

# SEABEE COURIER

Vol. 52 No. 22

Naval Construction Battalion Center, Gulfport, Mississippi

October 18, 2012

**Balfour Beatty Communities**



**NCBC Resident Utility Meeting**  
 Oct. 25, 4 - 5 p.m.  
 Training Hall (building 446)  
 Learn more about the Navy's RECP Program  
 Do Your Part . . . Learn More

## Expanding global friendships



**MANATUTU, Timor-Leste** - Builder Constructionman Kimberly Washington, assigned to Naval Mobile Construction Battalion (NMCB) 74, plays patty cake with a child at Escola Wasco La Gama during a community service day held by the amphibious transport dock ship USS Green Bay (LPD 20). Green Bay is currently participating in Exercise Crocodilo 2012, a multilateral exercise that promotes partnership through community service and training with the Timor-Leste Defense Force. The U.S. Navy has a 237-year heritage of defending freedom and projecting and protecting U.S. interests around the globe. Join the conversation on social media using #warfighting. (U.S. Navy photo by Mass Communication Specialist 1st Class Elizabeth Merriam/Released)

## Looking out for our brothers and sisters



Logistics Specialist 2nd Class Sophia Humphrey, right, assigned to 25th Naval Construction Regiment (NCR), and a Blue Cliff College volunteer organize health and comfort items for distribution during the 7th annual Veteran's Stand Down held at the VA Gulf Coast Veterans Health Care System, Oct. 17. Over 100 organizations and volunteers, both military and civilian, offered their services and assistance at this year's event. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Read more on the annual Veteran's Stand Down in the Oct. 25 Seabee eCourier

## Parking lot closures due to storm drain work



The parking lot of Tactical Training Facility (building 433) and Communications (building 432) and the connecting road

between the parking lots, will be closed Oct. 19 - 24 for storm drain work in preparation for the new Navy Exchange Mini Mart/Gas Station under construction. Please plan accordingly.



# Commentary

## Warfighting First... Warfighting Always

**By Rear Adm. John Kirby**

Warfighting. It's what we do in the Navy. We destroy or block an enemy's force at sea, keeping the sea lanes open for ourselves and for our allies. We blockade an enemy's ports, strangling his economy. We seize and hold beachheads and bases anywhere they may be needed. And we transport, protect, put ashore and sustain ground forces and their equipment.

Basically, we either deliver ordnance on target ... or we make sure the enemy can't.

That's pretty much the mission. That's why maritime nations build navies: to defend themselves, to protect their people and to safeguard their interests ... at sea.

Sure, navies do lots of other things. We can provide humanitarian assistance in the wake of natural disasters. We train allies and partners. We explore the vast reaches of space and of the deep. We advance science and technology. We help save lives.

As Commodore Matthew Fontaine Maury once said: "Navies are not all for war. Peace has its conquests, science its glories."

But even Maury, the great "Pathfinder of the Seas," would later — as an officer in the

Confederate Navy — argue strenuously for strong coastal defenses and a large fleet of well-armed gunboats to harass the enemy like a "nest of hornets."

Maury had it right. OUR job is to make the enemy's job really, really tough. And we've done that pretty well over the course of 23-plus decades.

My own family history bears this out. My grandfather served aboard the battleship UTAH during World War I. The ship's mission was to escort convoys of doughboys and war materiel across the Atlantic and in the dangerous waters off Great Britain.

On the way home, UTAH had the solemn and vital task of bringing home our dead and wounded. I remember Pop talking grimly of seeing the bodies lined up in rows on an Irish pier, ready for loading in the very same compartments that had not long before been filled with equally young but vibrant men eager for a scrap in the trenches.

My Dad served aboard the carrier VALLEY FORGE in the mid-1950s. Back then, each and every deployment he made was a cat-and-mouse game with the Soviet navy as both sides in the budding Cold War staked out their position on the high seas. Dad said he

could get used to almost anything at sea, but the thought that somewhere out in the deep lurked a Russian submarine with the "HAPPY VALLEY" in its sights kept him up at night.

As an ensign back in 1988, I found myself on the bridge of a guided-missile frigate helping escort tankers in and out of the Arabian Gulf. Mines were a real worry back then, as they are now. But, frankly, we were just as worried about the tension between Iraq and Iran. Having deployed not long after USS STARK was hit by Iraqi Exocet missiles, we were all just a little on edge as we tried to keep the oil flowing through the Strait of Hormuz.

Being "on edge" is what made us sharp. It's what made us ready. It's what made us and every other Sailor from every other generation ready for the fight ... that and our training.

"We have to train like it's real," said Damage Controlman 2nd Class Sandra Kimball of the recently deployed USS JOHN C. STENNIS. "If we don't respond with the same enthusiasm, how are we going to know if we are prepared when something does happen? It's our job."

See **WARFIGHTING** pg 12

### Updated List of Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 10, 2012

**Biloxi:**  
YaYa's  
2751 Pass Road

**Gulfport:**  
Herbal Alternatives  
1909 East Pass Road

Herbal Alternatives  
11530 Highway 49

*BJ's Bar (Club 228)*  
17920 16th Street  
Sinsations Night Club  
1809 30th Ave.

*Nick's Place*  
12460 Highway 49

**Pascagoula:**  
Bunksmall Apartments  
708 South Pascagoula St.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

### 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: SZU5 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](http://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.



**NCBC/20SRG**  
Commanding Officer  
Capt. Rick Burgess  
Public Affairs Officer  
Rob Mims  
Editor  
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CECN Lucinda Moise

**22 NCR Commander**  
Capt. Darius Banaji  
Public Affairs Officer  
Vacant

**25 NCR Commander**  
Capt. Darius Banaji  
Public Affairs Officer  
MCC (SW/AW) Scott Boyle

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Public Affairs Officer  
Lt. Jonathon Charfauros  
Mass Comm. Specialist  
MC1 (AW/NAC) Aron Taylor

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Public Affairs Officer  
Lt.j.g. Brian Myers  
Mass Comm. Specialist  
MC1(AW) Jonathan Carmichael

**NMCB SEVENTY FOUR**  
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Public Affairs Officer  
Lt.j.g. John Parizek  
Mass Comm. Specialist  
MC2 Ryan Williams

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

**NCTC Gulfport**  
Commanding Officer  
Cmdr. Scott Anderson  
Public Affairs Officer  
Lt. J. Johnson

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### 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](mailto:CNRSE_HOTLINE@navy.mil).

**"Those who stay away from the election think that one vote will do no good: 'Tis but one step more to think one vote will do no harm."**  
~ Ralph Waldo Emerson ~

### Installation Voting Assistance Officer:

Lt. Zach Guthrie, 20th Seabee Readiness Group (R41)  
228-871-3423  
or [zachariah.guthrie@navy.mil](mailto:zachariah.guthrie@navy.mil)



**19 days to go!**

## Buzz on the Street



By CECN Lucinda Moise  
NCBC Public Affairs

How do you practice fire  
safety?



"Keep bonfires contained in a  
pit."

UT3(SCW) Jim Tofil  
NMCB 74

Hometown: Brevard, N.C.



"When I cook I make sure every-  
thing is away from the stove."

EOCN Tiphonie Fleming  
CBC

Hometown: Madill, Okla.



"While grilling, I keep anything  
flammable away from the grill and  
I make sure I have a fire extin-  
guisher near."

CMCN Aaron Carpenter  
20th SRG

Hometown: Chattanooga, Tenn.

# Around the

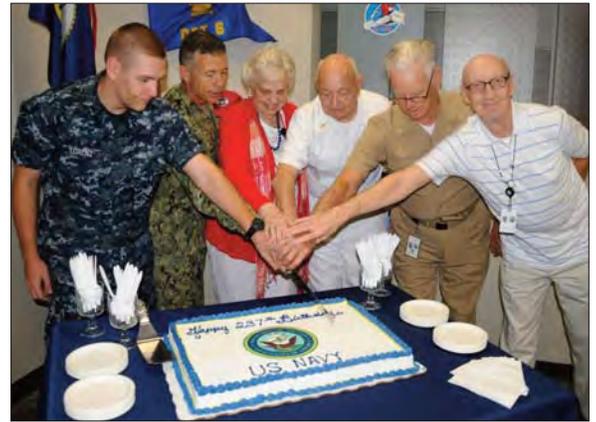


# Center



Charles Barbour, NCBC Gulfport fire protection inspector, talks to children enrolled in the Pass Christian School District about fire safety at the Pass Christian Boys and Girls Club, Oct. 16. Sparky the fire dog and other members of the Fire Department visited the youngsters during Fire Prevention Month. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Armed Forces Retirement Home (AFRH) Navy veterans joined Naval Construction Battalion Center (NCBC) personnel at Colmer Dining Facility Oct. 12 as part of the Seabee Center's celebration of the Navy's 237th birthday. Builder Chief Douglas Rathert conducted the ceremony and Capt. Rick Burgess, commanding officer NCBC/commander 20th SRG spoke about the USS Constitution heritage. Before the cake cutting, Naval Construction Training Center (NCTC) students lead guests in a rendition of Anchors Aweigh. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)



Danielle Marr, an Expeditionary Combat Skills (ECS) instructor, teaches ECS students how to access battlefield injuries during a class on board Naval Construction Battalion Center (NCBC) Oct. 12. ECS teaches basic combat skills to Sailors throughout the Navy who are preparing to deploy. (U.S. Navy photo by Construction Mechanic Katchen Tofil/Released)



Seabees with the Naval Mobile Construction Battalion (NMCB) 74 out of Okinawa, Japan, pour and smooth concrete during the engineering civil affairs project here, Oct. 10. Part of the Philippine Bilateral Amphibious Landing Exercise 13, Marines and Sailors of the 31st Marine Expeditionary Unit conduct multiple humanitarian civil affairs projects throughout the island of Palawan, rendering medical, dental and engineering aid to the Filipino locals. PHIBLEX, now in its 29th iteration, is an annually-scheduled exercise between the U.S. and Philippine forces, aimed at strengthening military-to-military interoperability and bilateral relationships. (U.S. Navy photo/Released)

## U.S., Filipino forces kick off engineering projects in Palawan

By Cpl. Jonathan Wright  
31st MEU Public Affairs

PUERTO PRINCESA, Philippines - As part of the 31st Marine Expeditionary Unit's humanitarian civil affairs engagements for Amphibious Landing Exercise 13, two engineering projects commenced to improve local infrastructure here, Oct. 9.

PHIBLEX 13, the bilateral training evolution between U.S. and Filipino military forces, includes multiple HCA projects in the province of Palawan, joining together Marine and Navy personnel with their Filipino counterparts to provide assistance to the locals.

"For the duration of the two weeks we are here, we will be working on two sites within local elementary schools," said Gunnery Sgt. Eric Smith, staff noncommissioned officer in charge of the Palawan Engineering Capability Exercise with Combat Logistics Battalion 31, 31st MEU and a native of Bastrop, Texas.

"There's no ulterior motive when we do these projects; we're here to help and build stronger relation-

ships. That's our reward."

At the Macarascus Elementary School, the construction of a roofed seating area is underway in front of the school's outdoor pavilion.

Simultaneously, an underground septic tank is being built next to a pre-existing one at Tagburos Elementary School with the addition of a leech field (waste and fertilization runoff).

After the initial days of breaking ground at both projects, the Philippine Marine Corps and Navy lent personnel to assist in the projects, and Seabees with the Naval Mobile Construction Battalion (NMCB) 74 from Okinawa, Japan, joined the workforce.

"After opening up a cement bag, I hand it to a Filipino Marine who in turn hands it to a U.S. Seabee," said Lance Cpl. Cameron Wright, heavy equipment operator with CLB-31 and a native of Jacksonville, Fla. "You can't get much more diversity working on this project."

Both projects are at no cost to the schools in materials or labor. During

the work days, students and teachers alike flock to the participating service members to show their appreciation.

"Every year the U.S. Marines and Navy come to the schools. It is a very big deal for us," said Joy Aguilar, principal of Tagburos Elementary School. "They always alleviate hardships during their visits, and the work they are doing now will improve the physical and educational aspects of the schools."

For the next few weeks, the U.S. and Philippine Marines and Sailors will work through rain or shine to complete their projects, boosting the overall conditions of the schools and building upon an already strong bond between the U.S. and Filipino people.

PHIBLEX, now in its 29th iteration, is an annually-scheduled bilateral exercise between the U.S. and Philippine forces, aimed at increasing interoperability and strengthening a long standing relationship.

The 31st MEU is the only continuously forward-deployed MEU.

## Sailors prepare for Physical Readiness Assessment

From Navy Personnel  
Command Public Affairs

With many commands across the fleet preparing for the semi-annual physical readiness assessment (PFA) the Navy's Physical Readiness Program director, addressed a Sailor's responsibilities for the PRT.

"It's the Sailor's responsibility to maintain physical fitness standards constantly and consistently, not solely at the time of semiannual testing," said William Moore, director, Navy Physical Readiness Program. "It's important for Sailors to maintain a minimum level of physical fitness necessary for worldwide deployment readiness, whenever and wherever needed."

According to Navy's Physical Readiness Program instruction, Sailors should complete at least 150 minutes of moderate physical activity each week. Examples of moderate-intensity activities include brisk walking (3 mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity activities include jogging or running, lap swimming, jumping rope and circuit training. Sailors should also perform strength-training exercises at least twice a week to work all major muscle groups.

The Navy assesses each Sailor's physical readiness twice a year through the semi-annual PFA. The PFA includes a medical screening, a body composition assessment (BCA), and a physical readiness test (PRT).

BCA is based upon a Sailor's height and weight measurements, and circumference (measuring tape) measurements as required.

Sailors are responsible to comply with medical screening requirements for Navy physical training.

Medical screening includes a current annual periodic health assessment (PHA), a semi-annual PARFQ



(Physical Activity Risk Factor Questionnaire) and pre-physical activity questions. Sailors may check the status of their PHA in PRIMS (Physical Readiness Information Management System), a Navywide program available in BUPERS Online, used to track Sailors' physical readiness data. PHA data is located on the member's page under the header "Last PHA." Sailors should contact medical to schedule a PHA if their current PHA has expired or will expire before the next PRT.

Failure to complete any of the medical screening can prevent a Sailor from participating in the PRT. "All unauthorized non-participation in the PFA will be designated as 'UA' in PRIMS and scored a PFA failure for the PFA cycle," said Moore.

OPNAVINST 6110.1J provides guidance for the Navy's Physical Readiness Program, lists program requirements, defines responsibilities for compliance and establishes required minimum standards of physical fitness.

"All members are required to participate in the semi-annual PFA regardless of gender, age, rank, title, billet or retirement request status," said Moore.

The Physical Readiness Program Operating Guide is the official Physical Readiness Program supplement guide to the Physical Readiness Program instruction. It contains information to help Sailors maintain physical readiness and is available in the Physical Readiness section of the Navy Personnel Command website at [www.npc.navy.mil](http://www.npc.navy.mil).

**Women's Bible Study . . .** Women's Bible Study will resume Oct. 24 at 11 a.m. at the Seabee Memorial Chapel. The Fall Bible Study will begin with a six-week study by Jennifer Rothchild, "Missing Pieces." Free child care is available. For more information, contact the Chapel at 228-871-2454.



**Gulfport Mayor George Schloegel addresses attendees of an Anchor Dedication Ceremony at Jones Park in Gulfport. The ceremony, held just days before the Navy's 237th birthday, commemorated 70 years of partnership between the Atlantic Fleet Seabees and the Gulf Coast community.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

## Jones Park Anchor symbol of Seabee partnership with Gulfport community

By MCC(SCW/SW/AW)

Ryan G. Wilber

NCBC Public Affairs

Seabees attached to Naval Construction Battalion Center (NCBC) Gulfport and citizens of the Gulf Coast community came together at Jones Park in Gulfport for an Anchor Dedication Ceremony Oct. 10. The ceremony, held just days before the Navy's 237th birthday, commemorated 70 years of partnership between the Atlantic Fleet Seabees and the Gulf Coast community.

The first Seabees arrived in Gulfport during June of 1942, and according to Gulfport Mayor and Guest Speaker for the event, George Schloegel, have remained an important part of the community ever since.

"You are the foundation of this city," said Schloegel.

The 20-ton, shankless U.S. Navy anchor was donated to the city by NCBC Gulfport's Commanding Officer Capt. Rick Burgess and transported to Jones Park by Seabees assigned to 20th Seabee Readiness Group (SRG), R436, Aug.



**Jayne Edwards of the WINGS Performing Arts of The Lynn Meadows Discovery Center plays "The Star-Spangled Banner" for attendees of an Anchor Dedication Ceremony at Jones Park in Gulfport. The ceremony, held just days before the Navy's 237th birthday, commemorated 70 years of partnership between the Atlantic Fleet Seabees and the Gulf Coast community.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

15. Burgess gave opening remarks for the dedication, and said he was proud to be part of a legacy of NCBC CO's having a strong relationship with the Gulf Coast community.

"There is no better place to be as a Seabee than Gulfport,

Miss.," said Burgess.

Schloegel said the anchor serves as a visual reminder of the bond between the Seabees and the community, and much more.

"This is more than the dedication of an anchor, it's a

recognition of the absolute foundation of the United States of America, and the Navy holds the first block of that foundation," said Schloegel.

Members of the WINGS Performing Arts of The Lynn Meadows Discovery Center performed during the ceremony, and Schloegel cited many instances of interaction with the Seabees throughout his lifetime in Gulfport, from handing out candy to him and others as a kid to assisting with hurricane restorations and community construction projects.

"No matter what challenge you give the Seabees they 'Can Do' it and have through the years. You are the fabric of this community, and this anchor is a symbol for the whole world to say 'we know the U.S. Navy Seabees stationed in Gulfport, Miss., are our neighbor, our friend, our family'. This symbol today tells the world this is your home, and we in Gulfport are mighty proud to have you here," said Schloegel.

## Seabee Ball motto contest

The 2013 Seabee Ball committee is holding a competition on board NCBC to determine the 2013 Seabee Ball motto. The winning entry will be selected by base leadership. All ideas should be emailed to [matthew.catanese@navy.mil](mailto:matthew.catanese@navy.mil) or [mario.solares@navy.mil](mailto:mario.solares@navy.mil) no later than Oct. 19. Please ensure entries are in good taste. The winning entry will be announced Oct. 22, and a \$50 NEX card will be awarded to the contest winner.



## New Commissary Rewards Card offers customers digital coupons

From DeCA Public Affairs

Using and redeeming coupons is expanding to the digital world at all commissaries with the new Commissary Rewards Card.

Roll out of the card began in August and will be available at most commissaries by this month.

With your rewards card, obtained only from your commissary, you're able to redeem coupons electronically at the commissary checkout. Customers register their cards online and log into their account to select and load coupons before they shop.

Find out how to maximize savings and much more on DeCA's Facebook page.



### Long Beach Middle School Veteran's Day Program

Active duty, Reserve and Retired military are invited to join the Gulf Coast community for a Veteran's Day program at Long Beach Middle

School, Nov. 9 at 9 a.m. in the school gym. The program will feature musical entertainment and a guest speaker. Long Beach Middle School is located at 204 North Cleveland Avenue in Long Beach.

# October proclaimed Domestic Violence Awareness Month



By **CECN Lucinda L. Moise**  
NCBC Public Affairs

Military and civilian personnel attached to Naval Construction Battalion Center (NCBC) gathered at the Fleet and Family Support Center (FFSC) on board NCBC to watch Capt. Rick Burgess, commanding officer NCBC, commander 20th SRG, sign the Domestic Violence Awareness Month Proclamation Oct. 11.

The proclamation declared October Domestic Violence Awareness Month and calls on all personnel and their families to speak out against domestic violence and support all who make an effort to assist the victims of these crimes in finding the help and healing they need.

Domestic Violence affects people of every age, race, national origin and both sexes; however, 85 percent of domestic violence victims are women ages 20-24 years of age, and one in every four women will experience domestic violence in her lifetime. About 1.3 million women are victims of domestic violence each year.

Domestic violence results in physical injury, psychological trauma, and sometimes death.

National, federal and local efforts are being made to help put an end to domestic violence everywhere. According to Susan Pyles, Family Advocacy program manager for NCBC, the FFSC is working tirelessly



**Capt. Rick Burgess, commanding officer Naval Construction Battalion Center (NCBC), commander 20th Seabee Readiness Group (SRG), signs the Domestic Violence Awareness Month Proclamation at the Fleet and Family Support Center (FFSC) on board NCBC, Oct. 11. The proclamation declared the month of October 2012 Domestic Violence Awareness Month, and calls all personnel and their families to speak out against domestic violence, and support all who make an effort to assist the victims of these crimes in finding the help and healing they need.** (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

to not only stop domestic violence, but help the victims as well.

"Fleet and Family is dedicated to supporting Domestic Violence Awareness Month. We're partnering with base commands to help prevent domestic violence through education and treatment, said Pyles. Our motto for this year is 'Building Healthy Families,' because Seabees build outside the home so we're focusing on building inside the home."

Domestic Violence Abuse Victim Advocate Karen Williams believes it's important to speak up whether you suspect domestic violence or witness it.

"One voice truly make a difference, so if you see something, say something," said Williams.

*Editor's Note: Statistical facts for article are from the National Coalition Against Domestic Violence (NDAVD)*

## Underwater Construction Team (UCT) 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; SW1 Dohse at ryan.dohse@navy.mil or visit [www.facebook.com/seabee.diver](http://www.facebook.com/seabee.diver) for more information.

## SAME

Scholarship



Golf Tournament

The Society of American

Military Engineers is

sponsoring a scholarship

golf tournament

Oct. 26 at Bay Breeze

Golf Course, Keesler Air

Force Base. For details

or to register, go to

<http://www.samegulf-coasttournament.com>.



**Volunteers with the Morale, Welfare and Recreation (MWR) Liberty Program clean and mop down kennels at the Humane Society of South Mississippi Oct. 14. Five service members spent part of their Sunday cleaning, mopping and providing attention to the abandoned animals.** (U.S. Navy photo courtesy of MWR/Released)

## MWR Liberty volunteers make a difference

By **MWR Marketing and Publicity**

Naval Construction Battalion Center (NCBC) patrons of the Morale, Welfare and Recreation (MWR) Liberty Center improved the quality of life for abandoned animals at the Humane Society of South Mississippi Oct. 14.

Explosive Ordnance Disposal 3rd Class Connor Antkowski, Senior Airman Nicholas Coccio, and Airmen Christian Scott, Colten Hagberg and Scott Wargo donated labor, time and compassion. They cleaned kennels, swept and mopped floors and folded laundry. Once the cleaning was done, the tails started wagging as the volunteers walked and played with the animals.

In 2011, the Humane Society took in 11,880 animals. Of those animals, 5,513 were adopted, 835 were returned and a staggering 4,060 were euthanized. The Humane Society works hard every day to reduce that number. For more information on volunteer or adoption opportunities, contact the Humane Society at 228-863-3354.

For more information on all that MWR has to offer for service members and families, visit them on Facebook at NCBC-MWR.

## Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates.

- **Motivated/Volunteer**
- **Pass Navy PFA**
- **E4 - E6**
- **No NJP**
- **No bankruptcy**
- **Obtain Secret/TOP Secret clearance**



Email us at [DEVGRURecruiting@vb.socom.mil](mailto:DEVGRURecruiting@vb.socom.mil) or contact your detailee to request additional information.

# NCBC FRAMES

**Gunner's Mate 2nd Class  
(SW/AW) Chad Heck**

20th SRG

WorkCenter Supervisor, 3MA

**By CM3(SCW) Katchen Tofil**  
NCBC Public Affairs



# FREEZE FRAME



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

**GM2: When I earned both my warfare devices on the USS George Washington (CVN 73).**

FF: What has been your biggest motivation

throughout your career?

**GM2: Picking up rank quickly and trying to earn an associate degree.**

FF: What advice would you give to future Sailors?

**GM2: Do the right thing while no one**

**is looking and you will succeed.**

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

**GM2: It gives me a broader spectrum of the Navy, not just the Fleet side of the house.**

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

**GM2: My most influential mentor during my career was GMC Kaye, because he was very knowledgeable in our rate and passed me his expediency.**

## LOOKING FOR LEGAL ASSISTANCE?

Do you need...

- A power of attorney or a will?
- Help with a consumer law or indebtedness issue?
- Help with a family law issue?

If you answered yes to any of these questions or you have a similar issue, visit the **REGION LEGAL SERVICE OFFICE.**

**Address:**

5301 Sneed St, Bldg 30  
Gulfport, MS 39501

**Phone Numbers:**

Comm: (228) 871-2620  
(228) 871-2626  
Fax: (228) 871-2975  
DSN: 868



If you're looking for Command Services, visit the Region Legal Service Office.



## LOOKING FOR LEGAL?

### LOOKING FOR A DEFENSE ATTORNEY?

Have you...

- Been told that you might be going to court-martial?
- Been told that you are going to non-judicial punishment (NJP) or an administrative board?
- Decided to make a complaint against someone in your chain of command?

If you answered yes to any of these questions or you have a similar issue, visit the **DEFENSE SERVICE OFFICE.**

**Address:**

5301 Sneed St, Bldg 30  
Gulfport, MS 39501

**Phone Numbers:**

Comm: (228) 871-2866  
DSN: 868



If you're looking for a Formal Physical Evaluation Board, Attorney, call the Formal Physical Evaluation Board Office at 202-685-7180.

www.jag.navy.mil

## NEX Web Store expands selection

**By Kristine M. Sturkie**  
NEX Public Affairs

To further enhance customer shopping experience at myNavyExchange.com, the Navy Exchange Service Command (NEXCOM) will be adding a number of new products to its NEX web store over the next several months.

"We are constantly looking to add new products to our web store," said Tess Paquette, NEXCOM Senior Vice President, Chief Merchandising Officer. "We know that some of our authorized customers don't have access to shop a NEX, so the web store is the only way they can use this benefit

they have earned. We want to make sure we have the products our customers need and want at a savings, no matter where they live around the world."

In honor of its decommissioning, USS Enterprise (CVN 65) apparel and gifts will be added to the NEX web store in mid-October. Customers will find a variety of Enterprise merchandise available to purchase including ball caps, shirts, coffee mugs and coins. Commissioned in 1961, the Enterprise is the world's first nuclear-powered carrier and is both the largest and oldest active combat vessel in the Navy.

Launching Oct. 31, customers

will find a wider variety of toys on myNavyExchange.com to coincide with the start of Toyland. Customers will be able to purchase action figures, building sets and blocks, dolls, kids' electronics, learning toys, riding toys and much more from their favorite brands.

"Toys were one of the top requests from customers and until now, we only offered early learning toys," said Paquette. "We will now be offering toys for boys and girls for all age ranges, just in time for the holidays."

MyNavyExchange.com currently has over 15,000 items in its web store.

## Navy Gateway Inns & Suites Rate Changes . . . Navy Gateway Inns & Suites appreciates your business.

While the rates are still competitive with commercial rates, increases have had to be implemented. Effective Oct. 1 rates are: Lake House, 1 King Bed: \$82/day; VIP Suite, 1 Queen Bed: \$75/day; Suite 1 Queen Bed: \$60/day; Private room with private bath, 2 Queen Beds: \$80/day; Private room with private bath, 1 Queen Bed: \$55/day; Private room with shared bath, 1 Queen Bed: \$40/day. Contact General Manager Ms. Simone Tomlin at 228-871-3029 for more information.

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari,  
Military Spouse Contributor

## How you play the game



In the fall, through the magic of associative thought, a whiff of fallen leaves evokes echoes of marching bands and whistles blown. We feel the cold aluminum bleacher seats and the prickle of wool scarves around our necks. Like Pavlov's dog, our mouths water as we bring to mind hot coffee at 8 a.m. soccer games and chili dogs at football halftime.

As soon as our kids show any proficiency whatsoever, we parents strap some equipment on them and put them on a team, so we can experience the sights, sounds and smells of the fall sports season.

To satisfy our selfish interests, we justify our pushy behavior by telling ourselves that kids benefit by learning about teamwork. But do they?

Today's sports recreation leagues seem replete with controversy. Although such organizations now have exhaustive constitutions, bylaws and procedural manuals promising double blind fairness in team selection, somehow there are always reports of teams being "stacked." The focus on selecting winning teams diminishes the emphasis on the life lessons that team participation can impart.

About seven years ago, we were stationed in Norfolk, and my son was a squishy little 10-year-old who preferred piano and rainbows to athletic pursuits.

Early in the fall of his 5th grade year, our son started showing an interest in football. As visions of tailgate parties danced in our heads, we jumped on the opportunity and contacted the local flag football league.

"Sorry ma'am, the teams are full . . . now, if you're husband would be willing to coach, your son could play this season."

Completely ignorant of the rec league team selection process, my husband agreed.

We received a roster of 15 kids -- our son and 14 others who transferred from overcrowded teams. What we didn't know, was that the coaches had been asked to give up a couple kids each, and of course, they picked their worst players.

Obviously, we showed up for our first practice raring and ready to access the boys' talents. The lineup was not what we expected.

None of the boys knew a thing about football. A few were skinny. Several were small. Three had learning disabilities. But they were all excited to play.

We decided to call ourselves "The Sharks" and accepted the rejected purple league jerseys without complaint.

Practices were dicey. The plays looked more like people running from a fire, but we were hopeful that it would all come together on game day.

As team mom, I went a little overboard. I ordered the Jaws soundtrack. I bought sweatshirts, t-shirts and little purple towels. I made up cheers.

Game day finally arrived and we were ready. Parents donned their Sharks spirit wear and swung their little purple towels. Players gathered around Coach for a pre-game pep talk.

"Listen boys, I want you all to go out there today and show 'em what you're made of! Let's tell everybody out there, if you swim with the Sharks, you're gonna get bit!"

Both players and parents alike exploded into simultaneous applause and collective woo-hoos.

A half hour later, we were down by three touchdowns, and our blissful ignorance of the corrupt league team selection process came to an abrupt end.

"Listen up Sharks," my husband barked during half time, "don't let the numbers on that scoreboard get you down! We are the Sharks! Win or lose, we are going to fight and fight hard! Now go out there, boys, and give 'em all you got!"

At the end of the third quarter, the ref called the game because they were beating us 40 to nothing.

The rest of the season was more of the same, and it was not easy to keep the morale of our little Sharks in the positive. But we persisted. Instead of emphasizing winning, we became determined to surprise the other team with our undying spirit.

We waved our purple towels, blared the Jaws theme song and shouted our original Sharks cheers. No matter the odds against us, the Sharks played every game to win.

Despite it all, we never scored one point.

The following fall, I ran into another Shark's mom at a local grocery store. She told me that, even though that her son got a winning team the next season, he seemed sad, and said to her, "Mom, I wish this team was more like the Sharks." Her comment reassured me that, despite a winless season, the Sharks were a winning team. In the face of unbeatable odds, they showed drive, dedication, character, and good sportsmanship. Developing these attributes is far more important than winning a game.

Vince Lombardi once said, "People who work together will win, whether it be against complex football defenses or the complex problems of modern society."

So, coaches and league officials, get back to basics. Worry less about who is on what team and focus on teaching kids to be members of a successful team.

Parents, accept your children's team assignments without complaint, and resolve to help them learn from the experience.

Besides, whether your child wins or loses, you still get to smell the clumps of fresh mud from their cleats, feel the hoarseness of your voice after a close quarter, and taste the hot pot of chili waiting for you at home. It's all good.

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesoflife.com>.

RESERVE YOUR TABLE NOW FOR  
THE 34<sup>th</sup> ANNUAL

# SALUTE TO THE MILITARY



Featuring  
**HON. MICHAEL B. DONLEY**  
Secretary of the U. S. Air Force  
Washington, DC

**SEN. ROGER WICKER**  
**REP. STEVEN PALAZZO**

Music by the **United States Navy  
New Orleans Ceremonial Band**  
and presentation of the 2012  
**Thomas V. Fredian Community  
Service Award**

**TUESDAY OCT. 23 6:00 P.M.**

**MISSISSIPPI COAST COLISEUM  
CONVENTION CENTER BILOXI**

Join us once again as we thank our neighbors-in-uniform for their service to the nation and to our Coast communities.

Sen. Roger Wicker, Rep. Steven Palazzo and Air Force Secretary Michael Donley will lead our 34th annual Salute.

Tickets are \$60 for civilians and retired military, \$50 for uniformed military. Reserved tables of 10 are available for \$600 civilian / \$500 uniformed military. Corporate sponsorships of

\$1,000 include one table of 10 and 5 tickets are donated to the military in your name.

Tickets include the Salute ceremonies, dinner and program. Formal dress is preferred and business dress is acceptable.

Seating is limited to 110 tables. Reserve yours by contacting the Coast Chamber at (228) 604-0014 or by visiting the Coast Chamber website at [mscoastchamber.com](http://mscoastchamber.com).

Doors open at 6 p.m. Come early and enjoy displays of military memorabilia, including exhibits from the Armed Forces Museum at Camp Shelby.



## Summer/Fall Flag Football League Final Standings

		W	L
<b>1st</b>	PCU-LPD24	10	4
<b>2nd</b>	20TH/CBC	9	5
<b>3rd</b>	366 TRS	9	5
<b>4th</b>	25TH NCR	7	7
<b>5th</b>	NBHC	5	9



## Saucier/Success Volunteer Fire Department

### Haunted Trail & Hay Ride. . . Oct. 19, 20,

26 and 27 from 7 p.m. until ??? at the Success Volunteer Fire Department, 12343 School Road (off of Success Road in Saucier.) Adults \$8, Children 10 and under \$3, (bring a can of food for a dollar off). A portion of the proceeds to benefit Saucier Food Bank. Family Fun for All! Contact BU1 Robert Johnson, 228-224-4646 for directions or more information.



## Protect your children from Cyberbullying

**From StatePoint Media, Inc.** Most parents are familiar with traditional bullying that takes place at school and on the playground, but as life has gone digital, so has bullying.

"Cyberbullying, bullying that occurs through technology like computers and mobile devices, is often harder to detect than traditional bullying. The bully isn't immediately visible and may not even be known to the victim," says pediatrician Dr. Gwenn Schurgin O'Keeffe of the American Academy of Pediatrics (AAP) and author of "CyberSafe: Protecting and Empowering in the Digital World of Texting, Gaming, and Social Media."

"Because of this, cyberbullying is often more upsetting to victims, with even more profound and long-lasting effects," Dr. O'Keeffe said.

While the anonymous nature of the digital world does pose a challenge to identifying cyberbullies, O'Keeffe notes, parents can take an active role toward combating this 21st century problem. Here are tips for parents to get a handle on cyberbullying, whether your child is a victim, a bystander or even participating in the bullying:

~ Monitor your child's digital technology use. Be on the lookout for behaviors like quickly switching screens and having multiple passwords and accounts.

~ Teach your child to come forward if he or she knows a friend is bullying others or being bullied. Being a bystander helps perpetuate the cycle and continue someone else's pain.

~ You may think your child is safely using a digital device in the next room, but any child online is at risk for being bullied. Not all

children are going to let you know if there's a problem, including teenagers. If your child is acting withdrawn, evasive or unusually sad -- especially after using a digital device such as a computer, video game or mobile phone -- ask if everything is okay. Regularly converse to open the line of communication.

~ Cyberbullies may think they are acting anonymously, but they can be tracked by authorities. If your child is a victim, save the offending emails, IMs, and texts, and get the school involved if possible.

~ If you worry your child is in serious danger, or the other parents refuse to help end bullying, call the police.

~ Find out what policies your child's school has in place on bullying, cyberbullying and digital devices. If the rules are insufficient, talk to the teachers and principal about establishing sensible regulations.

~ Don't raise a bully! Foster empathy by talking regularly about how actions and words affect others. Set a good example by always treating others with respect yourself, both online and offline.

~ Help children develop constructive strategies for getting what they want that don't include teasing, threatening or hurting others.

~ Don't assume that a normally well-behaved child is guilt-free. The faceless digital world makes it easy for even good kids to sometimes be mean.

More information about cyberbullying can be found on the AAP parenting website, [www.healthychildren.org](http://www.healthychildren.org). With a new school year come new challenges. Learn about the realities of cyberbullying and what you can do to pro-

## Civilian federal employees

Are you thinking about retirement? The only CSRS and FERS retirement planning courses being offered at NCBC Gulfport during Fiscal Year 13 will be offered in February and are limited to 25 students each.

Find out information on these courses, as well as other civilian course offerings

by visiting:

<https://www.cnbc.navy.mil/gulfport/OperationsAndManagement/HumanResources-Office/ServiceCenterTraining/index.htm>

or  
(2)

<http://www.donhr.navy.mil/> and click on HR office - southeast to find a course.

## Are you helping your child learn to solve problems?

Children learn how to solve problems at home. Here's a quiz to see whether you're doing all you can to help them learn this valuable life skill. Give yourself five points for something you usually do, zero points for something you never do—or any score in between.

\_\_\_1. When my child and I talk about a problem, I try to listen carefully. I try to pick up information and feelings I have not heard in the past.

\_\_\_2. I try not to immediately state what I think is the best solution to the problem. My goal is to help my child learn to solve problems.

\_\_\_3. While my approval of the solution to a problem is required, my child knows that I'll at least consider any solution—even if it seems pretty far out at first.

\_\_\_4. I won't let myself be pressured by time. If we can't solve the problem in one sitting, my child knows we'll continue to talk.

\_\_\_5. I encourage my child to look for a solution that both of us can live with.

How did you score?

Above 20 means you're raising a child who will be a problem-solver. Fifteen to 19 is average. If your score is below 15, you may need to let your child play a more active role in taking responsibility for solving problems.

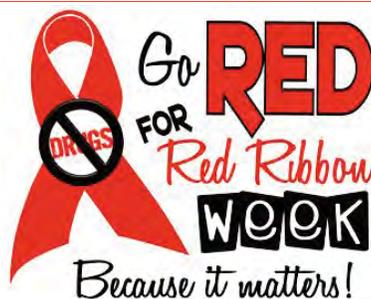
More helpful information for parents and school-age children can be found at the Harrison County School District webpage at <http://www.harrison.k12.ms.us/>

## National Family Partnership and DEA join forces for 2012 Red Ribbon Week Youth Drug Prevention Campaign: 'The Best Me is Drug Free'

Students are invited to enter Red Ribbon Week's contest to promote drug awareness and win a \$1,000 grant for their K-12 grade school and/or a new iPad.

The contest is simple:

1. Students bring the Red Ribbon Week (Oct. 23 - 21) message "The Best Me is Drug Free" home by working with parent to decorate their front door, mailbox, fence, etc. with this year's message.
2. Students or parents take a photo with the family and their decoration, then upload to [www.redribbon.org/contest](http://www.redribbon.org/contest) or [www.facebook.com/RedRibbonWeek](http://www.facebook.com/RedRibbonWeek) by Nov. 2.
3. The voting begins. Ask family and friends to vote for your entry at [www.redribbon.org/vote](http://www.redribbon.org/vote) Nov. 2 - 16. After voting closes, 10 lucky winners from regions across the U.S. will win. Winners will be announced at events at their winning schools in December.
4. For more on Red Ribbon Week, visit <http://redribbon.org/blog/BestMeIsDrugFreeContest/>.



NCBC School Liaison

Officer, Kevin Byrd is

located at: MWR, Building 352,

1706 Bainbridge Ave., NCBC, 228-871-2117

email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)



## MWR Special Event

**"Fright Night @ the Lake:"**  
 Oct. 26, 6 – 9 p.m. Bring the family for a night of FREE Halloween fun! Find your way through a haunted maze and take a hayride. Test your nerve in the Fear Factor Stations. Enjoy food, toys, a children's costume contest and many more activities for all ages. For event details or more information on volunteer or vendor opportunities, call 228-871-4010.

## Fitness

**Zumba:** Monday and Wednesday at 6 p.m. FREE "Power Lifting Meet," Nov. 3, 10 a.m. Sign up through October. There will be five male and female weight classes and one teen class. For more information: Call Michael 228- 822-5108. Start training now!

**Aquatics:** An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking and helps with STRESS! Customize your workout by visiting [www.swimplan.com](http://www.swimplan.com).

## Services

**Auto Hobby:** FREE Tire rotation and balancing during October, Tuesday - Friday 2 – 7 p.m. and Saturday Noon – 5 p.m.

For reservations, call 228-871-2804.

## Recreation

**Movie Theater:** FREE every weekend. Grab some popcorn and sit back and enjoy the movie!  
**Friday,** "Abraham Lincoln Vampire Hunter," R, 6:30 p.m.  
**Saturday,** "Snow White and the Huntsman," PG13, noon; "The Amazing Spider-Man," PG13, 2:30 p.m.; "Abraham Lincoln Vampire Hunter," R, 5 p.m.  
**Sunday,** "Brave," PG, 2 p.m.; "Snow White and the Huntsman," PG13, 4 p.m.

**ITT:** Need a vacation? Let us help you plan your dream getaway. Cruise lines are offering off-season rates and resorts in the mountains of Tennessee with great military deals. Stop in to see what we can do for you!

## Liberty Center:

How brave are you? Find out at the "House of Shock Haunted House" in New Orleans, only \$15 with a military ID, Friday, 6 p.m.

Make the community better and volunteer your time with Mississippi Coastal Cleanup, Saturday, 7:30 a.m.

**Outdoor Recreation:** Fall is here. What a great time

to get outside! Stop by and check out our wide variety of gear from tents to sports equipment.

**October Specials:** All camping gear (including A-Liners) is 10 percent off. Rent three sets of Paintball equipment and get one free. What a deal!

**FREE Batting Cage:** No more tokens needed. Stop by and take a swing! Rent

bats and helmets at no charge from Outdoor Recreation during business hours.

## Food & Beverage

**Monday Night Football:** Grab a buddy and head to the "BeeHive" on Monday to catch all the action.

**The Grill:** Open Monday-Friday from 6:30 a.m. - 1:30p.m. Grab a tasty breakfast or lunch. Call ahead for takeout and avoid

the wait, 228-871-2494.

**Anchors & Eagles:** Open Tuesday-Thursday 2 - 9 p.m.

## Youth Activities

Come take a ride with us on a Biloxi Shrimping Tour, Saturday, 9 a.m. – 3 p.m., only \$8. Bring a sack lunch.

Be a contestant in our Pumpkin Carving and Basket ball Free Throw contests, Tuesday, 5:30 – 8:30 p.m., FREE.

**FRIGHT NIGHT AT THE LAKE**

**Friday, October 26 from 6 p.m. – 9 p.m. at Seabee Lake**

Sponsored by:

- Haunted Maze
- Food Vendors
- Fear Factor Stations
- Music
- Hayride
- Children's Games & Activities
- Trick or Treat
- Children's Costume Contest
- Parking at the Fitness Center – Free Shuttle

**Bring the family for a night of FREE Halloween Fun!**

For volunteer opportunities call Kim Reid at 871-2251 or Dwayne Riley at 871-4042.

For vendor information call Grace Sheets at 871-2231 or Maranda Johns at 871-4010.

The Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.

# NCBC Helping Hands Volunteer Opportunities

**ANNUAL BUDDY WALK** - The Mississippi Gulf Coast Down Syndrome Society will hold its annual 1-mile Buddy Walk to raise awareness of those with Trisomy 21 (aka Down Syndrome), Oct. 20 at 3 pm., at the Gulfport Sportsplex. Volunteers are needed to walk or help with set up/breakdown and event itself. If you are interested, contact Mark Vogelmeier, 228-238-2814 or mvogelmeier@hotmail.com

**CITY OF GULFPORT** - The City of Gulfport will hold "Boo Bash," it's annual Halloween event, Oct. 27 from 6 - 9 p.m. under the Barksdale pavilion in Jones Park. Volunteers are needed who are interested in setting up a Halloween themed booth with a children's activity and working the booth during

the event. Volunteers who are interested in creating a Halloween themed backdrop for children to take pictures in front of during the event are also needed. Contact Brittany Dyess at 228-868-5881 or bdyess@gulfports.gov if you or your group are interested in volunteering.

**HONOR FLIGHT REUNION** - The Honor Flight is hosting a reunion at Joppa Temple Nov. 3 for participants of all four Honor Flights and is requesting assistance cooking for the event and transporting a grill to the event. Please contact MCC Ryan Wilber at ryan.wilber@navy.mil if you are interested in volunteering.

**IRD/YOUTH BUILD** - International Relief & Development/Youthbuild is

asking for 10 volunteers during October to participate in the "Mental Toughness" portion of a recruitment for Cafe Climb. Cafe Climb is directed towards career development for youth ages 18 - 26 years old. Volunteers are needed to help screen candidates. If you are interested, please contact Elizabeth Elias at 228-223-3384 or eelias@ybgulfcoast.org.

**ANNISTON ELEMENTARY FUN RUN** - Anniston Elementary School needs volunteers Oct. 19, 10 a.m. - 1 p.m., and Nov. 7, 7:30 a.m. - 2:30 p.m. The Oct. 19 volunteers will be asked to pass out food, drinks and information on the Fun Run at the school. Nov. 7 volunteers will participate in setting up the Fun Run, running with the students and breaking down the event. Please call Megan Straub at 228-896-6309 to volunteer.

**LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS** - Long

Beach Alternative School on Old Pass Road in Long Beach is looking for mentors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison at 228-865-1956 for more information or to volunteer.

**WOOLMARKET ELEMENTARY SCHOOL SEEKS MENTORS** - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information or to volunteer.

**GULFPORT POLICE ATHLETIC LEAGUE** - The Gulfport Police Athletic League is looking for volunteers who are interested in assisting with the Youth Aftercare Program. Volunteers would work with youth grade 4 - grade



8 in team-building exercises designed to increase self confidence, self-discipline and self-respect. Program hours are M-F, 3:45 - 5:45 p.m. For more information, call Officer Tonya Laville at 228-596-0281 or 228-868-5703.

**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. Contact Shawna Tatge at Shawna\_Tatge@uss.salvationarmy.org for information.

## 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.

## Chapel Offerings

### Looking for a church?

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

### Seabee Pantry

Seabee Pantry donations are always welcome. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. Everyone affiliated with NCBC can use the

Seabee Pantry.

### Praise and Worship

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 invited to come share your gift.

### Women's Bible Study

Women's Bible Study will resume Oct. 24 at 11 a.m. at the Seabee Memorial Chapel. The Fall Bible Study will begin with a six-week study by Jennifer Rothchild, "Missing Pieces." Free child care is available. Chapel: 228-871-2454

## United States Marine Corps 237th Marine Corps Ball



When: Nov. 10, 2012, 6 p.m.

Place: Hollywood Casino, Bay St. Louis, Miss.

Price: \$50 (per ticket)

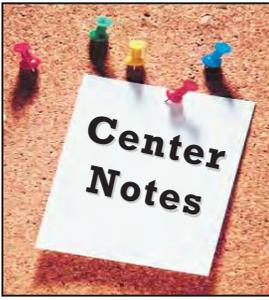
Uniform: Marines - Blue Dress "B" or Blue Dress "A"

Army - Army Blue (Bow Tie)

Navy - Dinner Dress Blue Jacket or Dinner Dress Blue

Air Force - Mess Dress, Civilians - Black Tie

See I&I First Sergeant, 1st Sgt. Coston, building 114 (NOSC) or call 228-871-3104



## 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 11 FRG** For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmc11.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](mailto: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](mailto: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, email [gosgulfport@yahoo.com](mailto:gosgulfport@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 and 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

#### 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](mailto: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 mem-

bers. 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](mailto:matthew.t.wasson@navy.mil) or President LS2 Earl Simpson at [earl.simpson@navy.mil](mailto: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, go to <http://nmc62alumni.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](mailto:elevenoaks58@cableone.net) or log onto [www.nsva.org](http://www.nsva.org) for information.

**D.A.V. - Disabled American Veterans, Chapter 5** invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization and all that is offered to members.

### 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.seabeesmuseumstore.org/-/shop/index.php](http://www.seabeesmuseumstore.org/-/shop/index.php) or call the gift shop at 228-871-4779 for information on all that is available for customers.

## Pitch In, Use the Bin! NCBC is a No Litter Zone!

From **WARFIGHTER** page 2

It's our job. She's right. And getting the job done is what we get paid to do, pure and simple. We are nothing of value to the American people we have pledged to defend if we cannot successfully complete assigned tasks.

It's our job to be ready anytime the nation calls.

It's our job to be out there at sea, forward deployed and poised to strike.

It's our job to put warfighting first, just as the CNO commands us, because that's why the American people maintain a Navy. That's why they fund our ships and fuel our aircraft.

We can do everything else really well — and we do — but if we can't put ordnance on target, if we can't defeat or

deter an enemy from the sea, we haven't fulfilled our oath to "protect and defend." We haven't done our job.

This month, as we celebrate the Navy's heritage, let us recommit ourselves to the all-important job of putting warfighting FIRST. Let us rekindle the legacy of Jones and Halsey, Farragut and Nimitz, of DC2 Kimball and of LT Michael Murphy. Let us remember all those who have before us — some of them our own flesh and blood — made the business of warfare their only and most important business.

The stakes are too high if we don't. The world is still too dangerous a place.

In a letter written to his son-in-law in May of 1862, as the Civil War raged on, Matthew

Fontaine Maury summed it up perfectly in this sage advice: "Your duties for the moment are and ought to be the all-absorbing subjects with you. Not only your prosperity, but your life and liberty are at stake. And you will be lucky and ought to be happy to escape with the last two."

I don't think any one of us thinks of escaping with anything today. We are Sailors in the most powerful Navy human history has ever witnessed. We aim to preserve our country's freedom. We aim to win. But we would do well to remember the price for ever failing to measure up to that task.

We would do well ALWAYS to put warfighting first.

Rear Adm. John Kirby is Navy Chief of Information.

**GULFPORT, MISSISSIPPI**  
**12th Annual Gulf Coast Veterans Day Parade**  
 SATURDAY, NOVEMBER 10, 2012 11:00 AM

**2ND ANNUAL LONG BEACH VETERANS' DAY PARADE and CELEBRATION . . .** Long Beach will hold a Veterans' Day Parade and Celebration Nov. 11. Festivities begin at 1 p.m. with musical entertainment performed by the Long Beach Middle School at the Town Green on Jeff Davis Avenue. After the musical entertainment, the parade begins at War Memorial Park on Church Avenue and continues to the Town Green. Sponsored by the First United Methodist Church of Long Beach. Contact Susan Taylor at 228-332-1083 for more information.