of sound levels at all times. They live a completely different experience than what most of us in the Navy do, and being able to see that up close without actually living it was awesome. Submariners know their stuff, they have to; there is no room - literally - for error!"

Later that evening, the SOYs displayed their bowling prowess at NAS Jacksonville's Freedom Lanes. They had an early start the next morning tackling circuit training with the aviation wings' SOYs. They're busy schedule continued with a tour of the Jacksonville Jaguars stadium, lunch at Jacksonville Landing, and a visit to the Budweiser Brewery, just a few of the local hot spots the CNRSE SOYs visited on Wednesday.

"The Jaguars stadium was one of the highlights of the week for me," said Personnel Specialist 1st Class James Long of Naval Weapons Station Charleston, S.C. "To be taken behind the scenes and see how the NFL runs a professional team was informative and something I enjoyed."

On Thursday morning, regional master chiefs boarded the top five SOYs to determine who would be the Regional Sailor of the Year. Master-at-Arms Petty Officer 1st Class Pierre Peacock from Naval Air Station Joint Reserve Base New Orleans, Operations Specialist 1st Class McCajor Quinn of Naval Station Mayport, AC1 Hinson, ND1 Roberts, and AC1 Howell answered questions about Navy heritage, policy, organization, as well as questions on broader topics like the Bill of Rights.

"It's always impressive to see the leadership and capabilities of Sailors within our region," said Navy Region Southeast Regional Command Master Chief Joseph Curtin. "We had a difficult time choosing the top five and an even harder time choos-

ing the RSOY. That's a testament to a lot of people who have influenced each one of these Sailors, but especially the mentorship going on at their local in-

stallations." The remaining SOYs traveled to St. Augustine to explore the old city and enjoy lunch. Following their boards, the top five

were invited to lunch in the Chief's Mess before an afternoon of skeet and trap shooting at the NAS Jacksonville range.

The week ended with dinner

and speeches at TPC Sawgrass, an event put on by the TPC, Geico, VyStar Credit Union, and the region and installation CPO messes.

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Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 display team work during the early stages of their Field Training Exercise (FTX) at Camp Shelby, Miss. Over the course of the FTX the Seabees of the "The First and The Finest" will be tested in all aspects of defensive operations and completion of construction projects in a tactical environment. (U.S. Navy photo by Mass Communication Specialist 1st Class Aron Taylor/Released)

FTX will test strength, fortitude of NMCB 1

By MC1 (AW/NAC) Aron Taylor

NMCB 1 Public Affairs

The men and women of Naval Mobile Construction Battalion (NMCB) 1 are being tested. The test is not your usual paper drill. This test - a Field Training Exercise (FTX) - will test the battalion's ability to survive independently in the field.

"[The] FTX is the culmination of homeport," said Lt.j.g. Alton Lord, NMCB 1's S3F exercise officer. "The battalion is tested on all skills and training we obtain in homeport and also prepares us to become a mission ready unit. "Everybody gets to see what everyone is like in the field so we can know their strengths and weaknesses. As a leader, we get to see [in] what areas our junior troops need help and what areas where they are strong."

The exercise takes place in various phases including receipt, staging, onward-movement and integration (RSO&I); logistical support area (LSA); forward operations base (FOB) and retrograde phases.

"The first phase is the RSO&I phase, where the battalion members get in-field practice and training with different military tactics," explained Lord. "It also prepares us for the main portion of FTX: The

field evaluation phase (FEP).

"Once we get our LSA up and running, we redeploy to a FOB," said Construction Electrician 1st Class (SCW) Wesley Malone, a NMCB 1 chemical, biological and radiological (CBR) plotter.

"Once we're there, we have to set up a defensive perimeter, build a bunker and a timber tower while defending that area from aggressors, simulated CBR attacks, people probing our wire, enemy patrols, snipers and intruders."

The LSA and FOB phases of the FTX begin when the entire battalion is in the field, currently scheduled through January.

"Following the FOB phase, we enter retrograde," said Lord. "It's the part of FTX where everyone goes home and where the equipment is cleaned and packed."

A battalion FTX lasts for approximately 30 days, but the main body members are in the field for an average of 12 days.

"I believe the Seabees are doing very well," said Cmdr. Michael Saum, NMCB 1's commanding officer. "I think our Seabees are very energized and motivated, they are hitting this FTX head on, and we will be prepared for our upcoming CENTCOM deployment."

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January 27, 2011

Seabee Courier

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Seabee Day 2011 . . . Seabee Day 2011 is a celebration of the U.S. Navy Seabee on board Naval Construction Battalion Center in Gulfport, Miss. This year's Seabee Day will take place March 26 on the athletic field adjacent to the fitness center and will feature a festival atmosphere, car, truck and motorcycle show, musical guests, games, fun, food, carnival rides, vendors and much more. Visit back often to view updates as they come available. Go to <http://www.seabee.org/> to find out more.





Outdoor Recreation
228-871-2127

Join ODR in February for several family fun adventures. Global Wildlife Safari Tour in Louisiana for \$25 (Adult), \$22 (Seniors), \$18 (Children) Visit the School of Cooking in New Orleans for just \$30 a person. Also, we will be providing transportation to the Biloxi Boat and RV Show as well as the Top of the Hops Beer Festival at the Coliseum.

Fitness Center
228-871-2668

Blast the Calories From the Past 5K . . . "Blast the Calories from the Past 5K" was held at the Fitness Center Jan. 15 at 9 a.m. This was the first, but not the last 5K of the year and was open to all families. There were over 50 participants including a few strollers, a red wagon and even a four-legged friend. Brock Downer was the top male runner with a time of 20:18 minutes and Courtney Paladini of the Marine Corps was the top female runner with a time of 22:48 minutes. The next family 5K will be held in April so keep your eyes and

ears open for upcoming information, not to mention your running/walking shoes warm! **Anchors and Eagles**
228-871-4750 or 228-424-6892

Open Tuesday-Thursday from 2 - 9 p.m. with a full-service bar and covered patio for your enjoyment. The rental fee is only \$25/hour; so, call and book your special event. Located in building 302 (by the Pass Road Gate – featuring FREE WIFI!

Beehive Lounge
228-871-4009 or 871-4750

"SUPER BOWL" party!! Feb. 6 from 5 - 11 p.m. Door prizes and FREE FOOD each quarter, while supplies last. Located in Building 352 (next to Grinder). With low prices and within walking distance to anywhere on base, the Beehive is the place for you and your friends to come have worry free fun. Featuring FREE WIFI!

Liberty Center
228-871-4684

There is a ton of fun stuff planned for January and February through Liberty! Come check out everything we have



Participants in MWR's "Blast the Calories From the Past" 5K compete on the Center Jan. 15. The first 5K of the year featured over 50 participants, including families pushing and pulling strollers and wagons. Brock Downer took top honors for males with a time of 20:18, while Courtney Paladini was the first female to finish with a time of 22:48 minutes. MWR is planning another family 5K for April. (U.S. Navy photos/Released)

Blast the Cals from the Past 5K



going on!

On-base Liberty activities include: Jan. 27 come into Liberty and learn how to "Dump the Debt" at the Financial Workshop offered by Navy Federal at 6 p.m. with FREE food. The Chinese New Year will be celebrated in Liberty Feb. 3 with FREE fortune cookies offered while supplies last! Texas Hold 'Em Poker at 6 p.m. Feb. 7, Ping Pong Tournament at 6 p.m. Feb. 8 and a Foosball Tournament at 6 p.m. Feb. 9. All tournaments include FREE prizes for 1st and 2nd place winners!

Come to Liberty Feb. 10 and

relax at lunch with a FREE lunch time massage! The massages will be available for a limited time only from 10:30 a.m. - noon!

Liberty also offers some fantastic off-base trips that include the following: Jan. 28 take our free shuttle to Wal-Mart, departs Liberty at 6 p.m. Paintball on Base Jan. 30, only \$5 and that includes two hours of play, gear and 500 paintballs! The shuttle departs Liberty at noon. Feb. 1 - FREE mall shuttle will be provided to Edgewater Mall departs Liberty at 6 p.m. Feb. 4 - be sure to take advantage of a great opportunity to catch a new movie at the Cinemark Theater! Liberty will be providing this FREE shuttle that departs Liberty at 6 p.m.!

The Music as a Weapon concert featuring Korn & Disturbed Feb. 5 is your chance to get your weekend rocking! Tickets are \$30 and that includes a shuttle that departs Liberty at 6:15 p.m. If you would like to make a difference in the Gulf Coast Community volunteer for one of our trips! Jan. 29 join the Habitat for Humanity Trip which departs Liberty at 8 a.m., it is FREE and you will earn an LOA! Feb. 6 is Super

Bowl Sunday! The Annual Liberty Super Bowl Party will be held in the Liberty Center. So come relax and watch the Big Game on any screen you wish! Also, FREE food will be available while supplies last!

Daytona 500 Feb. 19-21!



Hotel accommodations for two nights at Radisson Worldgate Hotel, Orlando. Race tickets - Turn Two Superstretch. Rates: One person per room/\$225, two/\$185, three/\$170, four/\$160. Sprint FANZONE tickets available for \$55/person and includes watching driver interviews from Entertainment Stage, Live Music, taking a peek into the Sprint Cup Series garage as teams work on the cars and watching drivers do their pre-race walk across the stage in the Sprint FANZONE, pose for pictures with cards, put your autograph on the historic start/finish line and much more. Final day to sign up is Feb. 7.

Movie Ticket

Training Hall Theater, Movie Hotline 228-871-3299

Jan. 27, Legend of the Guardian, PG, 6 p.m.
Jan. 28, Easy A, PG13, 6 p.m.
Jan. 29, Legend of the Guardian, PG, noon; Despicable Me, PG, 3 p.m.; Nanny McPhee Returns, PG, 6 p.m.
Jan. 30, Legend of the Guardian, PG, noon; The Town, R, 3 p.m.; Resident Evil: After Life, R, 6 p.m.;
Jan. 31, Wall Street: Money Never Sleeps, PG13, 6 p.m.
Feb. 1, Red, PG13, 6 p.m.
Feb. 2, Case 39, R, 6 p.m.

Feb. 3, Conviction, R, 6 p.m.
Feb. 4, Paranormal Activity 2, R, 6 p.m.
Feb. 5, Secretariat, PG13, 11:30 a.m.; Megamind, PG, 2 pm.; Alpha and Omega, PG, 4 p.m.; For Colored Girls, R, 6:30 p.m.
Feb. 6, Megamind, PG, 11:30 a.m.; Alpha and Omega, PG, 1:30 p.m.; Unstoppable, PG13, 3:30 p.m.; ***SUPERBOWL, 5:30 p.m.***
Feb. 7, Alpha and Omega, PG, 6 p.m.
Feb. 8, Megamind, PG, 6 p.m.
Feb. 9, Secretariat, PG13, 6 p.m.

Movies contingent upon training requirements

Heads Up Football Fans . . . Super Bowl XLV will be shown at the Training Hall Feb. 6!



Seabees, Marines complete SPS11 project in Ecuador

By MC1(SW) Jeffrey Tilghman Williams

High Speed Vessel Swift Public Affairs
Sailors assigned to Naval Mobile Construction Battalion (NMCB) 28, Marines assigned to 2nd Marine Logistics Group and a team of Ecuadorian marines completed a week-long renovation project at a school in Manta, Ecuador, Jan. 8, in support of Southern Partnership Station (SPS) 2011.

The joint-military team installed sewage piping and toilets, built two stair cases, constructed a play ground unit and installed electrical wiring at Escuela Eloy Alfaro while conducting a series of subject matter expert exchanges and cross training on construction procedures and techniques.

"The projects we completed at the school provided an opportunity for us to enhance the quality of life at the school for the kids and learn from the Ecuadorian marines here, who have provided us with so much support," said Chief Builder Estephan Garcia, team leader for the project.

"Our men are very impressed at the skill level of American service members, so we are able to learn from them, just as we hope they are learning from us," said Ecuadorian Capitan de Navio Jaime Moscoso, commanding officer of Base Naval

de Jaramijo in Manta.

The Seabees also performed some pre-staging work for a follow on deployment later this year when USNS Comfort arrives in Manta to provide medical care and additional construction projects in support of Continuing Promise 2011.

"This has been a very productive engagement in regards to working and learning with a partner nation as well as preparing for future opportunities to interact and strengthen our relationships here," said Garcia.

Continuing Promise is an annual humanitarian civic assistance operation that provides opportunities to establish new partnerships with other nations, non-government organizations, international government organizations and learn from host nations and civilian experts.

SPS is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America involving information sharing with navies, coast guards and civilian services throughout the region.

Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility.



Lt. Cmdr. Michael James, officer-in-charge of Naval Mobile Construction Battalion (NMCB) 74 De-tail Horn of Africa (HOA), interacts with future students that will attend school at the 84-by-24-foot schoolhouse under construction in Kontali, Djibouti. HOA is deployed to Combined Joint Task Force - HOA to assist in building partner nation capacity and promoting regional stability. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

U.S. Ambassador visits Seabee school build in Djibouti

By 74 Public Affairs

The U.S. Ambassador to the Republic of Djibouti visited the site of a nearly completed schoolhouse in the Kontali, Djibouti Jan. 4.

Ambassador James C. Swan wanted to personally greet the new crew of Seabees of Naval Mobile Construction Battalion (NMCB) 74 deployed to Combined Joint Task Force - Horn of Africa (CJTF-HOA), who took over the project from NMCB 7 Dec. 1, 2010.

Once completed, the 84 by 24 foot

schoolhouse will serve as an additional building for more than 200 students in the region and will be powered by solar energy panels. The project is one of many efforts CJTF-HOA is pursuing to build partner nation capacity through cooperation with U.S. Embassies.

"We have a terrific relationship with the Ministry of Education here. Every year we sit down with the Ministry of Education and the Ministry of Health to ask them what their priorities are," said Swan. "The host country said they needed this

school and are willing to provide the books, desks and teachers."

The Seabees have faced several challenges working in such a remote location. They are hoping to have the finishing touches completed before the country's upcoming presidential elections in April, 2011.

Swan said he anticipates a big turnout for the ribbon cutting ceremony once the doors are opened.

"It's great to see this coming together," said Swan. "I expect there will be quite a commotion when this thing is ready to go live."



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 28 and Marines from 2nd Marine Logistics Group, pour concrete as they prepare the foundation to a new classroom being built at the Escuela Jacobo Vera during a week-long project in support of Southern Partnership Station (SPS) 2011. SPS is an annual deployment of U.S. ships to the U.S. Southern Command's area of responsibility in the Caribbean and Latin America. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ricardo J. Reyes/Released)

Earth Day volunteers needed . . . Six volunteers are needed to plant sprigs of grass in support of the Storm Water Program on board Naval Construction Battalion Center (NCBC). The project is in conjunction with Seabee Day 2011 and Earth Day 2011. The planting will take place March 25. Interested volunteers may contact Ted Ingram at ted.ingram@navy.mil or call 228-871-2373 from 7 a.m. - 4:30 p.m., Monday through Thursday.

Area School District ACT Scores

DISTRICT	2008 CORE STUDENTS	2008 ALL STUDENTS	2007 CORE STUDENTS	2007 ALL STUDENTS
BAY-WAVELAND	20.4	19.6	21	19
BILOXI	21.6	21	21.7	20.6
GULFPORT	22.7	20.5	21.8	21
HANCOCK	21.6	19.8	21.3	19.3
HARRISON	21.3	19.6	21.4	19.7
JACKSON COUNTY	21.5	20.4	21	19.9
LONG BEACH	22.6	20.8	22.1	20.3
MOSS POINT	17.1	16.4	16.9	16.3
OCEAN SPRINGS	21.8	21	22.1	21.3
PASCAGOULA	19.9	19.1	20.7	19.6
PASS CHRISTIAN	23.4	21.2	20.8	19.6

2009 MISSISSIPPI SCHOOL DISTRICT SCORES HAVE NOT BEEN RELEASED
CORE STUDENTS ARE TAKING COLLEGE PREP COURSES

2010 NATIONAL COMPOSITE AVERAGE=21.0

2010 NATIONAL CORE AVERAGE=22.0

2010 MISSISSIPPI COMPOSITE AVERAGE=18.8

SEA CAMP Opportunity . . . The University of Southern Mississippi Gulfport Coast Research Laboratory is sponsoring Sea Camp 2011 for children ages 6 to 13 years old. Sessions are available from June 6 - July 18. Costs for 5-day enrollments range from \$210 to \$275. Camp features include day trips to Ship and Deer Island, fishing, beachcombing, live animal encounters, specimen identification and kayaking. Sign up deadline is May 13. For more information call 228-818-8833 or email marine.education@usm.edu or www.usm.edu/marineeducation.

NCBC School Liaison Officer is located in building 352, 1706 Bainbridge Ave., NCBC and may be contacted at (228) 871-2117

Balfour Beatty Communities

Foundation scholarship opportunities

By Balfour Beatty Communities

Balfour Beatty Communities Foundation is now accepting academic scholarship applications for the 2011-2012 academic year to reward high school and undergraduate students of military members residing in family housing in need of financial assistance and recognizing their educational and leadership efforts.

Family housing residents at NCBC Gulfport with high school and undergraduate students are encouraged to apply for Balfour Beatty Communities Foundation Scholarships for the 2011-2012 academic year; valued up to \$2,500. The application, details and requirements can be found at www.bbcommunitiesfoundation.org. The application deadline is April 15.

BBC, responsible for the privatized family housing at NCBC Gulfport formed Balfour Beatty Communities Foundation, a non-

profit organization committed to honoring military personnel - active, disabled and fallen - and their families in 2009.

One of the primary goals of the Foundation is to promote the pursuit of education and a commitment to community leadership through educational scholarships to the children of active duty military members that reside in family housing.

Balfour Beatty Communities Foundation was proud to award 21 academic scholarships to students residing in its communities across the country for the 2010-2011 academic year.

According to Bruce Robinson, president and CEO, "Balfour Beatty Communities is committed to providing a quality living environment that supports the diverse interests and needs of our military families. Through Balfour Beatty Communities Foundation, we say thank you for the work that you do and the sacrifices military families make."

New year brings new look for NCTC Wiring Lab

By CE2 Fayette Clark
NCTC Public Affairs

The recent holiday stand down period brought a new look to some of NCTC Bravo Company's spaces. Over the stand down, Bravo Company along with some volunteers from the "A" school gave the lab portion of the Interior Wiring class a much needed makeover. The new lab can be found in building 305 along with the rest of the electrical laboratories.

The new lab will allow students to have a much more rounded experience in the class and be better prepared for the conditions they will face when on the job. One of the major benefits of the new lab is the introduction of different surfaces on which students will have to learn to run "new work" conduit.



This will allow the students to familiarize themselves with the variety of materials they may have to work with on actual jobsites. These surfaces include concrete block, metal studs, and wood studs. The new setup will allow construction electricians to develop an understanding of how the different surfaces can ultimately change you bill of material on a project.

As before, students will continue to learn to install three-way switch, duplex outlets, and fluorescent light fixtures. All of their work will be held to the standards of the National Electrical Code (NEC) 2008 edition. The lab underwent its final touches at the beginning of January in order to be ready for the first batch of new students arriving for the Jan. 10 class.

TRICARE dependent coverage extended to age 26

The National Defense Authorization Act for Fiscal Year 2011 extends dependent medical coverage up to age 26. The legislation authorizes both TRICARE Standard and TRICARE Prime which will be implemented in a two phased approach. Effective April 1, 2011 TRICARE Standard will be available. Prime Plans will follow later in 2011 due to complexity of system and process changes.

Enrollment process through the TRICARE Management Activity (TMA), will begin April 1, 2011. When enrolling, the sponsor may opt to have the date of initial enrollment back dated to January 1, 2011, provided the sponsor pay retroactive premium payments. If the eligible dependent incurs health care expenses prior to April, all receipts against claims can be submitted once the dependent is enrolled.

Once dependents have been enrolled and show eligible in DEERS, they can proceed to the nearest DEERS/RAPIDS site to receive an ID card. There should be no enrollments or child adds at the DEERS/TERMINALS UNLESS a dependent is not visible to the Managed Care Support Contractor, normally these would consist of children who were never added to the sponsor DEERS record.

For more information about the program and legislation, please visit www.tricare.mil.

Republic of Kiribati's minister of the Line and Phoenix Islands.

At the Banana Primary School, Seabees built a new five-classroom building that will increase the schools capacity to teach 191 students without overcrowding the classrooms.

"The students are very excited to come back from summer vacation to use the new classrooms," said Raati Teiwakai, head of the teachers at the Banana Primary School. "Before the Seabees came our school didn't have bathrooms, now we do."

The community is grateful for the work the Seabees have done on their island.

"The locals have been very receptive about the work we have done here," said Chief Steelworker Mike Blackney. "While we were working on classrooms for one of the schools, students would bring us coconuts to drink throughout the day."

NMCB 11's nine-month deployment to the island will end in February.

"I know that time is getting narrower for...our Seabee friends, but the work you have done for our people will remain here as a token, a symbol of good faith . . . from your people," said Temoku.

Be Safe Be Secure Buckle Up!

From SOCIAL page 9

Sailors can seek knowledge," added Weatherspoon

"As a career counselor, there is no better feeling than to have someone come to you for help after they have already done their research. The Navy Advancement Center Facebook page gives the Sailor a collective point where their research can be conducted so that they have all the ammunition they need to be successful in their career," added Preachers.

For more information on advancement, visit the NAC Facebook page at:

http://www.facebook.com/pages/Navy-Advancement-Center/21390711299?ref=ts&_a=14.

Watch for the advancement results and information on NKO: <https://wwwa.nko.navy.mil/portal/careermanagement/navyadvancementcenter>.

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Customers can win during NEX 65th Anniversary

By Kristine M. Sturkie
NEXCOM Public Affairs

In 2011, the Navy Exchange (NEX) will be celebrating 65 years of service to its customers. To kick off the year-long celebration, the NEX, along with Sony, is sponsoring an online drawing for a Sony 3D Home Entertainment System valued at \$5319.99 from Feb. 1 - March 29.

To enter, go to mynavyexchange.com and click on the entry graphic, fill in the required information and click the "enter drawing" button. Entry limited to one per person.

All entries must be received by midnight March 29, 2011. Winners will be selected in a random drawing on or about April 1, 2011, at the Navy Exchange Service Command (NEXCOM) headquarters in Virginia Beach, Va. NEXCOM will notify and verify eligibility of winners and arrange for delivery of the prize. NEXCOM will develop a winners list which will be available online at www.myNavyExchange.com.

RecruitMilitary Opportunity Expo . . . A free employment, entrepreneurship, and educational opportunity event for veterans, personnel who are transitioning from active duty, Reserves, Guard, and military spouses presented by RecruitMilitary in cooperation with The American Legion; Purple Heart Services; and the Military Spouse Corporate Career Network (MSCCN) will be held on Thursday, Feb. 17, at the Louisiana Superdome, New Orleans, La. from 11 a.m. to 3 p.m. For more info or to register as a job-seeker, visit <http://recruitmilitary.com>

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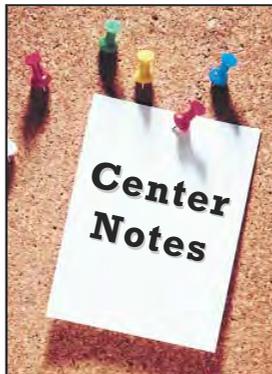
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SUPPORT

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. Send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at 228-206-0377 for e-mail updates.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the second Tuesday of the month at 6:30 p.m. in the Seabee Chapel Fellowship Hall. Baby sitting is provided. For more information contact FRG President Sarah Edwards or Vice President Robin Coker via email at nmcb11frg@gmail.com. Visit the FRG and Ombudsman website at <http://nmcb11.webs.com/>

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 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! For more information, please email noscgulfport@yahoo.com. 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

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 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 the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. For more information call 228-832-0017.

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 and open 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, books and DVD's. Contact the museum at www.seabeeuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more info.

AD SPACE

Homefront in Focus

Milspouse Entrepreneurs; Getting started, Part 1

By **Beth Wilson**

Military Spouse Contributor

Employment has long been a challenge for military spouses. Building a career can feel like a pipe dream. The mobile nature of military service, while great for the career of our service member does not always 'enhance' our own resume. Add a downturn in the economy to that equation and mobile military spouses can find themselves unemployed or underemployed.

Ah, but the American entrepreneurial spirit is alive and well among military spouses. More and more spouses are looking for a mobile career and turning to home-based businesses and self-employment. Andrea turned her love of sewing into Ballie's Bag and Baubles (www.bailliesbag.com). Betty loves making jewelry and launched Gambizzle Jewels (<http://www.gambizzlejewels.storenvy.com/>). Joanna was looking for a way to acknowledge spouses beyond a bouquet of flowers and launched Atta Girl Gifts (www.attagirlgifts.com). Stephanie loves travel and turned that into Cabrera Cruise and Travel) www.facebook.com/CabreraCruiseandTravel). Other spouses are launching businesses with Scentsy, Mary Kay, Pampered Chef and much more.

Is entrepreneurship or self-employment for you? June Walbert, Financial Planner at USAA encourages interested spouses in spending ample time researching before jumping in. She encourages would-be entrepreneurs/independent business owners to develop a business plan before launching a business. The exercise of developing a business plan will help clarify your goals, focus your efforts and serve to assess the market you may be able to reach. For information on developing a business plan and a free template visit The Small Business Administration, www.sba.gov/busplantemplate/bizplanstart.cfm.

Research, research, research is the key to getting off on the right foot.

Research your idea for feasibility, start-up costs, market demand. Peruse competitors for ideas and lessons learned and network. A great tool to research possibilities is www.ratracerebellion.com. This site, founded by Christine Durst, author of *The 2-Second Commute* and *Work at Home Now* (both books I highly recommend) offers resources and information for assessing opportunities, avoiding scams and best practices for your success as an independent business owner (IBO)/entrepreneur.

One mistake many military spouse IBOs make is to overestimate the opportunities within the military community. Maddie, a photographer, limited her marketing to the installation newspaper. "There are only so many 'homecoming events.' I had to expand my clientele beyond the military market and that was my first 'lesson learned.'" Eva makes bows for little girls. Her friends all love and patronize her. She was sure she could expand her market. She couldn't seem to attract patronage beyond her own circle of friends. She realized she needed to expand her product line and network beyond her friends. "I spent so much on inventory and supplies that I cost the family budget far more than I made till I took time to see what others were making, selling and networking. I am now breaking even and hope to show a profit soon."

And that brings us back to June Walbert's observation that it is "normal for start-ups to operate in the red for several years before firmly seeing a profit. Consider how long it will take to see real income in launching your business."

Next week we will look at creative ways to supplement the family budget for those who may want to want to work from home but not launch a business.

Connect with Beth at www.enlistedspousecommunity.com, beth@homefrontinfocus.com or on Twitter (@Beth_Wilson). Tune in at www.blogtalkradio.com/nht.



"Project Flag Raising"

NSVA Island X-1 is initiating a flag-raising program. We would like to help you, your family and neighbors fulfill a dream of proudly displaying our national ensign. For more information, contact Don Galster at 228-239-7326 or dgalster@gulfport-ms.gov

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GULF COAST USO
3001 6th St., Building. 306
(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:

Sunday Catholic Mass: 9 a.m.

Daily Mass: Monday-Friday, 11:15 a.m.

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

Sunday School: 9 a.m.

Center Chaplains:

Lt. Cmdr. Michael Brown,

Protestant Chaplain

Lt. Yoon Choi

Protestant Chaplain

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