

SEABEE COURIER

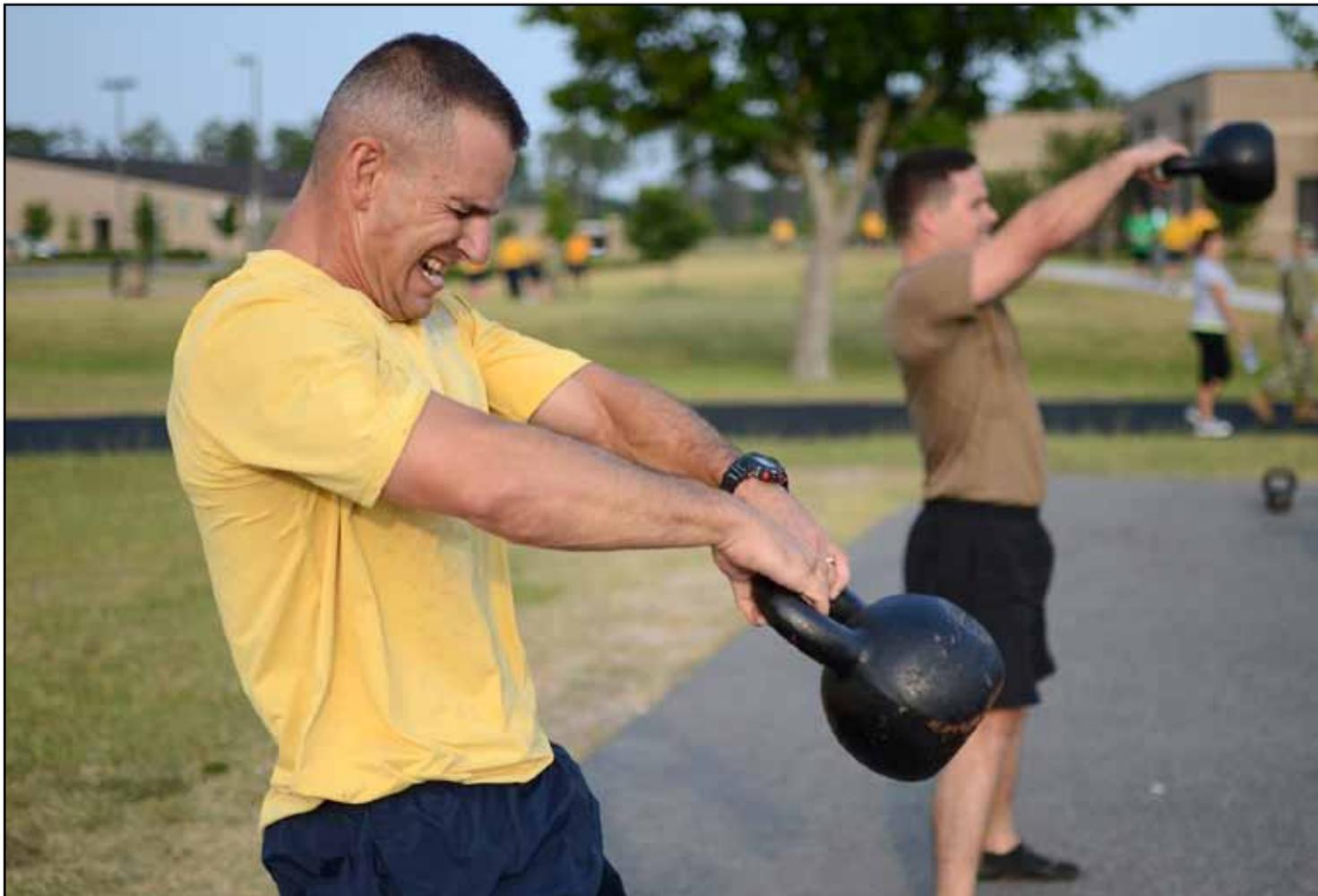
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Naval Construction Battalion Center, Gulfport, Mississippi

July 12, 2012

Ultimate Fitness Challenge tests NCBC's Fittest Seabees



Naval Mobile Construction Battalion (NMCB) 1 Commanding Officer Cmdr. Mike Saum (front) and Hospital Corpsman 3rd Class William Lowery, assigned to Naval Branch Health Clinic (NBHC) Gulfport, compete in a kettle bell swing exercise during the Ultimate Fitness Challenge on board Naval Construction Battalion Center (NCBC) Gulfport. The challenge consisted of five exercises: burpees, rope climb, pull-ups, kettle bell swing and tire flip. Saum and Lowery placed first in their respective age categories. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NMCB 1 Change of Command July 13

By MC1(AW/NAC) Aron Taylor
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 will host a Change of Command July 13 at 8:00 a.m. on the Grinder.

NMCB 1 Commanding Officer Cmdr. Michael R. Saum will be turning over the reins to Cmdr. Chad M. Brooks.

Saum had an exceptional tour while in command of NMCB 1. His Seabees had two successful homeport training cycles and a successful, but very arduous deployment to the U.S. Central Command (CENTCOM) Area of Responsibility.

NMCB 1 was also awarded the Battle "E" for their accomplishments under his command. Saum will be reporting to Naval Facilities Engineering Command (NAVFAC) Hawaii, for his next duty station, but will leave behind a lasting impression on the battalion and the Seabees that served under him.

Brooks recently graduated from the U.S. Army War College, where he earned his Master's Degree in Strategic Studies.

He served as the NMCB 1 Operations Officer in 2005 during the aftermath of Hurricane Katrina. During that tour he also completed two deployments to Iraq and Okinawa.

"The First and The Finest" are currently preparing for their deployment scheduled for later this year.



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Public Affairs Officer
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 MC1(AW/NAC) Aron Taylor

NMCB SEVEN
Commanding Officer
 Cmdr. James G. Meyer
Public Affairs Officer
 Vacant

NMCB ELEVEN
Commanding Officer
 Cmdr. Maria Aguayo
Public Affairs Officer
 Lt. j.g. Brian Myers
Mass Communication Specialist
 MC1(AW) Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cmdr. Richard Hayes
Public Affairs Officer
 Lt.j.g. John Parizek
Mass Communication 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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Coalition of Sailors Against Destructive Decisions Seeks Nominations for Top Chapters

By Lt. Michael Fallon, Chief of Naval Personnel Public Affairs

The nomination period for the Fiscal Year 2012 Coalition of Sailors Against Destructive Decisions (CSADD) Chapter of the Year Awards is open, as announced in NAVADMIN 207/12, released July 7.

CSAAD is a peer mentoring program for active and reserve Sailors, Reserve Officer Training Corps (ROTC) candidates, and Junior Reserve Officer Training Corps (JROTC) cadets aimed at promoting good decision-making and leadership development at the most junior levels. The annual awards, which recognize top CSADD chapters at both sea- and shore-based commands, are a testament to the progress of the CSADD program throughout the fleet, according to Chief of Naval Personnel Fleet Master Chief (SW/AW/SCW) Scott A. Benning.

"Making good decisions - and Sailors encouraging their shipmates to make the right choice - is critical to Sailor and fleet readiness," said Benning. "The support that our CSADD Sailors provide to their fellow Sailors, and to their Navy, is incredible -these awards seek to recognize their efforts."

Though originally envisioned as a response to frequent DUI cases in the mid-Atlantic region, the CSADD program quickly expanded to encompass a variety of issues

and has spread across the fleet worldwide. Today, it is a peer-mentoring program for all aspects of life in which Sailors face pressures or temptations to make unwise decisions.

Monthly training is conducted at the nearly 300 chapters of CSADD fleet-wide; topics vary each month and provide a forum for Sailors to discuss important issues and create new methods for helping their fellow Sailors. In addition to promoting healthy life choices, the program also develops members' leadership skills.

Recent initiatives by CSADD members have included the use of posters, videos, and social media to reach out to others. Additionally this year, for the first time, CSADD held two rallies in both San Diego and Norfolk with the theme of "Navigating Success," to provoke thought and inspire young leaders to discuss a variety of issues affecting the fleet, such as sexual assault awareness, bystander intervention, responsible alcohol use, off-duty safety and Sailor family readiness.

Through programs like CSADD, Sailors are proving that helping their peers to achieve success individually is vital to achieving success as a team.

"CSADD is all about I.C.E. - Inspirational Leadership, Challenging

our young Sailors to engage, and Empowering them to lead," said Benning. "Our Sailors have strong opinions - and solutions - for many of the challenges facing our Navy."

CSADD Sailors are taking on leadership challenges both on and off-duty, reinforcing both the core principles of CSADD and the Navy's 21st Century Sailor and Marine initiative. The 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps.

Information about applying for the CSADD award, registering a chapter for CSADD, and requirements and processes related to the award can be found in NAVADMIN 207/12. Nominations must be submitted by the unit commander of registered CSADD chapters to their regional commanders by Oct. 1.

To learn more about CSADD, visit <http://www.public.navy.mil/bupers-npc/support/CSADD/Pages/default2.aspx> and the CSADD Facebook page, <https://www.facebook.com/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316>.

Recently at the Courthouse

Region Southeast recently heard the following cases:

At a General Court-Martial convened on board NAS Jacksonville, an Airman pled guilty to engaging in a sexual act with a person substantially incapacitated. The Military Judge sentenced the Accused to four years of confinement, reduction in rate to E-1, and a Dishonorable Discharge.

At a General Court-Martial convened on board NAS Jacksonville, a Second Class Petty Officer pled guilty to orders violations relating to a prisoner, while serving as a brig guard. The Military Judge sentenced the Accused to three years of confinement, reduction in rate to E-1, and a Dishonorable Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.

See Something Wrong Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:
 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



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.

Fraud, Waste and Abuse Hotline:

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.

Buzz on the Street



By **CECN Lucinda Moise**
NCBC Public Affairs

How did you celebrate Independence Day?



"I e-mailed family, watched a movie and wrote a few poems."

Nathaniel Fareed
Student at Long Beach High
Hometown: Blue Springs, Miss.



"Banqueting, chilling with my family and emailing all my military friends thanking them for serving."

Anneatha Hopkins
CDC
Hometown: Leesville, La.



"Spent time with family lighting fireworks and cooking out."

Bill Oster
NAVFAC
Hometown: Erie, Pa.

Around

the

Center



Construction Mechanic Constructionman **Matthew O'Brien**, assigned to Naval Mobile Construction Battalion (NMCB) 74, vacuums out his vehicle at the car wash on board Naval Construction Battalion Center (NCBC), July 2. The 24-hour car wash is equipped with two bill and coin operated vacuums, which have stain remover, shampooer and fragrance options. Report any issues with the car wash to the MWR Facilities Manager at (228) 871-2538. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

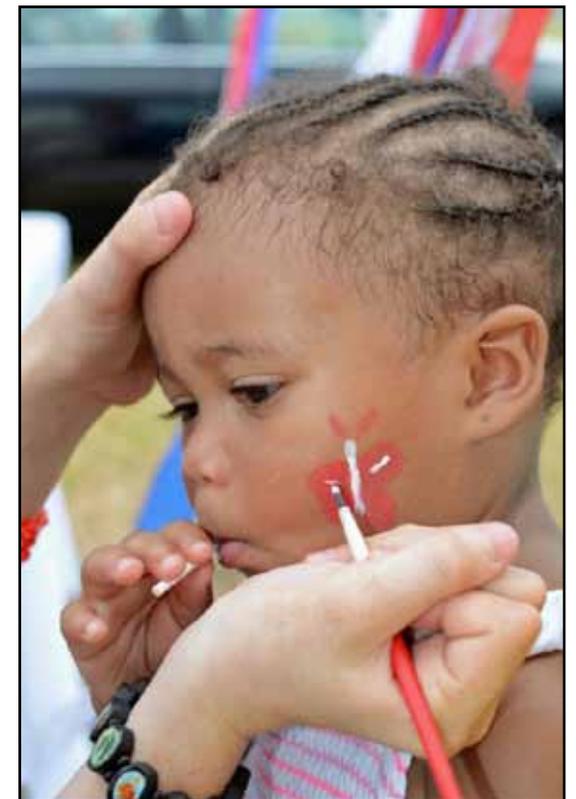
Ted Perretta assists retired U.S. Marine **Edwin Dubisson** with his groceries at the Commissary on board NCBC Gulfport, July 5. Grocery baggers are available to aid all customers in transporting their groceries from the store to their vehicle. The commissary is open **Sundays, 11 a.m.-6 p.m.; Tuesdays and Thursdays, 9 a.m.-7 p.m.; Wednesdays, Fridays and Saturdays, 9 a.m.-6 p.m.; and closed Mondays.** (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Rear Adm. **Mark Handley**, commander, 1st Naval Construction Division, and commander, Naval Construction Forces Command, addresses command leadership attached to Naval Construction Battalion Center (NCBC) Gulfport during the Command Leadership session of U.S. Fleet Forces Command's annual Sexual Assault Prevention and Response, and Suicide Prevention and Awareness Training Workshop held at NCBC Tactical Training Facility, July 10. While on board NCBC, Handley also toured 20th Seabee Readiness Group (SRG), and 22nd and 25th Naval Construction Regiment spaces, and met with key leadership. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NCBC hosts base picnic, fitness challenges

More than 400 base personnel, military and civilians, along with their families came together on board NCBC to enjoy a day of fitness and fun during a base-wide picnic, July 6. The day began with two fitness challenges, the inaugural Captain's Cup Challenge and The Ultimate Fitness Challenge, followed by a picnic with a variety of barbeque and music, as well as entertainment for the children. NMCB 133 took top honors in the first Captain's Cup challenge. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Castle in the sand: U.S. Navy Seabees improve coalition forces' access to Alexander the Great landmark

By UT3 Marlene Hougbedji
NMCB 11 Public Affairs

Tasked with not one, but two short-term projects, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, Detachment Dwyer, defied time constraints, high winds, uneven terrain and logistical challenges to complete a new Entry Control Point (ECP) and repair damaged culverts in two locations: Combat Outpost (COP) Castle and COP Taghaz, which they completed June 9.

The 20-Seabee crew led by Equipment Operator 1st Class Jason M. Roy, from Oakland, Calif., reported to COP Castle in late May. The mission: thirty days to build a new ECP as a replacement for an existing one in which proximity to a local, crowded bazaar did not allow easy or safe access to the COP that serves as home to the U.S. Marines 3rd Light Armored Reconnaissance Battalion.

The strategically-located COP owes its name to a castle captured from the Taliban as early as 2009.

Slightly above Khan Neshin, a district comprised of sporadic villages across the Helmand province, stands what remains of the ancient Khan Neshin Castle. Reportedly built by Alexander the Great in an area known as the Green Zone due to its abundant vegetation, the age-old structure was once an insurgent stronghold and the object of fierce battles between coalition forces and Taliban armed factions. It now bears the hallmark of Seabee workmanship.

The crew laid the foundations of a more accessible ECP, but not without difficulties.

"We were working outside the wire in full gear, so our mobility was reduced," said Project Supervisor Equipment Operator 2nd Class Sean P. Yarnell, of Finksburg, Md.

"Trying to slow down the water flow coming from the Helmand River, while placing hescos and concrete culverts also proved challenging. We had to secure them with water pouring through them and sometimes, high winds destabilizing the equipment."

A new ECP would not be a finished product without a crow's nest, which required builder expertise.

"The old one had to be destroyed, but building a new watch post was one of the easiest things we had to do here," said Builder 2nd Class Erlgen D. Aquino, from San Francisco, Calif., the only Seabee in his rate assigned to the project.

The ECP overhaul accomplished more than to merely move a critical forward operating base's entry road further



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, Detachment Dwyer, gather for a group picture after completing an Entry Control Point construction project, and before embarking on a convoy back to FOB Dwyer. NMCB 11 is deployed to Afghanistan to conduct general, mobility, survivability engineering operations, defensive operations, Afghan National Army partnering and detachment of units in combined/joint operations area - Afghanistan in order to enable the neutralization of the insurgency and support improved governance and stability operations. (U.S. Navy photo by Utilitiesman 3rd Class Marlene Hougbedji/Released)

See **CASTLE** page 10

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Seabee Courier

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NMCB 11 improves Seabee Camp in Afghanistan

Left, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 construct an expansion to existing fitness facilities on Camp Krutke, Camp Leatherneck, Afghanistan, to increase the capacity of equipment and space for physical training for Seabees, Sailors, Soldiers, Airmen and Marines.

Right, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 detach a cable from a spool. The cable will be buried to provide power to a 10-ton heating, ventilation and air conditioning unit.

NMCB 11 is deployed to Afghanistan to conduct general, mobility, survivability engineering operations, defensive operations, Afghan National Army partnering and detachment of units in combined/joint operations area - Afghanistan in order to enable the neutralization of the insurgency and support improved governance and stability operations. (U.S. Navy photos by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)



NCBC FRAMES

**Logistics Specialist
2nd Class Sophia
Major-Boyd**
Navy Mobilization
Processing Site
(NMPS)
Berthing Coordinator



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

FREEZE FRAME

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

LS2: Being mobilized to NMPS Gulfport. This is the first time in my career as a reservist that I have actually worked in my rate.

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

LS2: Progressing through the ranks has been a great motivation. I have learned what the Navy entails, and how to develop skills I already

possess into better ones.

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

LS2: Meeting new people from varying nationalities and backgrounds has provided me insight into the lives of others.

FF: Who was your most influential mentor during your career, and why?

LS2: LS1 Alfred Wilson. He helped me to understand that being active in the reserve and taking on additional responsibility was the single

most important thing I could do for my career.

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

LS2: Do not sit on your laurels. Always be willing to learn something new.

NCTC Seabee receives Long Beach Citizen's Award

By MCC(SCW/SW/AW) Ryan G. Wilber, NCBC Public Affairs



Chief of Police for City of Long Beach, Miss., Wayne McDowell, presents Builder 1st Class Jerry Johnson, a Builder "A" School instructor for Naval Construction Training Center (NCTC) Gulfport, a Citizen's Award during NCTC morning quarters on board Naval Construction Battalion Center (NCBC) Gulfport, for saving a baby's life. On May 24, Johnson responded to a neighbor's call for help, and consequently saved the life of a 19-month-old baby using cardio-pulmonary resuscitation (CPR) training he learned in the Navy. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Chief of Police for the City of Long Beach, Wayne McDowell, presented Builder 1st Class Jerry Johnson, assigned to Naval Construction Training Center (NCTC) Gulfport, with a Citizen's Award during morning quarters on board Naval Construction Battalion Center (NCBC), June 29.

Johnson received the award for saving the life of a 19-month old baby May 24, using cardio-pulmonary resuscitation (CPR), after hearing a neighbor's cry for help and finding the child unresponsive.

Reading from the citation, McDowell said the city of Long Beach and the Police

Department are honored that Johnson is a member of the nation's armed forces and a citizen of their community.

"It is a great honor [to present the award]. It doesn't happen very often that we are able to recognize a citizen, and member of our community, but Mr. Johnson stepped up where most people would not have," said McDowell. "He went up there. He took charge. He saved that baby's life."

Johnson said instinct initiated his actions, but admitted that around half way through he did get a little nervous thinking about the

situation.

"Looking at the big picture I didn't think it was a lot. I was just in the right place at the right time with the right training, but it was a big deal to that family," said Johnson.

Johnson encourages everyone to respond if able, and call for help if not, as well as to get training if possible.

"Stay calm and do what you know, or immediately call 911 if you don't have the training. If you can afford or have the time, especially if you have kids, then I say go get it, because you never know," said Johnson.

Feds feed families across America

By Mass Communication Specialist 2nd Class Alexandra Snyder, Defense Media Activity - Pentagon Bureau

Navy and Marine personnel from the Naval Construction Battalion Center (NCBC) and around the fleet are aiming to collect nearly 400,000 pounds of food for the fourth annual Feds Feed Families campaign.

"Feds Feed Families is a charitable campaign that is led by the Office of Personnel Management. Federal agencies participate by donating canned goods and non-perishable food items to those in need," said Lt. Thea Lopez, Department of the Navy component champion for Feds Feed Families.

"This year's goal for the Department of Defense is 1.5 million pounds, and within the department of the Navy, it is 396,000 pounds," Lopez added.

According to Chaplain Yoon Choi, NCBC deputy base chaplain, locally, the goal is 5,000 lbs.

Although all non-perishable goods are appreciated, there are 12 items that appear on the campaign's "most wanted" list, indicating that they're in high demand. These items include canned fruit in light syrup or its own juices, low sodium canned vegetables, multi-grain cereals, grains such as brown rice, canned proteins, soups, 100 percent juices, condiments, snacks, baking goods and hygiene items.

"Being in the Armed Forces, we've already dedicated our lives to selfless service, so what we're doing with Feds Feed Families is doing for America what we do for other countries - giving back and providing food and other services of that nature," said Staff Sgt. Christopher Brennan, administrative chief, Special Staff Marine Corps Installation Command and



Feds Feed Families volunteer. "To be able to give back is mutually beneficial for both us, as service members and the families we help. It feels great."

Separate donation boxes for canned and boxed goods have been placed around the base including the chapel, commissary, Fleet and Family Support Center and quarterdecks.

"The need is not going away," said John Berry, director, Office of Personnel Management. "In too many families, one or both parents are still searching for work. Children are now out of school, and so they aren't benefiting from school nutrition programs. The need is even greater throughout our country this year."

For more information, call the chapel at 228-871-2454.

12 Most Wanted

- 1 **Canned Fruits**
in light syrup or its own juices
- 2 **Canned Vegetables**
low sodium, no salt added
- 3 **Multigrain Cereal**
cheerios, cornflakes, granenuts, raisin bran
- 4 **Grains**
brown & white rice, oatmeal, bulgur, quinoa, couscous, macaroni & cheese
- 5 **Canned Proteins**
tuna, salmon, chicken, peanut butter, beans
- 6 **Soups**
beef stew, chili, chicken noodle, turkey & rice
- 7 **100% Juice**
all sizes, including juice boxes
- 8 **Condiments**
tomato based sauces, light soy sauce, ketchup, mustard, salad dressing, oils
- 9 **Snacks**
individually packed snacks, crackers, trail mix, dried fruit, granola/cereal bars, pretzels, sandwich crackers
- 10 **Baking Goods**
flour, sugar, baking powder, baking soda, spices, boxed mixes
- 11 **Hygiene Items**
diapers, deodorants for men & women, feminine products, toilet paper, tissues, soap, toothpaste, shampoo
- 12 **Paper Products & Household Items**
paper towels, napkins, cleaning supplies

Revisions to the drug testing program that you Need to Know!

By Cmdr. Karen Anderson

"My back hurts really bad right now. I have some leftover Vicodin from when I got my teeth pulled out - I'll just take some of them for my back pain. It's a prescription I got from the clinic so I am ok if I have to do a urinalysis - right?"

A lot of Sailors have the same belief as above - if I have a prescription then I am ok if I "pop positive" on the urinalysis. This is not necessarily true. NAVADMIN 130/12 specifically states, "Prescription drugs are inappropriately used when they are used outside their intended purpose, beyond their prescribed dates, in excess of the prescribed dosing regimen, or when a Sailor uses another individual's prescribed medications." With the Navy's Zero Tolerance policy on drug abuse, you may be considered in violation of the UCMJ for drug misuse/abuse and brought up on charges if you followed through

on the example above.

Additionally, the new NAVADMIN that became effective May 1 expands the drug families that are specifically tested to include all benzodiazepines and hydrocodones.

This would include, but not limited to, commonly prescribed medications like Valium, Xanax, Vicodin, or Lortab.

What do I do if I am seen by an ER or off base and given a controlled substance prescription that I get filled out in town? You should see your primary care provider and ensure that this gets documented in your medical record so that you are covered.

What should I do with old medication that I have in my cabinet? You can turn them in during a local Drug Take Back Day to Gulfport Police department or the Harrison County Sheriff's office. The next scheduled National Prescription Drug Take-

Back Day is Sept. 29. Inquiries can be made at 1-800-882-9539; however, please note that the collection site locator database will not be available until late August. Another way you can get rid of your old prescriptions is by throwing them in the trash can mixed with some liquid or some other undesirable substance so as to discourage someone else from trying to retrieve the medication.

If a Sailor is ever in doubt as to whether they can take a medication they have at home, they should contact their primary care doctor to ask questions and ensure that the medication is still part of their treatment plan or if they need to be seen again. A medication that was prescribed months ago may interact with medication that was just recently prescribed by a different provider. Your career and your health are not worth losing due to one poor decision.

School Registration Dates

Biloxi Schools: July 23-24, 8 a.m.-3 p.m., All schools

Gulfport Elem/Middle Schools: All summer, 8 a.m.-3p.m., Friday until 10:30 a.m.

Gulfport High School: Pick up registration packet, ask for time to register

Harrison County Schools: July 23-August 3, 8 a.m.-3 p.m., All schools

Long Beach Schools: July 23-July 31, 8-11 a.m., and 1-3 p.m., All schools

Pass Christian Schools: All summer, 8 a.m.-3 p.m., All schools

Ocean Springs Schools: All summer, 8 a.m.-4 p.m., Friday closed at noon, All schools

Documentation needed:

-2 proofs of residency-lease agreement or anything with current address like utility bill, cable, etc. Can get proof of residency letter from housing.

-Mississippi Immunization Compliance Form 121

-Student social security card

-Certified copy of birth certificate

-Copy of IEP if needed



**Mission First...
Sailors Always**



At the Movies

July 14: The Three Stooges, PG, noon; Wrath of the Titans, PG13, 2 p.m.; The Lucky One, PG13, 4:30 p.m.

July 15: Mirror Mirror, PG, 2 p.m.; The Hunger Games, PG13, 4:30 p.m.

All movies are FREE!

Be sure to call the Movie Hotline at 228-871-3299 to check for movie schedule updates.

Upcoming Events

VOLLEYBALL BEST OF 3 CHALLENGE to take place, July 20, 12:30 p.m.



FLEA MARKET AT MENGE, July 21, 9 a.m., \$5 shuttle fee, Children six and under must be in a passenger restraint device not provided by MWR. Min of six, Max of 12. Last day to sign up is July 18.

Plan Your Summer Fun Now With ITT!

SHIP ISLAND EXCURSION tickets are \$24/adults and \$15.25/children ages 3-10 years old. The vouchers are good for the entire 2012 Ship Island Season (now through Oct. 28), but will be void after the season is over. No refunds will be given for vouchers not used within this time frame.



JOIN ITT AS WE TAKE A TRIP TO GULF ISLANDS WATERPARK Aug. 19, 10 a.m. \$5/shuttle fee and \$18.50/ticket. Grab your swimsuit and go wild! Children six and under must be in a passenger restraint device not provided by MWR. Min of six, Max of 12. Last day to sign up is Aug. 15. This is a joint trip with the Liberty Center Program so space is limited. For more information please contact ITT, 228-871-2231.

LIBERTY'S PENSACOLA BEACH WEEKEND GET-AWAY, August 24 – 26 (Staying at the Days Inn Pensacola Beach located on the Pensacola Beach. Depart August 24, 5:30 p.m. and return August

26, 4 p.m. Last day to sign up is August 14. ONLY \$85/person. Book now by calling the Liberty Center, 228-871-4684.



ITT HAS YOUR 2012 – 2013 SAINTS TICKETS!

Tickets go on sale August 3. \$10 for pre-season, \$52.25 for regular season, and parking passes are \$40. Tickets go on sale two weeks prior to each game. The first week of sales will be open to Active Duty only. During the second week of sales tickets will be available for purchase to all eligible MWR patrons (Active Duty, Dependents, Retirees, Reservists, and DoD) with proper identification. Limit two per Military ID Card. Please call ITT, 228-871-2231, with any questions.

Available Now At Outdoor Recreation

The Outdoor Recreation Rental Center has a wide variety of gear ranging from tents to sports equipment. For those summer cookouts or rummage sales, the Rental Center offers tables and chairs, canopies and coolers for rent. The MWR Rental Center is offering new rental items for this season, such as new A-Liner Expedition Campers that include both heat and AC. Also available are kayaks and paddle boats.

MWR has the perfect picnic area for you next function located at Seabee Lake with covered playground, basketball court, paintball course, dog park, ample parking, barbeque grills, picnic tables, and more. Remember all Active Duty personnel and their dependents

receive a 20 percent discount on all rental items. All Military, Retirees and their Dependents receive a 10 percent discount on all rental items. 228-871-2127

AQUATICS

Registration forms for group swim lessons can be picked up in the pool lobby located in the CBC Fitness Center. Swim lessons will be offered for ages 6 months and up, Monday - Thursday with make-up lessons on Fridays for a fee of \$35 for the first child and \$25 for siblings. Lesson times will be 5 p.m. for parent /tot (6-months and up), 5:30 p.m., level 1, and 6 p.m. level 2 & 3. For more information you can contact Alex at 228-822-5103/5104 or by email at richard.mccollum@navy.mil



July 12 Girls Only Night! Jump Rope Competition (YAC) 5:30-8:30 p.m., FREE

Dodgeball Challenge (Liberty Center) 6 p.m. at the Fitness Center

July 13 Pool and Pizza Party at Fitness Center (YAC), for youth only, 6-9 p.m. Only \$4

Edgewater Mall Trip (Liberty Center) Free shuttle, 6 p.m.

July 14 Flint Creek Water Park Field Trip (YAC) 8:30 a.m. – 4 p.m., Only \$6, lunch

needed, limited to 30

New Orleans Day Trip (Liberty Center) 8 a.m., \$5 for transportation



July 15 Gulf Islands Waterpark Trip (Liberty Center) 10 a.m., \$17 tickets

July 16 Monday-Friday Summer Camp Program (YAC) 6 a.m. – 5:30 p.m.

Flag Football (IM Sports) Signups run today through July 30

Group Swim Lessons Start Today (Aquatics)

Fleet and Family Support Center Financial Workshop (Liberty Center) 6 p.m., FREE

July 17 Smart Moves Competition and Tech Time (YAC) 5:30 – 8:30 p.m., FREE

Go-Karts and Mini-Golf At Big Play (Liberty Center) Free shuttle, 6 p.m.

July 18 Water Balloon Dodgeball And Water Play (YAC) 5:30-8:30 p.m., Towel needed

Cornhole Tournament (Liberty Center) Free, Prize for first place, 6 p.m.

MWR FACEBOOK is now easier than ever to access on your smart phone!



Naval Construction Battalion Center Helping Hands Volunteer Opportunities



CITY OF GULFPORT - Gulfport is hosting the Global World Series Baseball Parades to kick off the series play in July. Seven volunteers are needed to help stage parades July 11 and July 18 at Jones Park in Gulfport. Interested volunteers should contact Brittany Dyess for details at 228-860-4444.

FOSTER CARE PARENTS - Youth Villages, a private nonprofit organization dedicated to helping children and

families live successfully, is looking for caring adults, single or married, aged 25 years old and up to become foster care parents. If you are interested, please contact Jimmy Frazier at 601-572-3717 or jimmy.frazier@youthvillages.org

COAST SALVATION ARMY NEEDS VOLUNTEERS -

Volunteers are needed for various projects throughout the year. The Ray and Joan Kroc Corps Community Center

in Biloxi is always in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center, and marketing. Many other opportunities are available with this organization. Contact Shawna Tatge at Shawna_Tatge@uss.salvationarmy.org for information.

HARRISON COUNTY YOUTH COURT - HCYC is looking for volunteers to make a difference in the life

of a child. Volunteers who are bilingual in Spanish and Vietnamese are needed. You can help by becoming 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 if you are interested in making a difference in the life of a child.
DEL 'EPEE DEAF CENTER,

INC. - The del 'Epee Deaf Center, 1450 North Street, Gulfport is looking for volunteers to distribute food boxes to people in need. Involves creating boxes of food, stocking shelves and minor paperwork. Pantry is open by appointment only, volunteers will set their own hours. Contact Greg Crapo at 228-897-2280 for details or to sign up and volunteer.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

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

Services:

Gospel Service: 8 a.m. Sunday

Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

Sunday School, 9:30 a.m.



GULF COAST USO

901 CBC 3rd St., Building 114

228-575-5224

FREE Services:

Fax - Send/Receive:

228-575-5225

Copies

Snacks/Drinks

United Through Reading Program

Computers with web cams

Internet and Email Access

X-Box

Office hours:

Monday-Friday, 8 a.m. - 5 p.m.

Saturday, 11 a.m. - 7 p.m. (Closed Sunday)

Chapel Offerings

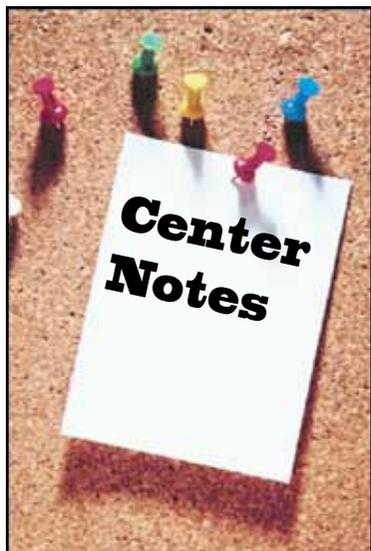
Women's Bible Study takes place Wednesdays from 10 to 11 a.m. **LIGHT** is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry - Donations are now being accepted to restock the Seabee Pantry. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

Praise and Worship members needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are cordially invited to come share your gift.

Looking for a church? The Seabee Memorial Chapel holds services every Sunday that might just suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m., and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

For more information, call the Chapel at 228-871-2454.



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 remains available to assist NMCB 7 families. Although the NMCB 7 Family Readiness Group is no longer conducting general meetings, the Ombudsmen and FRG officers continue to serve the battalion's family members. For information or assistance contact the FRG at nmcb7frg@gmail.com or visit the NMCB 7 FRG facebook page.

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 of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for more information.

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 Jaime Royal at 317-730-4064 or send an email to NMCB133fsg@gmail.com.

To receive updates, log on to the FRG site at <http://www.wix.com/NMCB133FSG/133frg>

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 noscrgulfport@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. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for information.

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.wasson@navy.mil or President LS2 Earl Simp-

son at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for details.

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 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for information.

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 go to <http://nmcb62alumni.org> 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.

Navy Ball Committee needs help to put on this year's Navy Ball The 2012 Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. If interested, contact AG1 Jordan at 228-871-3667.

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 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeemuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for information.

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from a busy local thoroughfare and increase security for the supported command, Detachment Dwyer Officer in Charge, Lt. Jeremy I. Gerrard, of Meridian, believes.

The project's impact is twofold, he asserted, it not only grants villagers better access to the bazaar, but also improves U.S./Afghan relations by showing locals that the US is here for them and willing to sacrifice for their needs.

Despite a grueling seven-day-a-week work schedule set up to meet their deadline, the crew dispatched a group of six Seabees to complete an additional task in nearby COP Taghaz. Given four to five days to repair culvert crossings on a site with no running water and minimal berthing accommodations, the team dug and flattened the ground then placed concrete slabs to prevent erosion.

Under the watchful eyes of members of the Afghan National Police who provided security, the Taghaz undertaking ended, remarkably, after only 48-hours, and earned further commendation from Gerrard.

"This expedient culvert repair significantly improved freedom of movement and the timing of interventions by the 3rd LAR's Quick Reaction Force," said Gerrard.

Although the repairs only took two days to complete, the benefit of a reliable avenue of approach on a critical supply route between two forward operating bases will serve U.S. forces well.

Commenting on the impact

of the projects, Yarnell considers the opportunity challenging yet valuable training for young Seabees.

"We used dump trucks, rollers, graders and made great use of all the resources available to us," stated Yarnell. "It helped our new Equipment Operators experience a different aspect of their job."

Crew Leader Equipment Operator 3rd Class Pedro Sandoval concurred.

"I'm excited to be out here and doing something new," said the Bridgeton, N.J., native. "It's my first time as a crew leader, so the responsibilities are greater. I'm really proud of the crew. I like the challenges this project has given us and how we have come together to overcome them."

Together they managed to cut through two berms and install culvert crossings in less than the 30 days allocated, and without any safety mishaps or damages to existing structures.

Twenty-nine days of arduous labor resulted in improved troop movement and enhanced security for coalition forces, while maintaining the architectural integrity of an ancient world historical treasure.

NMCB 11 is deployed to Afghanistan to conduct general, mobility, survivability engineering operations, defensive operations, Afghan National Army partnering and detachment of units in combined/joint operations area - Afghanistan in order to enable the neutralization of the insurgency and support improved governance and stability operations.

Hurricane season is here

Do you know what you and your family will do if a hurricane is headed toward the Gulf Coast? — Visit Emergency Management at https://www.cnic.navy.mil/Gulfport/Service_Organizations/EmergencyManagement/index.htm to help you answer the question.

Do you know how to get info about current tropical cyclone conditions and base actions? There are several avenues to get accurate info quickly including the Base Website at www.cnic.navy.mil/gulfport, Facebook (sign up for SMS alerts) at <http://www.facebook.com/pages/Gulfport-MS/Naval-Construction-Battalion-Center-Gulfport/161404016711?ref=mf>, Twitter at <http://twitter.com/SeabeeCenter>, Base Marquees, AtHoc (CAC card holders only), and 228-871-4777.