



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 49 No. 01

Naval Construction Battalion Center, Gulfport, Mississippi

January 12, 2012

Dr. Martin Luther King Jr. Celebration
Jan. 12, 7:30 a.m., Training Hall
All are welcome!



Long Beach High School junior, Matthew Ewing attends Builder "A" school at Naval Construction Training Center (NCTC) as part of a new vocational education partnership between NCTC and local high schools. Upon successful course completion, students will receive both high school and college credits. (U.S. Navy photo courtesy of NCTC/Released)

NCTC, local high schools begin Vocational training

By Lt. Rob Guilliams
NCTC Public Affairs

A new opportunity for vocational education has recently opened to high school students in Gulfport and Long Beach.

Naval Construction Training Center (NCTC), Gulfport has just launched a vocational education program, in partnership with the school districts in these cities, in which local high school students can attend the Builder or Steelworker apprenticeship training at NCTC.

Naval Construction Battalion Center School Liaison Officer Kevin Byrd made initial contact with the local school districts to present the

program and after a few minutes of discussion with school officials they confirmed that they wanted to participate in the apprenticeship training.

Once legal reviews were completed, NCTC received its first student Jan. 4. Matthew Ewing, a junior from Long Beach High School, is currently attending the Builder "A" school. Ewing will graduate March 12, and has asked to be enrolled into the Steelworker "A" school immediately after graduation. Gulfport High School has two students who will begin Steelworker "A" school in

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Along for the Ride



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 and their families participate in an early morning physical training session on board Naval Construction Battalion Center (NCBC) Dec. 21. The battalion conducts PT on a regular basis and wanted an opportunity to share with their families what they do as well as promote physical fitness.

U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released

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 Lt. j.g. Sonny Rowland
Mass Comm. Specialist
 MC2(SCW) Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1(SW/AW) Steven Myers

NCTC Gulfport
Commanding Officer
 Cmdr. Bill Whitmire
Public Affairs Officer
 Chaplain (Lt.) Rob Guilliams

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Navy Legal

Legal consequences and health risks regarding 'Spice' and 'Bath Salts'

By Lt. Jesse Adams, JAGC, Region Legal Service Office SE

Over the past few years, synthetic THC (the hallucinogenic chemical in marijuana) known as "Spice," "K2," and "Blaze," as well as the synthetic stimulants commonly called "bath salts" or "plant food," have seen increased use by service members.

On Oct. 21, 2011, the Drug Enforcement Agency (DEA) placed the synthetic stimulants in bath salts and plant food onto the same list of banned substances as heroin and marijuana. This means that the same federal criminal penalties that apply to use of heroin and marijuana will now apply to the use of bath salts and similar drugs. The DEA took the same action for the synthetic THC in Spice and similar drugs March 1, 2011. DEA noted that these actions are "necessary to avoid an imminent hazard to the public safety."

While the federal government only recently banned these substances, they have been banned by the Navy since 2005. Use or possession of these substances by Navy personnel is forbidden and could possibly subject a Sailor to non-judicial punishment (NJP), administrative separation, or court-martial under UCMJ Art. 112a or UCMJ Art. 92 (for violation of OPNAVINST 5350.4D, SECNAVINST 5300.28E and/or NAVADMIN 108/10). However, in addition to the possible severe legal consequences, individual Sailors and Navy leadership should understand the harmful and potentially deadly effects of using these drugs.

The DEA states that they have received an increasing number of reports from poison control centers,

hospitals and law enforcement organizations citing examples of individuals using synthetic THC and experiencing serious side effects such as convulsions, anxiety attacks, dangerously elevated heart rates, increased blood pressure, vomiting, and disorientation. The reported side effects of bath salts include agitation, paranoia, high blood pressure, hallucinations, chest pain, suicidality, and psychosis.

Sailors should be aware that ingesting these synthetic drugs can lead to bad reactions and deadly results. The manufacturers of these banned substances actually label many of these substances as "not fit for human consumption."

Very few scientific studies have been done on these synthetic drugs, so the immediate and long term effects on the body and human brain are mostly unknown. The few studies that have been done on JWH-018, the compound generally found in Spice, indicate that it is more potent and efficacious than THC. This means that lower concentrations of JWH-018 can have a greater and higher maximal psychological effect on the brain than that of THC. In short, the greater potency of the synthetic substances means there is a much greater risk of overdose.

Adding to their dangerous nature is the lack of quality control in their manufacture. Most of the products sold are simply plant matter soaked in the synthetic compounds in a non-uniform manner, so it's impossible for the Sailor to know how much of the synthetic drug he or she is actually ingesting. That also greatly increases the risk of overdose.

See RISKS page 13

Fraud, Waste, Abuse 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.

Skipper's Log

Set Goals, not resolutions

By Capt. Rick Burgess
 CO/CBC/CMDR 20TH SRG

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."

Andrew Carnegie

After clearing away the gift wrapping paper and repacking the Christmas ornaments, many of us engage in the time-honored tradition of making New Year's resolutions. "2012 will be the year that I finally lose weight/make rate/do more fun family activities/get my college degree, etc., etc."

Caught up in the holiday spirit – and with more leisure time on our hands than most of the rest of the year – it's easy to come up with some grandiose resolutions. It's another thing entirely to follow through on those resolutions. It's a well-documented phenomenon, for instance, that health club memberships surge in early January, leading to crowded gyms across the land, as the resolution-makers seek to work off the ten pounds they gained over the holidays. Within a few weeks, however, the attendance begins to slack off, and by the end of January, it's no problem at all to find an available stair-stepper!

Realizing how difficult it is to change their habits, some conclude that resolutions are a waste of time – it's not worth the effort to dream up a list of life changes that one really has no intention of carrying out. Actually, I would say those people are right, at least in one sense – why create a commitment that you don't intend to keep? Each time you make an agreement with yourself and break it, you diminish your trust and confidence in yourself. Over time, you may conclude that you should set your sights low so that you don't disappoint yourself by falling short.

Unfortunately, if you set your sights low, you will miss out on much of your potential and the opportunity to make something great of your life.

I believe the answer is not to give up making resolutions. That would mean missing out on a chance to



Capt. Rick Burgess

take stock of your life and make improvements. Instead, the answer is to take the resolution one step further: turn it into a goal.

According to the experts, a good goal is one that is S.M.A.R.T. – Specific, Measurable, Achievable, Realistic and Timely. So, for instance, instead of the broad resolution "this year I'm going to lose weight so I look good at the beach," you should set a goal along the lines of "starting on Monday morning, I am going to meet so-and-so at the gym three days a week and work out for an hour." Adding in the details, and including an accountability partner, transforms a vague resolution into a concrete goal with a much greater likelihood of success.

So where do you want to improve your life? Is it your goal to finish your college degree? Make an appointment with the Navy College Office and map out a plan to get there. Is it your goal to make rate? Sit down and develop your study plan, blocking out the time in your personal schedule to study. Are you getting out of the Navy? Work out your detailed transition plan and make full use of available resources to prepare yourself.

Make no mistake: change is hard. Like it or not, though, we have to change, adapt and grow if we want to succeed in life. Whatever your situation, if you are truly motivated to improve your life, you can get there with smart goal-setting. You only get one crack at this life – make the best of it.

Happy New Year!

Around the Center



NCBC families came out for a festive Breakfast with Santa at "The Grill," Dec. 17. After a free pancake breakfast, children lined up for a photo op with Santa and to receive gifts. The breakfast was organized by Balfour Beatty Communities (BBC) Lifeworks Coordinator Addie Bingham when BBC partnered with Operation Homefront on the event. After collecting toys from drop boxes on the Gulf Coast, Bingham relied on volunteers to sort through more than 10,000 gifts. So many toys were collected that they were distributed at multiple holiday events, including the MWR Tree Lighting, Nickle Creek and North Point Preserve housing and the NCBC Angel Tree program. (U.S. Navy photo by Builder 3rd Class Cassie Secher/Released)



Santa Claus, played by Justin Bennett, a local construction worker, delivers gifts to a family in need as part of the "Can Do Christmas." Now in its sixth year, the charity has helped more than 30 families with Christmas gifts and holiday meals. (U.S. Navy photo by Chief Mass Communication Specialist Ryan Wilber/Released)

Seabees help families with 'Can Do Christmas'

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

With Santa in tow, the sixth annual "Can Do Christmas" was successfully completed after wrapped gifts were delivered to two local families in need on Christmas Eve.

Each year the families are selected based on need by a local organization. This year the families were members of and selected by the Veterans of Foreign Wars.

More than \$1,000 in cash donations from a chili and jambalaya cook-off held on board Naval Construction Battalion Center Gulfport, as well as donations from the Gulf Coast First Class Petty Officers' Association, Chief Petty Officers' Association and ABC Pawn Shop of Long Beach provided a memorable Christmas for two families.

Chief Utilitiesman Dan Clowser, currently assigned to 20th Seabee Readiness Group (SRG), Contingency Construction Crew Training, said he likes keeping the charity on a personal level. After speaking to the parents, gifts are selected based on age and gender, and of course, wish list.

"We like to keep it small," said Clowser. "It's a personal experi-

ence tailored to each individual family."

The look of joy on the faces of the family members was evident as Clowser and Santa, played by Justin Bennett, a local construction worker, delivered gifts to their home. There was no mistaking that the act of kindness made a difference to both kids and parents this Christmas.

"We appreciate this more than you can ever know," said one grandmother with tears in her eyes.

Clowser initiated the charity in 2006 when he was part of a stateside detachment, Whidbey Island. He said he was motivated to start the "Can Do Christmas" after personally experiencing hardship as a child and remembering someone from his church bringing gifts to his house.

The two volunteers expressed their desire to be able to help more families, but said they were happy to be able to help as much as they could and thankful for everyone who donated.

"I love [volunteering]. It makes me feel good. We're a blessed family. We have things, and to be able to help someone who doesn't have anything is a good feeling," said Bennett.

Mrs. Glenda Price, supervisor supply systems analyst, assigned to Naval Construction Battalion Center, Supply Dept., retired after completing nearly 26 years of government service. Santa presents Price with one of her service awards at the Dec. 14 ceremony. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Capt. Rick Burgess, left, commanding officer, Naval Construction Battalion Center (NCBC) and Julie Herring, far right, NCBC Navy Exchange general manager, present the Newton family of Biloxi with a \$1,000 Gift Card on board NCBC. The Newton's won the card as part of the NEX 65th Anniversary Sweepstakes celebration. From Oct. 3 - Nov. 7, NEX customers were able to sign up for a chance to win shopping sprees by filling out entry forms. (U.S. Navy photo by Builder 3rd Class Cassie Secher/Released)



Naval Construction Battalion Center (NCBC) Executive Officer Capt. (Sel) Stan Wiles presents Edgar "Ed" Hathaway, NCBC, chief detective, with a certificate of appreciation during his retirement ceremony held at the Fire Station on board NCBC, Dec. 28. Ed, a former Marine and Vietnam War Veteran retired after 20 years serving in Department of Defense law enforcement. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Transition Navy COOL offers opportunities for Sailors

Benefits: Some separating Sailors may still use commissary

By Navy Personnel Command
Public Affairs

Some Sailors involuntarily separated from active duty may retain commissary and exchange privileges during their transition from the Navy, officials said Dec. 15.

According to the National Defense Authorization Act for fiscal year 2008, any member of the Armed Forces involuntarily separated under other than adverse conditions from active duty through Dec. 31, 2012 may continue to use commissary and exchange privileges for a two-year period beginning on the date of the member's involuntary separation, said Kathy Wardlaw, director, Navy Personnel Command, records management and benefits division.

This means Sailors separated from the Navy due to the Enlisted Retention Board, and some Perform to Serve separations may qualify for this benefit.

The Navy will forward separating Sailors' information to the Defense Eligibility Enrollment System (DEERS) for issuance of a Uniformed Services Identification and Privilege Card for eligible former active duty and selected Reserve Sailors.

Former Sailors can visit the Defense Commissary Agency website at

<https://www.commissaries.com/> and use the locator to find the nearest location. The card will also allow them access to Navy Exchange, Army and Air Force Exchange Service, Marine Corps Exchange and Coast Guard Exchange facilities.

Eligible veterans may obtain their Uniformed Services Identification and Privilege Card at any ID-card site. They must present their DD-214 and two forms of identification.

For questions concerning eligi-

By Naval Education and Training Public Affairs

Naval administration message (NAVADMIN) 396/11 released Dec. 22 provides important information on credentialing opportunities available through Navy Credentialing Opportunities Online (COOL) for those selected for separation under FY-12 quota-based Enlisted Retention Board (ERB).

Navy COOL is a centralized, Web-based hub that consolidates information from numerous sources at the federal, state and local levels on certifications, licenses, apprenticeships and growth opportunities that correspond with each Navy rating, job and occupation. Navy COOL also provides funding for Navy enlisted personnel to obtain these civilian licenses and certifications.

The message describes how Sailors identified for separation may apply for a waiver from the Navy COOL requirement to have a minimum one year remaining on their enlistment to apply for funding toward commercial certification and/or licensure exams found on the Navy COOL website, <https://www.cool.navy.mil>.

"Though it isn't the purpose of the Navy's credentialing program to be used solely as a component of transition, earning an industry-recognized certification or license may provide a key factor toward a successful transition from Sailor to civilian employee," said Keith Boring, program manager, U.S. Navy Credentialing Program Office.

To be eligible for credentialing, enlisted Sailors must meet one of the following eligibility requirements: they must be in the appropriate rating or occupation to which the credential is mapped; be currently working in, or have been assigned to a position to which the credential is mapped; or have prior documented experience in a position to which the credential is mapped for credentials outside of their specific rating, and the credential has relevance or applicability to the current or future needs of the command or the Navy Reserve.

Eligibility for Sailor credentials must be validated and approved by their commanding officer or command-designated approving official. Additionally, before authorizing the

request commands must also certify that Sailors have passed their most recent advancement exam, and passed or been medically waived from their most recent physical fitness assessment. The Sailor must not have received any non-judicial or courts-martial punishment within the past six months, and they must be selected for separation under FY-12 quota-based ERB.

Sailors must be able to complete all certification requirements no less than 60 calendar days prior to separation from the Navy. Personnel must also satisfy credentialing agency eligibility requirements for the certification/licensure being sought prior to requesting exam funding.

If a service member decides to withdraw the request for exam funding or is unable to complete the Navy-funded credentialing exam prior to 60 calendar days from separating from the Navy, they are required to return any voucher not used and provide correspondence from their commanding officer confirming withdrawal for military or emergency reasons.

Sailors must also provide



pass and fail results to Navy's credentialing program office within 30 calendar days of notification of exam results from the credentialing agency.

Service members affiliated with the Navy Reserve will remain eligible for continued Navy-funded credentialing exams.

"Navy COOL operates one of the most valuable ancillary programs for Sailors. It is the most organized and painless program I've used in my 23 years of naval service. Once approved, I wasn't sent a generic list of instructions; rather it was specifically tailored to the program I was applying for. It's obvious that Navy COOL maintains contact with the programs they

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Fair Winds and Following Seas



Naval Construction Battalion Center (NCBC) Commanding Officer/Commander, 20th Seabee Readiness Group (SRG) Capt. Rick Burgess presents Command Master Chief Sean Libby with a retirement certificate during a ceremony held at the Training Hall on board NCBC, Jan. 5. After 30 years of faithful service, Command Master Chief Libby retired from service in the U.S. Navy Seabees. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Personal firearms are **PROHIBITED** on the installation

AD SPACE

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NMCB 74 conduct third CPX/Embark Training Exercise

By MC2 Michael Lindsey
NMCB 74 Public Affairs

The Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 completed their third Command Post Exercise (CPX) and Embark Training Exercise (ETX) on board the Naval Construction Battalion Center (NCBC), Dec. 5 - 9.

The exercises provided an opportunity to train a battalion how to successfully plan, coordinate, and exercise command and control over operations before and during mission execution. Lt. Cmdr. Jonathan Neiman, NMCB 74 Operations Officer, says the battalion takes a crawl, walk, run approach to the training evolution.

"Our specific goals for the CPXs were to develop our command, control and communication skills through a series of increasingly complex training evolutions and to exercise our small unit leaders during both the preparation for and execution of a CPX," said Neiman. "The specific

goals for ETX were to fully exercise the capabilities of the battalion's Embarkation Organization and hone the battalion's embarkation skills for the upcoming battalion Field Exercise and deployment."

NMCB 74 spent the week setting up tents, wiring up generators and establishing communications with each Company Command Post, and conducting contingency drills to exercise their response procedures.

In the early stages of the exercise, the battalion exercised camp construction skills. Construction Electrician 1st Class Chivas Matthews, lead electrician for the CPX, said the exercise was very effective as a training tool for the battalion.

"Everything that happens right here, right now, happens in the field, so all the mistakes that we make, and the learning experiences we get from it prepare us for the future," said Matthews. "Just since CPX 1 we have realized that the more

See CPX page 26



Builder 3rd Class Daniel Reckers, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74, updates the status board inside the Mount Out Control Center tent tracking each piece of Civil Engineer Support Equipment and its current status within the mount out process on board Naval Construction Battalion Center (NCBC). NMCB 74 is in homeport for training conducting Command Post and Embark Training Exercises to increase mission readiness via a simulated 48-hour mount-out of personnel, equipment, and supplies. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

NMCB 133 cares about CASA kids

Religious Program Specialist Seaman Jacob Valle from Naval Mobile Construction Battalion (NMCB) 133 is surrounded by gifts donated to the Harrison County Court Appointed Special Advocates (CASA) program. NMCB 133 provided 49 gifts to 26 kids currently residing in a local shelter during the holiday season. (U.S. Navy photo by Religious Program Specialist 2nd Class Kirk Cogswell/Released)



Seabees refurbish kindergarten in El Salvador

By Lt. Matthew Comer
High Speed Vessel-Southern
Partnership Station 2012
Public Affairs

Escuela de Educacion "Maria Luisa Marcia" honored U.S. Naval Mobile Construction Battalion (NMCB) 23 Seabees embarked aboard High Speed Vessel (HSV 2) Swift with a celebration ceremony Dec. 20.

The ceremony demonstrated appreciation for the completion of a seven-day construction project as part of HSV-Southern Partnership Station 2012 (HSV-SPS 12).

"The work the Seabees have done will improve the morale of the school," said Elba Martinez, the school's vice principal. "It will encourage the students and teachers to work harder because they will be proud of their school."

Project manager Utilitiesman 1st Class Bruce Nisbet led this project. The team of Seabees completed minor electrical and roofing repairs, refurbished the plumbing system around the school grounds and poured several pads of concrete.

"It's great to be here, helping local communities," said Nisbet. "Working with schools really reaches to the heart of the community and impacts several generations of children and parents."



Sailors assigned to Navy Mobile Construction Battalion (NMCB) 23, embarked aboard High Speed Vessel (HSV 2) Swift, apply aluminum panels to the roof of an open classroom and pavilion being built at Centro Escolar Elementary School. NMCB-23 is supporting Southern Partnership Station 2012, an annual deployment of U. S. naval assets in the U.S. Southern Command area of responsibility. (U.S. Army photo by Spc. Jennifer Grier/Released)

The team also made repairs to the school playground. The Seabees rebuilt a ladder to the playhouse, reinforced the slide and secured several loose handholds on a climbing wall. "Playgrounds are part of the kindergarten experience," said Equipment Operator 2nd Class Tyrif Wells. "As soon as we finished working on the structure, kids were swinging on

the swings and sliding down the slide."

The Seabee project will affect more than 700 students attending the kindergarten. The students are between four and six years old and spend two years at the school before progressing.

This project was the third Seabee project in El Salvador, where U.S. Seabees have been

working closely with Salvadoran service members who specialize in construction.

The construction project is one event during the three-week HSV-SPS 12 partnership with El Salvador. Service members from each of the armed services are working with the host nation partners, exchanging information regarding medical and veteri-

nary practices, small unit leadership, and port security.

Southern Partnership Station is an annual deployment of U.S. ships to the U.S. Southern Command (USSOUTHCOM) area of responsibility in the Caribbean, Central and South America. The mission's primary goal is information sharing with partner nation service members and civilians in the region.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports USSOUTHCOM joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

For more information, please contact COMUSNAVSO/C4F Public Affairs by email at comusnavso-c4f_mypt_pao@navy.mil, visit www.public.navy.mil/comusnavso-c4f, or on Facebook at www.facebook.com/NAV-SOUS4THFLT.

January 12, 2012

Seabee Courier

NMCB 74 'Bees continue Texas boat ramp project

By MC2 Michael Lindsey
NMCB 74 Public Affairs

On Jan. 4, 15 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 once again said goodbye to their friends and families and departed their homeport of Gulfport, for Naval Air Station (NAS) Corpus Christi, Texas to continue their mission reconstructing a boat ramp for the base Marina.

The new boat ramp will provide base response teams, tenant boat units, and MWR patrons a safe and accessible means to launch their boats right from the base. The ramp will also help speed up the base Emergency Response Team's ability to respond to water hazards of all types.

The Seabee Det. began construction on the project Nov. 15, but returned to NCBC Gulfport mid

November to be home for the holidays. NMCB 74's operations officer, Lt. Cmdr. Jonathan Nieman, said it was important that all the Fearless 'Bees were back "home" in Gulfport for both Thanksgiving and the holiday stand down.

"Given the deployable nature for many of these homeport projects and the fact that many Seabees in NMCB 74 have been deployed during the holiday season for the past three years, it was important to us that all FEARLESS 'bees were back 'home' in Gulfport for both Thanksgiving and the holiday stand down," said Nieman. "Some will return immediately after New Years, while other homeport details will not deploy until after our Field Exercise this winter/spring."

Nieman said that the homeport Dets like the one de-

ployed to NAS Corpus Christi are good sources of hands-on training to enhance skills before the battalion's upcoming PACOM deployment later this year. The ramp project is scheduled to be completed by May 2012.



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January 12, 2012

Seabee Courier

**Wanted:
UCT Seabee
Divers!!!**



Underwater Construction Team ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change. Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment. Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; EA2 Potamitis at marios.potamitis@navy.mil; or visit www.facebook.com/seabee.diver for more information

Change to NCBC Gate Hours of Operation . . . Due to limited resources, NCBC gate hours of operations are now: Pass Road, 24/7; Broad Ave, Monday – Friday, 5 a.m. – 9 p.m., Saturday – Sunday and Federal Holidays, 9 a.m. – 5 p.m. (NEW); 28th Street, Monday – Friday: 5 a.m. – 5 p.m., Inbound/Outbound, 5 – 7 p.m., Outbound Only, Closed weekends and Federal Holidays; Commission Road, Monday – Friday, 5:30 – 8:30 a.m., and 2:30 – 5:30 p.m. (NEW), Closed weekends and Federal Holidays.

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Buzz on the Street



By UTCN Daneia Johnson

What is your New Year's resolution?



"To be more prosperous in everything I do this year."

Scyvonda Bradshaw
Navy Gateway Inn and Suites
Hometown: Gulfport, Miss.



"I'll be a first-time dad this year, so my resolution is to become a better man and be the best father I can be."

BUCN Joseph Lowe
NMCB 7
Hometown: New Orleans, La.



"To earn another degree and open a mobile catering service."

Raynita Garner
Navy Gateway Inn and Suites
Hometown: Mobile, Ala.

NCBC FRAMES

Equipment Operator
1st Class (SCW)
James R. Baggott, CBC

By BU3 (SCW) Cassie Secher, NCBC PAO

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

EO1: I had the opportunity to visit the Pyramids in Egypt and Jerusalem, Israel on my first MED cruise which was really exciting. Also, on active duty I represented the base team at NAVSTA Puerto Rico to compete in the Champs ASA slow pitch softball tournament in Atlanta, Ga.

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

EO1: My family and faith motivate me. In addition, seeing my oldest daughter persevere, overcome obstacles and graduate college motivated me to go back to college and finish my Associate of Arts Degree under the Reserve GI-Bill.



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

EO1: Always strive to do your best and inspire others to do the same; furthermore, challenge yourself and others around you. Familiarize yourself with the myriad of Navy in-

structions and pass the knowledge on to the junior troops.

FF: What is your favorite thing about working with the Seabees?

EO1: They are highly skilled professionals who do remarkable things around the

world. In addition, I enjoy the camaraderie and teamwork the Seabees display on a daily basis.

FF: Who was your most influential mentor during your career, and why?
EO1: ITCM (SW) Myers on board USS San Jac-

into (CG-56), who told me his secret to success was to, "Look at each day as a new opportunity to do your best." Set high standards and surround yourself with people who share your passion for doing their best."

Health Watch

Why do I need a PHA?

By HMC(FMF) Richard Engle NBHC

The Periodic Health Assessment, more commonly known as a PHA, is an annual review of a service member's dental status, vaccination needs, and lab work as necessary to ensure the member's physical readiness. PHAs are due annually on the anniversary of the service member's birth month.

Without a current PHA, service members cannot be considered "Fully Medically Ready," affecting their ability to reenlist, deploy, transfer, or participate in the Physical Fitness Assessment. It is important, therefore, that each Navy service member regularly monitor his or her own Individual Medical Readiness (IMR) status on <http://www.bol.navy.mil>.

The Naval Branch Health Clinic's Deployment Health Department handles all PHA's and can usually schedule the visit within one

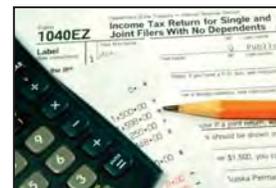


week. POC for scheduling a PHA is Ms. Rebecca Griffin at 822-5717, or Ms. Debbie Richardson at 822-5714.

If you know that your PHA is overdue, or you have a birthday coming soon, please call now to schedule an appointment!

VITA Opens

The Volunteer Income Tax Assistance (VITA) center is now open for business. Located in building 30, room 161, the center is open Monday - Friday, 8 a.m. to 4 p.m. Serving active duty, retirees and their family members, tax assistance is available by appointment only. To schedule an appointment with a trained volunteer, call 228-871-2626.



NCBC Gospel Sound Choir Competition 2012

Gospel Choirs interested in bringing joy to the Seabee community are invited to share their musical talents at the NCBC Gospel Sound Choir Competition 2012. The event will be held Saturday, Feb. 18 from 4 to 6 p.m. at the Training Hall. Registration forms (\$50 per choir) and tickets (\$2) are available at the Seabee Memorial Chapel. Proceeds from the event will be donated toward the establishment of an installation memorial for the fallen. For more information, you may contact RP2 De'Angelo Wynn at 228-871-2454 or Cmdr. Ruth Goldberg at 228-871-3504.



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

AD SPACE

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Security Note:

Piggybacking: Webster's II defines Piggybacking as: "To cause to be aligned with something, as an issue, that is larger or more information. To function as if carried on the back of another."

In the realm of computer security, piggybacking is: "Gaining access to a restricted communications channel by using the session another user already established." Piggybacking is commonly referred to when people follow someone who has already opened a door with their badge and PIN into a secured space. It is as common today as it has ever been.

All personnel are reminded:

1. Know who is behind you when entering buildings and check for proper identification if being followed.
2. Secure doors behind you to prevent unauthorized access.

Practice OPSEC!

AD SPACE

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Chapel Offerings:

Women's Bible Study takes place Wednesdays from 10 to 11 a.m.

LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry – As the holidays have come and gone, so has the Seabee Pantry food stock. Donations are now being accepted. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

Drummer needed – The Chapel is in need of a drummer for the Protestant Service Worship Team.

NCBC Gospel Sound Choir Competition 2012 - Gospel Choirs interested in bringing joy to the Seabee community are invited to share their musical talents at the NCBC Gospel Sound Choir Competition 2012. The event will be held Saturday, Feb. 18 from 4 to 6 p.m. at the Training Hall. Registration forms



(\$50 per choir) and tickets (\$2) are available at the Seabee Memorial Chapel. Proceeds from the event will be donated toward the establishment of an installation memorial for the fallen.

Contact the Chapel at 228-871-2454 for more information.

From **RISKS** page 2

The bottom line that Sailors need to understand that there are enormous consequences to using these synthetic drugs – and that they go beyond legal, disciplinary, or career

consequences. It is important for Sailors to know the risks they take when putting these chemicals in their bodies, and the potentially disastrous long-term effects it may have on their lives.

Area Off-Limit Locations . . .

Biloxi: Boulevard Night Club, Blue Note Lounge, Henry Beck Park, YaYa's;

Gulfport: Bunk Small Apartments, Herbal Alternatives; **D'Iberville:** Guitars and Cadillacs; **Moss Point:** Tony's Lounge; **Ocean Springs:** Pugs;

Pascagoula: Carver Village, Bunksmall Apartments, H&H Hideaway.

Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board.

AD SPACE

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NCBC Helping Hands Volunteer Opportunities

Harrison County Youth Court is looking for volunteers to make a difference in the life of a child. There are two ways to help - become a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achievements in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 for more information.

Gulf Coast Women's Center for Nonviolence is opening a domestic violence shelter in Pascagoula to provide a safe place for women and children from Jackson and George counties. The following "wish list" items are needed by the adults and children residing in the shelter: Cleaning supplies, over the counter medications such as ibuprofen, acetaminophen, allergy, cold, indigestion for children and adults, Band-Aids, rubbing alcohol, peroxide, ointment, toiletry items (shampoo, conditioner, deodorant, toothpaste, brushes, body wash, soap) toilet paper, paper towels, diapers, wipes, Kleenex, bath towels, sheets, blankets and pillows. Phone 228-205-4502 for more information.

Sqwish Squash Challenges is looking for volunteers to serve as motivators during the Braveheart Challenge, Jan. 28, the Blazing Mud challenge Jan. 28 and the SEAL Tough Challenge Feb. 4 in Andalusia, Ala. A large percentage of proceeds go to Wounded Warriors. If you are interested in volunteering or taking part in any of the events, visit the website at <http://www.sqwishsquashchallenges.com>.

AD SPACE

AD SPACE

AD SPACE

FOCUS on EDUCATION

Successful Education Partnership



Sailors assigned to Naval Branch Health Clinic (NBHC) on board Naval Construction Battalion Center (NCBC) parade the Colors while children of Pineville Elementary School sing the National Anthem during Pineville's Christmas Program, Dec. 16. NBHC is partners with the school as part of the Partnership in Education program. PIE is a collaboration between the two organizations dedicated to the advancement of the school and students. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



Sailors attached to Naval Branch Health Clinic (NBHC) on board Naval Construction Battalion Center (NCBC) prepare to judge the posters of students that attend Pineville Elementary during their Reading Fair, Dec. 7. The fair, which is designed to enhance and encourage reading at all grade levels is one of the many shared activities between the school and the NBHC. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

January 12, 2012

Seabee Courier

15

Scholarships, contests for military families

ASYMCA Essay Contest . . . The Armed Services YMCA (ASYMCA) is hosting the 2012 "My Military Hero" essay contest for children of all Active Duty, Reserve, Retired or National Guard families in grades 1 -12. First and second place winners in each grade will be awarded savings bonds. All entries must be postmarked by March 16. Contest rules and important information on the contest is available at: http://www.asymca.org/wp-content/uploads/2011/10/2012_Essay_Flyer_4.pdf

NASA Space Camp . . . The Military Child Education Coalition is now accepting applications for the Bernard Curtis Brown II Memorial Space Camp Scholarship for military children. The scholarship covers full tuition, transportation, meals, lodging and program materials to NASA Space Camp. Deadline for submission is March 10. More information on the scholarship is available at <http://www.militarychild.org/child-student/space-camp-scholarship/>

NCBC School Liaison Officer

**MWR,
Building 352
1706
Bainbridge Ave.
NCBC
228-871-2117
email:
kevin.r.byrd
@navy.mil**

E7 Exam . . .

Cycle 214 E7 Navy Wide Advancement Exam will be held Jan. 19 at the old gym. Candidates should assemble outside of the building. The doors will open at 6:30 a.m. Candidates must be in the uniform of the day and have their military ID card in their possession. Candidates should not bring watches, cell phones, PDA's or other electronic devices into the exam site.

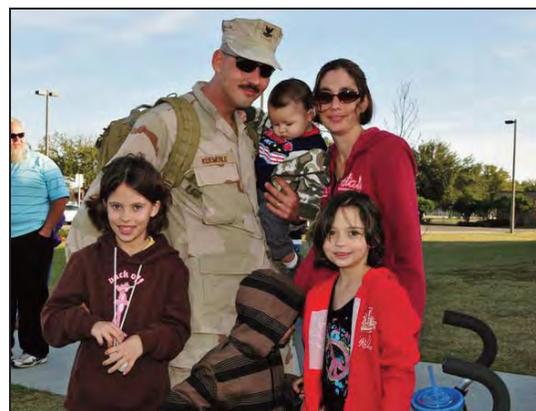
Civilian Workforce Development

Human Resources Service Center, Southeast is sponsoring the following computer courses: **Introduction to Excel**, Feb. 27; **Introduction to Access**, Feb. 28 and **Introduction to PowerPoint**, Feb. 29. Registration deadline for all three is Feb. 1. **Effective Cross-Generational Communication**, March 26, registration deadline is March 5. **Communication Skills for Managers and Supervisors**, April 17 - 18, registration deadline is March 19. Please contact Luce Galster at 228-871-2641 or email lucy.galster@navy.mil for more information.

Two flights bring NMCB 1 Seabees home for New Year . . . last flight expected soon



U.S. Navy photos by Chief Mass Communication Specialist Ryan Wilber and Morgan Over, NCBC Public Affairs





Sailors assigned to the PCU San Diego (LPD 22) out of Pascagoula took first place honors in the inaugural Armed Forces Retirement Home Benefit Softball tournament held in conjunction with Veterans Day on board Keesler Air Force Nov. 19. A portion of the proceeds from the event will go towards the purchase a new bell stand for the "pre Katrina" bell used at memorials and ceremonies at the AFRH. (U.S. Navy photo/Released)



Equipment Operator 1st Class James Baggott, assigned to Naval Mobile Processing Site (NMPS) Gulfport, presents Armed Forces Retirement Home (AFRH) Resident Advisory Council Chairman Bill Parker with a check for \$1,350 obtained from AFRH benefit softball tournament proceeds. (U.S. Navy photo/Released)

NMPS 'Bee organizes AFRH benefit softball tournament

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

The inaugural Armed Forces Retirement Home (AFRH) benefit softball tournament was held on board Keesler Air Force Base, Nov. 19. Teams from as far away as New Orleans, La., came together for the opportunity to play for a good cause.

Team PCU San Diego (LPD 22) out of Pascagoula, was the overall winner.

Equipment Operator 1st Class James Baggott, assigned to Naval Mobilization Processing Site (NMPS) Gulfport coordinated the event. Baggott, who has organized other charity softball events at previous commands, was able to get eight teams for the one-day event.

Each team paid a \$175 entry fee to play in the double elimination tournament. Along with the entry fee, t-shirts were made and food was sold during the games to raise money.

A \$1,350 check was presented to AFRH Resident Advisory Council Chairman and U.S. Air Force Chief Master Sgt. (Ret.), Bill Parker, in a small ceremony.

"That was fantastic. We had about four or five things we really needed and in came Petty Officer Baggott with a check, and that check just fell right in perfectly. Everyone was very appreciative, even gave a standing ovation," said Parker.

A long-time baseball and softball player, Baggott said he thought everyone had a fun day doing something they enjoy, and that was for the benefit of military veterans.

"I believe the [participants] motivation was that they knew it was for a good cause, assisting our veterans here at the retirement home. They got to raise money for a good cause, and plus they love softball," said Baggott.

Baggott said he plans on continuing the tournament next year and "passing the coordinator baton" on when he is demobilized. He also wants to keep it during the same time of year to coincide with Veteran's Day, as well as the good Mississippi weather.

"Thank you to all the teams that participated, that wanted to come out for a good cause and enjoy playing softball, and to all the people that helped get the word out," said Baggott. "There was a lot involved, but the payoff was definitely worth the effort."

NCTC, AFRH residents cheer Navy to victory in big game

By BUCN Heather Holcomb
NCTC Gulfport

The Armed Forces Retirement Home (AFRH) welcomed Naval Construction Training Center (NCTC) staff and students to watch the Army/Navy football game with the Veterans, Dec. 10.

The event was organized by Master

Chief Ron Kartz, AFRH Ombudsman, and the food, beverages and entertainment was supplied by the retirement home.

A lot of Navy pride was displayed at this event; some Navy staff and students decided to do seven "honor, courage, commitment" pushups with every touchdown

Navy scored, along with one very motivated 85 year old retired Army resident who showed his team support by doing some pushups himself.

A retired Marine resident dubbed Lt. Cmdr. Terry Knapp, NCTC's executive officer, the "Big Kahuna" for displaying his team spirit with his light up glasses and painted face while handing out beaded necklaces to elderly ladies in Navy attire.

In honor of the final score - Navy: 27, Army: 21; Navy fans stood proudly to recite the Sailor's Creed.

Recruit Military Hiring Fair . . .

Feb. 2, 11 a.m. - 3 p.m.

Mercedes-Benz Superdome, New Orleans, La.

A hiring fair, for Veterans and military spouses. Additional information available at <https://events.recruitmilitary.com/events/new-oreleans-opportunity-expo-february-2-2012>

Election Year 2012: Information to keep you in the know



Rules restrict political activity by DOD personnel

By Donna Miles
American Forces Press Service

With election activity steadily picking up, defense officials are in the process of issuing regular election-year guidance to remind military and Defense Department civilians that they're subject to rules regulating their involvement in political activities.

This issue — one the department regularly addresses during election periods — came to light earlier this week after an Army Reserve soldier in uniform appeared endorsing a political candidate.

Several sets of rules help to protect the integrity of the political process, DOD officials said. DOD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a nonfederal status, and military retirees.

In addition, the Hatch Act applies to federal civilian employees, and employees also are subject to widely published DOD guidance that discusses participation in political campaigns and elections.

These rules are designed to prevent military members' or federal civilian employees' participation in political activities that imply — or even appear to imply — official sponsorship, approval or endorsement, officials said. The concern, they explained, is that actual or perceived partisanship could undermine the legitimacy of the military profession and department.

That's not to imply, however, that military members and civilian employees can't participate in politics. In fact, DOD has a longstanding policy of encouraging members to carry out the obligations of citizenship, officials said. DOD encourages its military and civilian members to register to vote and vote as they choose, they said. Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues.

However, officials emphasized, they can do so only if they don't act as — or aren't perceived as — representatives of the armed forces in carrying out these activities.

Beyond that, the list of dos and don'ts differs depending on whether the employee is a mem-

ber of the armed forces, a career civil service employee, a political appointee or a member of the career Senior Executive Service, officials said.

Military members, for example, may attend political meetings or rallies only as spectators and not in uniform. They're not permitted to make public political speeches, serve in any official capacity in partisan groups or participate in partisan political campaigns or conventions.

They also are barred from engaging in any political activities while in uniform.

A combat engineer assigned to the 416th Theater Engineer Company potentially violated these rules Jan. 3 when he stepped onto a stage at Ron Paul's headquarters in Ankeny, Iowa, during the Iowa Caucus to offer a personal endorsement. Although he was wearing his uniform, the soldier was not in an active status at the time, Army Maj. Angela Wallace, an Army Reserve spokeswoman, confirmed.

Wallace emphasized that the soldier "stands alone in his opinions regarding his political affiliation and beliefs, and his statements and beliefs in no way reflect that of the Army Re-

serve." His chain of command is aware of the issue and is considering appropriate disciplinary action to take, she said.

Most civilian DOD employees, whose political activities are governed by the Hatch Act, are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups, officials said. These activities, however, cannot involve fundraising.

Civilian employees also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

There are, however, exceptions to this, including but not limited to Senior Executive Service.

While the dos and don'ts concerning political activity may vary, the basic tenets hold true for all DOD employees.

The bottom line, officials said, is that they should steer clear of any activity that may be reasonably viewed as directly or indirectly associating DOD or the military with a partisan political activity, or that "is otherwise contrary to the spirit or intent" of the rules described.

Federal Voting Assistance Program

By Morgan Over
Contributing Writer

The Department of Defense is making it easy for you to ensure your vote is heard. The Federal Voting Assistance Program (FVAP) is designed to assist all service members, family members and citizens living outside the United States cast a ballot for their candidate of choice.

To get started, log on to: <http://www.fvap.gov/> to register to vote or to request an absentee ballot.

Service members can also seek out their Voting Assistance Officer (VAO). According to Chief Legalman (SW/AW) Tracey Mitchell, voting officer for Regional Legal Service Office service members can contact their command legal representative to identify their VAO.

Mitchell said the VAO can help ensure the service member is registered to vote and also request absentee ballots. With the assistance of the FVAP, service members can also apply on line.

"Don't be a silent Seabee. Vote," encouraged Mitchell.

State election websites

Specific information on candidates, elections, contact information and links to local election offices is available at your state election website. Find State websites at the FVAP web portal: <http://www.fvap.gov/reference/links.html>.

Upcoming primary information

Register and request your ballot for upcoming primaries. Voters from these States should visit the FVAP.gov web portal to register and request their absentee ballot for the February, March, and April 2012 Presidential Prefer-

ence Primaries (P) and State Primaries (S) listed:
February Primaries (30-Day Notice):
Missouri (P): February 7
Arizona (P): February 28
Michigan (P): February 28
March Primaries: (60-Day Notice):
Georgia (P): March 6
Massachusetts (P): March 6
Ohio (P,S): March 6
Oklahoma (P): March 6
Tennessee (P): March 6

Vermont (P): March 6
Virginia (P): March 6
Alabama (P,S): March 13
Mississippi (P,S): March 13
Illinois (P,S): March 20
Louisiana (P,S): March 24
April Primaries: (90-Day Notice):
District of Columbia (P,S): April 3
Maryland (P,S): April 3
Texas (P,S): April 3 (This is a change, the election was originally scheduled March 6)

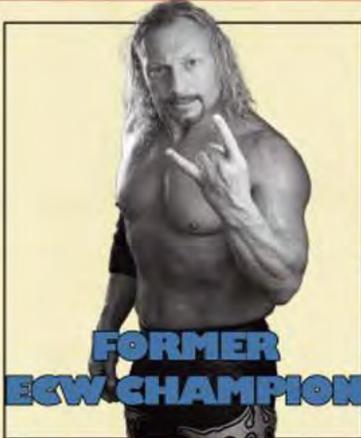
Wisconsin (P): April 3
Alabama (Primary Runoff): April 24
Connecticut (P): April 24
Delaware (P): April 24
New York (P): April 24
Pennsylvania (P,S): April 24
Rhode Island (P): April 24

It may not be too late to participate in the NH, SC, and FL January primaries. View the calendar at the FVAP.gov for more information.

★ NEW YEARS ★

MILITARY PROFESSIONAL WRESTLING
PRESENTS

★ SALUTE ★



MAIN EVENT
★ ★ ★
**JERRY
LYNN**
— VS —
**WORDELL
WALKER**



WOMEN'S ACTION
CLAUDIA DEL SOLIS VS FORMER WWE WOMEN'S CHAMPION JAZZ

TAG TEAM COLLISION
ROUGH & READY VS THE OFFICIAL EXPRESS

WWE'S PAUL BEARER

FORMER WWE STAR RODNEY WACK

PRO WRESTLING NOAH'S STEVE ANTHONY

MTV'S WSX STAR LUKE HAWX



FREE+FREE FREE+FREE
FRIDAY, JANUARY 27, 2012

NCBC GULFPORT, MS • OLD FITNESS CENTER (BUILDING 36D)

★ DOORS OPEN: 6PM / BELL TIME: 7PM ★

CONTACT-NICOLE LEWIS: 228-871-4010 • WWW.MPWINFO.COM

★ OPEN TO ALL CBC PERSONNEL ★



— ALSO APPEARING —
"MODERN DAY HERO" KEVIN DOUGLAS, JOE HANE, SOCORRO, BLAKE WILDER
HANDSOME HARPER, ERIK C JONES, "ONE MAN" MIKE BELL, NATHAN CROWN

CARD SUBJECT TO CHANGE

AD SPACE

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From COOL page 4

support," said Senior Chief Explosive Ordnance Disposal Technician Brett Wallace who recently became certified in Anti-Terrorism and Homeland Security. "Getting my certificate in the mail was better than getting a \$500 bonus for the month, the cost of the certificate program, because I'm more competitive for advancement within the Navy and better poised for civilian employment when I retire."

The certification and licensure exam voucher request form may be downloaded from Navy COOL website, <https://www.cool.navy.mil> and submitted electronically through email to navycool@navy.mil, or faxed (850) 452-6897.

For more information about Navy credentialing opportunities visit

<https://www.cool.navy.mil>

For more details on the ERB exemption, review NAVAD-MIN 396/11.

Safety Reminder:

Motorcycle Safety Training is mandatory for all Sailors who ride motorcycles. Sign up on line at: <http://www.navymotorcyclerrider.com> or call NCBC Safety at (228) 871-4343 if you have questions.

In order to improve the skills and knowledge of motorcyclists, it's **mandatory for all Sailors** who are motorcycle riders to attend motorcycle safety training courses. Courses are available at no cost. There are three types of courses:

Basic Rider Course (BRC): A two day course required for all military who ride motorcycles. Then depending on the type of motorcycle owned the next class is either:

Experienced Rider Course (ERC): A one day course for standard cruiser or touring motorcycle greater than 500cc. Must complete no later than three years following BRC.

Military Sport Bike Rider Course (MSRC): A one day course required for all sport/touring bike riders. Must complete no later than 60 days following BRC.

AD SPACE

Smart Money Tip courtesy of Navy-Marine Corps Relief Society



Make a resolution to not pay any overdraft fees in 2012 and SAVE!
Before you swipe your debit card:

- ~ Sign up for text banking so you can check your balance.
- ~ Download bank account apps to your smart phone and again, check your balance.
- ~ Save a modest amount of money so that you have a buffer in your account.
- ~ Call your Navy-Marine Corps Relief Society (NMCRS) Gulfport office today, 228-871-2610, to make an appointment to develop your 2012 spending plan or budget.

Visit www.nmcrs.org to learn more about NMCRS programs.

Buckle up for Safety
Every time!

AD SPACE

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AD SPACE



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

AD SPACE

AD SPACE

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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, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Child care is provided during deployment. Please contact the FRG at nmcb7frg@gmail.com for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families and friends of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month at the MWR Youth Activities Center, building 335 off Bainbridge Ave., behind the Grinder on base. Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at <http://nmcb74frg.zymichost.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 site at <http://www.orgsites.com/~ms/nmcb133fsg>

Gulfport Officer's Spouse Club

The Gulfport 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 noscsgulfport@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 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 1, 2nd floor conference room. For more information, contact AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta@navy.mil, or Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com.

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.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.was-son@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil.

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. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member 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 first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday-Friday, 10 a.m. to 4 p.m., and Saturdays from 11 a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more information.

Movie Schedule

Friday, Jan. 13 - Moneyball rated PG13 at 6 p.m. and The Help rated PG13 at 8:30 p.m.

Saturday, Jan. 14 - Dolphin Tale rated PG at 1 p.m., The Big Year rated PG at 3:30 p.m., and What's Your Number rated R at 6 p.m.

Sunday, Jan. 15 - Footloose rated PG13 at 1 p.m., Shark Night rated PG13 at 3:30 p.m., and What's Your Number rated R at 6 p.m.

Monday, Jan. 16 - Dolphin Tale rated PG at 11 a.m., Footloose rated PG13 at 1:30 p.m., I Don't Know How She Does It rated PG13 at 4 p.m., and Paranormal Activity 3 rated R at 6:30 p.m.

Friday, Jan. 20 - The Help rated PG13 at 6 pm. and The Ides of March rated R at 8:30 p.m.

Saturday, Jan. 21 - The Help rated PG13 at 1 p.m., I Don't Know How She Does It rated PG13 at 3:30 p.m., and Abduction rated R at 6 p.m.

Sunday, Jan. 22 - Dolphin Tale rated PG at 1 p.m., Moneyball rated PG13 at 3:30 p.m., and Paranormal Activity 3 rated R at 6 p.m.

Friday, Jan. 27 - No Movies Will be Shown due to Special Event-Military Professional Wrestlers at Old Fitness Center from 7 - 9 p.m., FREE for everyone!

Saturday, Jan. 28 - Dolphin Tale rated PG at 1 p.m. and I Don't Know How She Does It rated PG13 at 3:30 p.m., and The Help rated PG13 at 6 p.m.

Sunday, Jan. 29 - The Big Year rated PG13 at 1 p.m., Moneyball rated PG13 at 3:30 p.m., and Abduction rated R at 6 p.m.

NEW DVD QUALITY PICTURE AND SOUND! That's right folks. Your FREE movies have been upgraded to DVD quality and surround sound.

Concessions open 30 minutes prior to the start of the first movie and will close 1 hour after the start of the last movie.

Schedule subject to change pending military mission requirements.

Movie Hotline: 228-871-3299



Jan. 12

•MADDEN 12 TOURNAMENT (Liberty Center) FREE, Prize for 1st place, Fun starts at 6 p.m.

•STAFF VS. KIDS INDOOR DODGEBALL CHALLENGE (YAC) 5:30 - 8:30 p.m., FREE



Jan. 13

•MOVIE NIGHT ON THE BIG SCREEN (YAC) 6 - 9 p.m., \$2/person

•CROSSROADS MALL SHUTTLE (Liberty Center) 6 p.m., FREE

Jan. 14

•12 AND UP SOUTHERN MISS BASKETBALL GAME (YAC) 8 a.m. - 4 p.m., \$5/person

•MS. ROLLERGIRLS LIVE! (Liberty Center) Air Force vs. Navy game at 7 p.m., FREE shuttle departs at 6 p.m.

•ROCKWALL WEEKEND (Outdoor Recreation) The rock wall will be set up 11 a.m. - 4 p.m. for patrons to enjoy.



•PAINTBALL ON BASE (Liberty Center) Only \$5, FREE shuttle to paintball course at 1 p.m.

Jan. 16

•Signup today for IM Lunchtime 3 on 3 Basketball.

Jan. 17

•ANGRY BIRDS NIGHT (Liberty Center) FREE, Play live action Angry Birds, 6 p.m.



Jan. 17 (continued)

•SMART MOVES AND MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION (YAC) 5:30 - 8:30 p.m., FREE

Jan. 18

•CORNHOLE TOURNAMENT (Liberty Center) FREE, Prize for 1st place, 6:30 p.m.

•WII BOWLING CHALLENGE (YAC) 5:30 - 8:30 p.m., FREE



Jan. 19

•FREE HOT CHOCOLATE (Liberty Center) FREE, All day while supplies last.

•MAKE YOUR OWN BEAN BAG BUDDY (YAC) 5:30 - 8:30 p.m., FREE

Jan. 20

•CINEMARK SHUTTLE (Liberty Center) FREE, 6 p.m.

•NIGHT ON THE BIG SCREEN (YAC) 6 - 9 p.m., \$2/person

Jan. 21

•HABITAT FOR HUMANITY (Liberty Center) 7:15 a.m., Receive an LOA!

•NEW ORLEANS DAY TRIP (ITT) 8 a.m., \$8/person. Min of six people, sign up by Jan. 18

•INSECTARIUM AND IMAX (YAC) 8 a.m. - 4 p.m., \$6/person



Jan. 22

•USS ALABAMA TOUR (Liberty Center) 9 a.m., \$5 for transportation and admission is FREE with Military ID.

Jan. 23

•Signups start today for IM Volleyball League.



•Sign up for IM Racquetball League today!

•FFSC's FINANCIAL WORKSHOP (Liberty Center) 6 p.m., FREE food

•MONDAY-FRIDAY AFTER SCHOOL PROGRAM AND POWER HOUR (Liberty Center) 2 - 5:30 p.m.

Jan. 24

•PENSACOLA ICE FLYERS VS. MISSISSIPPI SURGE (Liberty Center) 6 p.m., \$6/person



Jan. 25

•THINK WARM WEDNESDAY (Liberty Center) Get out of the cold and stay warm in the Liberty Center!

•OPPOSITE DAY & INDOOR HIDE AND SEEK (YAC) 5:30 - 8:30 p.m., FREE

Jan. 26

•CALL OF DUTY: BLACK OPS TOURNAMENT (Liberty Center) FREE, 6 p.m., Prize for 1st place

•PUZZLE MAKING NIGHT (YAC) 5:30 - 8:30 p.m., FREE

Jan. 27

•MILITARY PROFESSIONAL WRESTLING (OLD FITNESS CENTER) 7 - 9 p.m., Doors Open at 6 P.m. FREE

AD SPACE



Seabee Memorial Chapel

Center Chaplains

Cmdr. Michael Brown, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

PROTESTANT SUNDAY SERVICES

Gospel Service, 8 a.m.
Sunday School, 9:30 a.m.
Divine Worship, 11 a.m.

CATHOLIC SERVICES

Family Choir Mass, Sunday, 9 a.m.
Sunday School, 9:30 a.m.
Daily Mass, Tuesday, 11:15 a.m.

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

**Suicide
Prevention
is an
All Hands
Evolution**



To subscribe to the Seabee Courier eCourier edition, send an email to seabecourier@navy.mil

AD SPACE

AD SPACE

From VOED page 1

early February.

This is a unique opportunity for both the high schools and the students. Due to financial constraints Long Beach High School does not offer a VOED Program, Gulfport High School currently has a Carpentry course but they do not offer the welding course at this time. The students will benefit from learning a skilled trade at no cost to them or their school districts and they will receive high school credit for the courses they take at NCTC. Since NCTC courses have been evaluated through the American Council on Education they will also receive college credit for the same coursework.

Although this program is not being used as a recruiting tool, should any of the students decide to join the Navy in the future in the same rating they will not be required to go through the training again since their records will be maintained in Navy databases.



Look for the Gulf Coast Mardi Gras parade schedule in the Jan. 26 Seabee Courier

From TRANSITION page 4

bility and to learn more about this benefit, separating Sailors should speak with their transition assistance counselor when completing their pre-separation counseling checklist.

Continued exchange and commissary privileges are just one of many transition benefits available to Sailors including those affected by the enlisted retention board.

For more information about ERB and other transition benefits, visit the NPC ERB Web Page at www.npc.navy.mil/boards/ERB/, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672) or email csmmailbox@navy.mil.

New qualification standard available for Master Training Specialist

By Ed Barker

Naval Education and Training Command Public Affairs

The Naval Education and Training Command (NETC) announced Jan. 9 the update of the Personnel Qualification Standards (PQS) for master training specialists (MTS).

The updated PQS is available on Navy Knowledge Online (NKO) via the Navy PQS link found on the Quick Links tab in the middle of the left side of the main NKO page. From the Navy PQS page, Sailors should click on the PQS 43100 Series link on the left side and choose the 43100.7 link for the new MTS PQS.

"The master training specialist designation provides recognition for outstanding individual effort and fosters greater command training professionalism," said Frank Topf, PQS program manager for NETC N7 in Norfolk, Va. "MTS-qualified instructors have not only demonstrated highly effective teaching skills and a comprehensive understanding of schoolhouse management, but also take a leadership role in mentoring, instructing and evaluat-

ing instructors and curriculum."

The PQS program is used by officers and enlisted personnel to obtain the minimum level of competency required to perform specific duties, including qualifying to stand watches or perform other specific routine duties necessary for the safety, security or proper operation of a ship, aircraft or support system.

"This MTS PQS rewrite included major updates," said Topf. "The biggest changes were details on how curriculum and curriculum development has changed and a breakdown of the end-to-end process from inception to delivery to the fleet."

For more information about Personnel Qualification Standards, visit <https://nko.navy.mil>.

For more information about Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

81st TRSS to host 17th Annual Training Technology and Information Systems Expo

The expo will take place on Keesler AFB at the Roberts Maintenance Facility Feb. 9, 9:30 a.m. - 1:30 p.m., and is free to all DoD, Government and Contractor personnel with Keesler AFB gate clearance. The expo will feature 40+ exhibitors (including Keesler Training Groups). Questions should be directed to the show producer Federal Direct Access: toll-free 1-877-332-3976 or the 81st TRSS POC Larry Monroe, DSN: 597-7799 COMM: (228) 377-7799. Attendees can pre-register online at <https://fdaexpo.com/register.php?id=96>

From CPX page 6

we can plan ahead, the faster we can setup the camp."

Once the camp is up and running, NMCB 74 members are put through a series of response-based scenarios. The scenarios are filtered through the Command Operations Center. All of the battalion

evolutions are evaluated using the Performance Evaluation Score Sheets which correlate to each Navy Essential Task Requirements that are part of that exercise. These NTA's are further broken down into Measures of Performance which are graded on a simple pass/fail. Nieman says that focus of the CPX should not be to pass or fail the exercise, but to focus on

improvement.

"Typically you need to pass at least 75 percent of the MOPs per NTA to pass that particular NTA and by extension at least 75 percent of your NTAs to pass the evolution . . . but that's not the case for every NTA and/or exercise," said Nieman. The battalion is scheduled for their Field Training Exercise in March.

NEX customer satisfaction survey results remain at all-time high

By Kristine Sturkie
NEXCOM Public Affairs

For the second year in a row, the NEX Customer Satisfaction Index (CSI) survey remained at an all-time high of 83. On average, the overall retail industry score is 76. The CSI survey is used to determine how the NEX can better to serve its customers.

"We've been surveying our customers since 1998 to find out areas where we are doing a good job as well as those areas that need improvement," said Michael Conner, Navy Exchange Service Command (NEXCOM) Vice President Marketing Insights. "It's a great tool for us to use to see if the areas we're focusing on, like merchandise selection, are working. We know it is because our score continues to

increase in that area. In contrast, it also shows us the areas we still need to work on, such as problem resolution."

The focus NEXs put on PREMIER Customer Service over the past year had a positive impact on both its customers and the CSI score. Scores for store environment rose two points while associates and checkout rose one point each. Other increases in scores were in returns, pricing, sales flyer and merchandise, all which rose one point each. Based on this information, top priorities for 2012 will again be on merchandise, pricing and sales flyers.

Eighty-four percent of the NEXs worldwide had a score of 80 or above while the remaining 16 percent of NEXs had scores 70 - 79. For the second year in a row,

there were no NEXs with scores below 70. Districts in the continental United States remained the same while overseas districts rose one point. NEX districts scores for 2011 were Hawaii and Mid-South remained the same at 86 each; Tidewater rose one point to 85; Western and Guam rose two points each to 85; Southeast and Northwest remained the same at 83 each; Northern remained the same at 82; Japan decreased one point to 81 and Europe rose four points to 80.

"Statistically, it will be difficult to increase our score year after year," said Conner. "So looking forward, we will be looking more to maintain this high score of 83 and making sure we're delivering the best possible products and customer service to our customers."

A reminder from NCBC Public Safety . . . The Naval Construction Battalion Center commanding officer can authorize the elevation of Force Protection Conditions locally. The Crisis Management Team determines the nature and extent of threats and makes recommendations to the commanding officer. Plans are evaluated for implementing higher Force Protection Conditions. All personnel are reminded to report all suspicious or unusual incidents to NCBC Security at (228) 871-2361.



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)

AD SPACE

Seabee Memorial Scholarship Association awards first two Fallen Seabee Scholarships

By Bill Murray

Seabee Memorial Scholarship Association

The Seabee Memorial Scholarship Association (SMSA) awarded the first two Fallen Seabee Scholarships to Cecelia Rovinski and Skylar Dickerson. Both recipients successfully completed their first semester and will return for the spring semester soon.

Cecelia Rovinski, of Monmouth, Ill., is the daughter of Equipment Operator 1st Class Petty Officer Gary Thomas Rovinski, who was killed in action near Anah, Iraq June 5, 2006. Petty Officer Rovinski was mobilized to active duty with Naval Mobile Construction Battalion Twenty Five in support of the First Marine Expedi-

tionary Force.

Cecelia was a varsity cheerleader and a member of varsity school chorus at Monmouth-Roseville High School. She is very active in community affairs and is studying Art at Grace College in Winona Lake, Indiana.

"I want to thank everyone who helps with the Seabee Memorial Scholarship. It has been a blessing knowing that I get to attend the school of my choice. I appreciate every one of you for honoring my dad and other fallen soldiers in sponsoring students to go to school. Thank you once again and God bless you and the rest of the members of the Seabee Memorial Scholarship."

Skylar Dickerson, of Statham, Ga., is the daughter of Equipment Operator 3rd Class Petty

Officer Christopher Mason Dickerson, who was killed in action in Al Anbar Province, Iraq on April 30, 2004. Petty Officer Dickerson was mobilized to active duty with Naval Mobile Construction Battalion Fourteen in support of the First Marine Expeditionary Force.

Skylar is a dedicated student who was a member of the high school track team, and is very active in Future Farmers of America and other community activities. Skylar intends to pursue a career in physical therapy and is attending Middle Georgia College.

"This scholarship has enabled me to follow my dreams to pursue an education in occupational therapy, so that one day I'll be able to help others in need."

The overwhelming generosity of SMSA contributors has resulted in more than \$125,000 being available to help children of our fallen Seabees obtain a college education. "The Fallen Seabee Scholarships serve as a tremendous opportunity to help children of Seabees who made the ultimate sacrifice," said, Cmdr. Kirsten Neff, the Fallen Seabee Scholarship Coordinator for SMSA. "SMSA is honored to help them achieve their dream of a college education."

There are many other children eligible for the Fallen Seabee Scholarship in upcoming years. SMSA is committed to raise the funds necessary to provide these scholarships.

Since 1972, SMSA has provided approximately 2,100 scholar-

ships to children and grandchildren of Seabees and Naval Civil Engineer Corps Officers seeking a college education. Over the years, SMSA has increased the value of each scholarship from \$600 to nearly \$2,000, and the number of students with SMSA scholarships in any year has grown from six to over 100. SMSA desires to double the scholarship award amount in order to keep up with the rising costs of a college education, and to increase the number of students receiving scholarships.

For more information on contributing to SMSA, go to the website <http://www.seabee.org> or view their Facebook page under "SeabeeMemorialScholarshipAssociation"

Plan your Family's Care

By MC3 Andrea Perez

NAVPERSCOM Public Affairs

In support of mission readiness and worldwide deployability in the new year, Navy officials remind Sailors of the importance of maintaining a current Family Care Plan.

"A Family Care Plan benefits Sailors by allowing them to have instructions in place to take care of family members who are unable to care for themselves," said Bill Harris, Family Care Plan program manager. "A detailed plan also ensures Navy personnel can fulfill their military duties, including deployments, normal and extended work hours, temporary assigned duty, weekend duty and more."

A Family Care Plan is a group of documents, including a Family Care Certificate (NAVPER 1740/6), Family Care Plan Arrangements (NAVPER 1740/7), and legal documents such as custody or separation agreements, custody and support orders, divorce decrees or related written agreements.

"A good Family Care Plan takes care of Sailors and family members, and contributes to commands being fully mission ready," said Harris.

Formal documentation of a Family Care Plan is required under any of the following conditions:

- * A Sailor with primary or shared physical custody of a minor child or children who is not married to the other natural or adoptive parent of the minor child or children.

- * Both members of a married dual-military couple where one or both have primary or shared physical custody of a minor child or children.

- * Sailors who are legally responsible for an adult family member who is incapable of providing for themselves in the absence of the Sailor.

- * Certain family circumstances or other personal-status changes resulting in a Sailor becoming legally and primarily responsible for the care of another person.

"Sailors must submit a new or updated Family Care Plan upon reporting to a new duty station, change in caregiver circumstances, or change in personal or family circumstances, such as birth or adoption of a child, or assumption of sole care for an elderly or incapacitated family member," said Harris. "Failure to maintain an adequate Family Care Plan may result in administrative separation from the Naval service."

More information can be found in the Family Care Plan instruction, OPNAVINST 1740.4D.

Support for caregivers designated in Family Care Plans is available Navy-wide through Fleet and Family Service Centers, Navy-Marine Corps Relief Society, Military One Source, base Child Development Centers, Navy Operational Support Centers and community and family support groups.

For more information, visit <http://www.npc.navy.mil/SUPPORT/READINESS/Pages/FamilyCarePlan.aspx>

Upcoming change for Retired TRICARE Prime Beneficiaries

By Deborah Sekul, Health Benefits Advisor

Naval Branch Health Clinic Gulfport

Retired beneficiaries who are required to pay the Tricare Prime enrollment fee will no longer be able to pay by check or money order. This change will be effective April 1, 2012. At that time, payments will be made by either electronic funds transfer (EFT), recurring credit card charge (RCC), or by an allotment established by the retiree's DFAS account.

The only exception will be the initial payment that is due at the time of a new enrollment.

Humana will contact beneficiaries mid-January, providing information and the opportunity to establish one of the electronic payment methods.

Watch out for pedestrians . . . Remember, they have the right of way! Unless otherwise posted, the speed limited on board NCBC is 25 m.p.h.