

# SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 53 No.39

Naval Construction Battalion Center, Gulfport, Mississippi

September 26, 2013

## NMCB 1 back in the field



Builder Constructionmen Terra Ashworth (left) and Bethany Edwards dig a trench to drain water from their fighting position during the Naval Mobile Construction Battalion (NMCB) 1 Field Training Exercise (FTX) Operation Bearing Duel, Sept. 24. FTX tests the battalion's readiness to deploy through a variety of realistic scenarios potentially encountered during Seabee deployments. NMCB 1 provides combatant commanders and Navy component commanders with combat ready warfighters capable of engineering, construction and limited combat engineering across the full range of military operations. **(U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez)**

See more NMCB 1 FTX photos on page 5

## NMCB 11 Military Advisor 2013 USO Volunteer of the Year

By **MC1 Jonathan Carmichael**  
NMCB 11 Public Affairs

A Marine deployed to Combined Joint Task Force – Horn of Africa (CJTF-HOA), was recently selected as the United Service Organizations' (USO) 2013 Volunteer of the Year. Gunnery Sgt. Jeremiah C. Johnson, assigned to Naval Mobile Construction Battalion (NMCB) 11 as the Military Advisor on Weapons and Tactics will be honored Oct. 25 at the USO Gala in Washington, D.C.

Before being selected, Johnson beat out the competition of 27,000 volunteers in more than 160 locations around the globe.

"He [Johnson] exemplifies the best of the best in our military today – service to country, family, and community with the utmost honor and integrity – and, I'd venture say, a large dose of humility," said Betsy McWhirt, USO Director of Volunteer Services.

"My experience is that the volunteers who deserve the honor the most are usually the ones who think they deserve it the least, because service, no matter what form it takes, is so integral to their character that they don't see it as anything out of their normal routine. ... He could be

'receiving' all the services we have to offer at the USO. But instead, he prefers to be part of the service delivery of the USO to his fellow troops, Marines, Sailors and Airmen in order to lift their spirits. This is true leadership from our perspective, and a key reason he was selected as USO Volunteer of the Year," McWhirt concluded.

According to the 2013 USO Gala web page, "an estimated 1,000 guests will gather to pay special tribute to our men and women in uniform. Guests will include Washington dignitaries, members of Congress, military leadership, members of the USO Board of Governors, USO corporate sponsors and the media."

The USO's mission is to lift the spirits of America's troops and their families, and the organization recognizes that volunteers play a critical role in delivering that mission.

Through his volunteer efforts while serving in Camp Hansen, Okinawa, Johnson kept the United through Reading Military Program available to service members, initiated the camp's "Midnight Munchies" program to provide service members a trouble-free alternative on Saturday nights,

See **USO** page 5

**Security Note on Vehicle Registration:** All personnel who operate vehicles on board NCBC, Gulfport are reminded to register their vehicles with Pass and ID. Pass and ID is located at the Pass Road Gate and their hours of operation are Monday - Friday, 6 a.m. - 3:30 p.m.

# Buyer Beware!! What Every New or Used Car Buyer Needs to Know

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**By Lt. Jacque Leonard, JAGC, USN**

In the market for a new or used car? Purchasing a vehicle is an exciting time, but also involves a major decision. Follow these guidelines, and you'll walk into the car-buying situation more informed about how to protect yourself.

People typically buy cars from either a dealership or private individual. If the seller is a private individual, the car is sold "as is" and without any warranty unless your contract specifies coverage. When the seller is a dealership, it's important to know about the "implied warranty of merchantability" – a term that describes the promises made by the dealership

about the car's condition. The implied warranty of merchantability is a contract law concept of the Uniform Commercial Code ("UCC"). The UCC provides guidance to states and parties to a contract, but in order for the UCC to apply to a contract, either a state must codify the UCC into its state laws (which many states have done) or parties must include it as a governing authority to a contract. The warranty of merchantability means that the seller promises the vehicle will do what it is supposed to do, and that the car's basic functions are operational. However, the warranty of merchantability does not cover everything that could go wrong with a car, so it's still very important that

you fully inspect a car before buying it from a dealership.

The warranty of merchantability is also "implied," meaning that it can be modified or excluded whenever a dealership includes its own warranties in a vehicle sale. In order for a dealership to modify or exclude the implied warranty of merchantability, it must expressly use the term "merchantability" and, if the modification/exclusion is in writing, the writing must be conspicuous to the potential buyer. When a dealership provides its own written warranty and any other warranty is expressly disclaimed, those terms and conditions govern the sales contract and any implied warranty does not apply. There-

fore, it's essential to read a dealership's warranty so that you understand what repairs are covered, what promises are made, and whether purchasing a dealership's extended service contract is worthwhile. Purchasing an extended service contract is generally a cost-effective decision if the extension contract costs less than the anticipated repair costs for that vehicle.

On a used car, the best place to look for information about whether the vehicle is being offered with a warranty included is the Buyer's Guide, which must be posted in every used car sold by a dealership in every state except Maine and Wisconsin. The Buyers Guide

See **BUYER** page 8

## Stand Up for Vets at annual Stand Down

### MS Gulf Coast 2013 Homeless Veterans Stand Down . . .

Donations are now being accepted for the Homeless Veterans Stand down Oct. 10, 9 a.m. – 1 p.m. on the grounds of the VA Gulf Coast Health Care System in Biloxi. Most needed items include: Bus passes with CTA, backpacks/duffle bags, old uniforms (without name tags or ranks), phone cards, gift cards (Wal-Mart, Target), dog food for pets, reading glasses, flashlights with batteries, restaurant coupons, female hygiene products, toiletries, bug spray, sleeping bags, blankets, canned goods (pop top cans), utensils, MRE's, candles (large candles inside coffee cans), Band Aids/antibacterial gel, small sewing kits, small packs of tissue, note pads and pens, used paperback books, plastic rain ponchos, garbage bags, sunscreen. Please bring donations to Seabee Memorial Chapel. Approximately 50 volunteers are also needed for the Veterans Stand down. Point of contact is Chaplain Choi, 228-871-2454 or Chief Weaver, 228-871-2959.



Buzz on the



Street

By **CECN(SCW) Lucinda Moise**, NCBC Public Affairs

*"What do you think about NKO and BUPERS only CAC login for access?"*



"It is easy to access while at work, but inconvenient for those who need access at home without CAC readers."

**SW1 Michelle Wheeler**  
NCG 2  
Hometown: Chattanooga, Tenn.



"I think it is easier."

**CECN Matthew Slaughter**  
NMCB 74  
Hometown: Spring, Mo.



"Overall I think it's great, because it makes it so that you do not have to remember a long password."

**MCC Athena Blain**  
NCG 2  
Hometown: Charlestown, S.C.



Construction Electrician 2nd Class Zack Snyder, right, and Utilitiesman 3rd Class Jody Griffin, both assigned to Naval Mobile Construction Battalion (NMCB) 133, make a generator watch log entry for an Environmental Control Unit (ECU) during a 22nd Naval Construction Regiment (NCR) certification exercise (CERTX) on board NCBC Gulfport, Sept. 23. NMCB 133 is currently supporting 22 NCR with camp maintenance and watch standing during the exercise. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Equipment Operator 3rd Class Travis Morris, driver, and Equipment Operator Constructionman Salvador Jaramillo, assigned to Naval Mobile Construction Battalion (NMCB) 74, load lumber to a Medium Tactical Vehicle Replacement (MTVR) Mk-31 tractor-trailer at Contingency Construction Crew Training (CCCT) on board NCBC Gulfport, Sept. 17. NMCB 74 is currently readying materials in preparation for a scheduled field training exercise (FTX). (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



After completing four weeks of Expeditionary Combat Skills (ECS) training, Construction Mechanic Constructionman Apprentice Graham Milstead returns his gear to Wayne Flowers, a logistic support specialist for ECS, onboard NCBC Gulfport, Sept. 20. Milstead is one of the many Sailors that graduated from ECS today, and are now preparing to report to their new commands. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

# NCBC Frames

# FREEZE FRAME

**CE1(SCW) Hanlon, Aaron**, Future Operations LPO,  
Naval Construction Group (NCG) 2



By UTCN Alicia Fluty NCBC Public Affairs

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

**AH:** My overseas tour aboard Naval Air Station Sigonella, Sicily. To have the opportunity to be stationed and live in Europe for three years was awesome. The culture, food, people, and traveling were all amazing and will

forever stand out as one of the top experiences during my career.

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

**AH:** The atmosphere, the camaraderie, the traveling, and the challenges of the military, have been my motivation. There is not another

job out there that offers the life experiences that you will gain while serving in the military.

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

**AH:** Always carry a positive attitude, make the best of every situation, learn and grow from your mistakes, and try your best to make

it better for your relief!

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

**AH:** My favorite part of the Seabees is our small community and strong camaraderie. Also the opportunity to gain experiences working in all of our construction trades.

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

**AH:** I must say that through my career I have had many great mentors who have all been very influential for me both in and out of the navy. It would be impossible for me to select just one.

## SAME Semi Annual Scholarship Golf Tournament

Oct. 18, 1 p.m. start. Lunch at noon at The Cardinal Gold Course at Diamonhead. Fees: \$70/player or \$260/4-person team (includes lunch). For registration info, visit [SAMEgolftournament.com](http://SAMEgolftournament.com) or contact James Keokosal at [james.keokosal@navy.mil](mailto:james.keokosal@navy.mil)



Unless otherwise posted, the speed limit on board NCBC is 25 m.p.h. The speed limit in all housing areas is 10 m.p.h.

## NMCB 133 XO speaks at Pass Road Elementary



Naval Mobile Construction Battalion (NMCB) 133 Executive Officer Lt. Cmdr. Craig Clutts speaks with kindergarten through fifth grade students during their Patriot Day and National Day of Service and Remembrance assembly at Pass Road Elementary School, Sept. 11. Clutts spoke about his personal story of service as well as the importance of volunteerism and service in the community. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

By MC1 Steven Myers

NMCB 133 Public Affairs

Pass Road Elementary partnered with United Way of South Mississippi and the United Service Organization (USO) to observe Patriot Day and National Day of Service and Remembrance Sept. 11.

At the school's first assembly of the year, guest speaker Lt. Cmdr. Craig Clutts, Naval Mobile Construction Battalion (NMCB) 133's executive officer, highlighted the importance of service to others.

Clutts reminded the audience of kindergarten through fifth grade students that service is not limited to those in military, but also extends

to the police officers and firefighters, park rangers, postal workers, public service agencies and volunteers.

Clutts said Americans were united in the New York City and Pentagon tragedy in 2001 and the numerous volunteers responded with somber dedication. Service members and civilians alike rallied in support of those affected by the 2012 Benghazi attack and acted to prevent further destruction.

"As members within the classroom or community," Clutts said, "each of you can make a difference by helping each other."

At the end of the assembly, each grade presented their donations

for the USO to use across the Gulf Coast in service to the men and women who serve in the military. It was an awe-inspiring presentation, superseded only by the entire student body harmoniously waving their American flags and chanting "U.S.A." for nearly a minute spreading a heartfelt patriotism throughout the gymnasium.

"It was an honor to serve those that have gone before me, and those affected by the September 11th attacks by passing the torch of volunteerism and service to the young, impressionable minds of our future leaders. It will remain a fond memory forever," said Clutts.

# NMCB 1 back in the field for FTX



Left: Hospital Corpsman 1st Class Amanda Larson operates a wet-bulb globe to determine flag levels for Sailors' work/rest cycle during Naval Mobile Construction Battalion (NMCB) 1's Field Training Exercise (FTX) Operation Bearing Duel Sept. 22. Right: Steelworker 3rd Class Darcy Via (left) learns the basics of operating an M-240B machine gun from Steelworker 2nd

Class Mary Edwards during the crew served weapons training portion of Naval NMCB 1's Field FTX Operation Bearing Duel Sept. 22. FTX tests the battalion's readiness to deploy through a variety of realistic scenarios potentially encountered during Seabee deployments. (U.S. Navy photos by Chief Mass Communication Specialist Kim Martinez/Released)



Reserve your table now for the 35th annual SALUTE to the MILITARY Oct. 22, 6 p.m. at the Mississippi Coast Coliseum Convention Center, Biloxi Featuring: Gen. James F. Amos, Commandant of the Marine Corps, Music by Navy Band New Orleans Contact Rob Mims at robert.c.mims@navy.mil for more information

From **USO** page 1  
barbequed for fellow service members during special events and power outages, initiated and completed multiple USO Center improvement projects and renovations, served as a role model for customer service, and recruited numerous new volunteers to the center. "The center never became complacent or stagnant," said Johnson of the USO Center in Camp Hansen. Exhibiting the humility that McWhirt attested to, Johnson attributed the center's success to the center manager who encouraged Johnson to make whatever improvements he thought the place needed. "She continually asked everyone what could be done to make the place better," said Johnson, who also said that she made it her mission to help put the ideas she

received into action. Johnson first took notice of the USO in 2004 when he boarded the flight that carried him to his first combat deployment in Iraq. He was impressed by the USO volunteers who showed their support and made him feel welcomed. That experience inspired Johnson to volunteer in Iraq by maintaining the USO facility, handing out drinks, and mentoring those struggling with the realities of a combat zone. Since that deployment, Johnson has volunteered with the USO in Okinawa, Hawaii and Mississippi. His volunteer efforts are not limited to the USO. Johnson has also volunteered with Toys for Tots for the past 12 years, and prior to his December 1996 enlistment in the Marine Corps, Johnson was a volunteer assistant coach for a youth soccer team.



Gunnery Sgt. Jeremiah C. Johnson (pictured), Military Advisor on Weapons and Tactics for Naval Mobile Construction Battalion (NMCB) 11, was recently selected as the United Service Organizations' (USO) 2013 Volunteer of the Year. NMCB 11 is currently deployed to Camp Lemonnier, Djibouti supporting construction operations. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

**CBC Command Assessment Team (CAT)** seeks members The CAT team is looking for new members, military and civilian, of all ranks. If you are interested, please contact CS1 Luzunaris at Michael.luzunaris@navy.mil or 228-871-2194.

# Earning the Title: Becoming a Seabee Combat Warfare Specialist



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 15, review the contents of a candidate's package during a Seabee Combat Warfare Specialist (SCWS) qualification on board Camp Krutke, Afghanistan, Aug. 12. NMCB 15 is currently deployed to Afghanistan in support of Operation Enduring Freedom and is an expeditionary engineering element of U.S. Naval forces supporting units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 1st Class Daniel Garas/Released)

**By MC1 Daniel Garas**  
NMCB 15 Public Affairs

A Petty Officer 3rd Class is seated before a group of seniors. His hands clasp together and his brow furrows as he strains to remember the answer to a question he has been asked.

"Are we taking any crew-served weapons with us?"

How many people are in the convoy? What happens if our communications go down?"

The young petty officer that is the convoy commander, strains to provide the answer but he is overwhelmed. He has no answer for his troops.

"These are things you have to take into consideration," cautions Steelwork-

er Chief Christina Greenwood. "You are in charge of this convoy. You are the one who has to have the answers. Your people are going to look to you for leadership!"

Greenwood looks at the Petty Officer and asks him to think harder, but his blank expression says it all: he is in over his head.

Greenwood asks the young man to take a break and leave the room. As he does, she begins to furiously scribble notes. There is no actual convoy. Instead, she is chairing a board for a candidate seeking to earn his Seabee Combat Warfare (SCW) qualification in Naval Mobile Construction Battalion (NMCB) 15.

The SCW program serves as the cornerstone for combat training in the Seabees. Completing the program recognizes the training and qualifications of those who serve in Construction Battalions of the Naval Construction Forces (NCF). To earn the pin, service members must complete Personal Qualification Standards (PQS) which include Seabee Combat Warfare volume I and II, Naval Construc-

tion Force 1&C, and Navy Safety Supervisor from the Navy's Non-Resident Training Course (NRTC) website.

In addition, service members must be within physical standards, qualified with the M-16 rifle or M-4 carbine and currently assigned to a unit of the NCF in any rating capacity. The lengthy prerequisites currently make it one of the more challenging warfare devices to earn.

After consulting with other members of the board they conclude un-animously that the board can go no further. They have only combed over the first part of the board and see problems.

"I think he still doesn't understand how a Final Protective Line (FPL) and a Primary Direction of Fire (PDF) work," says one Petty Officer. "It's not a good spot and he's using the wrong symbol for it."

"His sectors of fire are too wide," says another Petty Officer. "They're too wide. They need to be narrower."

"His landing zone to medically evacuate casualties is too close to his communication's tent,"

says a third.

Fixing small errors like these might be assigned after the board finishes and are known as tasker's. But the consensus of the board is that the candidate needs additional time to understand the basic fundamentals.

After calling him back in, Greenwood explains that the board will cease and he will have to begin again in a few days. The candidate looks disappointed, but Greenwood tells him to relax, breathe, and to go over his basics. She explains that he now has a better idea of what to expect. She also reminds him that he now understands the expectation.

"He wasn't prepared. He should have had a murder board first, so they know what we expect," said Greenwood. "We don't expect them to know everything, but we do expect them to know the basics."

Greenwood understands his disappointment, but has no intention to pass people who do not qualify, nor does she seek to fail people. That would defeat the purpose of a board.

See **SCWS** page 8

## Combined Federal Campaign Kick Off Celebration

Oct. 1, 10 a.m. - 2 p.m., Navy Exchange/Commissary parking lot

- 10 Charities will be present. Anyone visiting four or more can enter to win door prizes.
- Door Prizes include gym bags and gift certificates to restaurants out in town.
- Dunk Tank manned by Senior Master Sgt. Parsons and Lt. Cmdr. Clutts, 11:15 a.m.-noon.
- Lots of freebies to grab and wonderful charities to support.

"Serving Our Country, Supporting Our Community"



## Underwater Construction Team (UCT) ONE

UCT 1 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 con-

struction diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team at 757-462-3988/4313 or email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or check them out at [www.facebook.com/seabee.diver](http://www.facebook.com/seabee.diver) for more information.



# Key Facts about Seasonal Flu Vaccine

By **Garreth R. Barber, RN,**  
NBHC Gulfport

## What is seasonal influenza disease?

Influenza is a contagious respiratory illness caused by influenza types A or B viruses. Influenza viruses are easily spread by airborne respiratory droplets from person to person (often by sneezing or coughing). Symptoms of infection include fever, muscle aches, headache, malaise (a general feeling of sickness), non-productive cough, sore throat, and runny nose. Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. The flu also can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition triggered by the flu. Which personnel are required to receive the influenza vaccine

DoD policy requires annual influenza immunizations for all Active Duty, National Guard and Reserve personnel, designated civilians and healthcare personnel who provide direct patient and/or child care according to Service-specific guidelines. Dependents are encouraged to get vaccinated, but are not required. Any GS, contractor or civilian worker on base with a CAC card may also be vaccinated.

## When to Get Vaccinated

Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as



**Hospital Corpsman 3rd Class Catherine Jacobsen administers vaccinations to Seabees assigned to Navy Mobile Construction Battalion (NMCB) 74 before a deployment, Aug. 7, 2009.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

October, most of the time influenza activity peaks in January or later. Who Should Get Vaccinated

Everyone six months to age 64 years old can come to the Seabee base clinic and get the flu vaccine. While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- ^ Pregnant women
- ^ Children younger than five, but especially children younger than two years old
- ^ People 50 years of age and older
- ^ People of any age with certain chronic medical conditions
- ^ People who live in nursing homes and other long-term care facilities
- ^ People who live with or care for those at high risk for complications from flu, including:  
Health care workers, household contacts of persons at high risk for complications from the flu, household contacts and out of home caregivers of children less than 6 months

of age (these children are too young to be vaccinated).

## How does influenza spread?

Influenza spreads from person to person through aerosolized respiratory droplets released when a person coughs, sneezes, or breathes on someone. People may also become infected with influenza by touching something contaminated with the virus and then touching their mouth, nose, or eyes.

What is the best way to protect myself and my family from getting influenza if we are not vaccinated?

Vaccination is your best protection against influenza infection. If you are unable to receive the vaccine, avoid close contact with people sick with the flu. Wash your hands often with soap and water or, if that is unavailable, use alcohol-based hand rub. To prevent the spread of germs, avoid touching your eyes, nose, or mouth and cover your mouth and nose with a tissue when coughing or sneezing.

For more information please call Branch Health Clinic Immunizations Department, 228-822-5777 and speak with Garreth R. Barber, RN, Monday -Thursday 7:30 a.m. – 3 p.m. and Fridays, 7:30 a.m. – Noon.

**The single best way to protect against the flu is to get vaccinated each year.**

**Flu Vaccine Available at the NCBC Naval Branch Health Clinic, 7:30 a.m. – 3 p.m., Monday through Thursday, and Fridays 7:30 a.m. - Noon**

## NCBC Energy Fair

Oct. 10, 10 a.m. - 1 p.m.  
NEX Courtyard

Stop by for conservation tips and a chance to check out a Chevy Volt extended-range electric car.

## Upcoming Classes available at Fleet & Family Support Center

- Smooth Moves Class Tuesday, Oct. 8, 9 a.m. to noon.
- Baby Boot Camp, Thursday, Oct. 10, 8 a.m. to noon.
- Basic Computer Skills Class, Friday, Oct. 11, 4 to 6:30 p.m.

Call (228) 871-300 to get signed up.

## 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 who are:

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- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Able to obtain SECRET/TOP SECRET clearance



Email us at !DEVGRUREcruiting@vbsocom.mil or contact your detailer to request additional information.

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She explains that earning a SCW pin is no easy task, and it is not awarded lightly. Boards are meant to be as much of a learning experience as they are a measure of knowledge. Instead she says that she is giving him a second opportunity.

"I look for the rate and pay grade to get an idea of exactly what they should know," Green says. "They should have the knowledge of at least one pay grade above their own."

As the young petty officer leaves, he states while he was initially daunted, he will try again. Earning a SCW pin is crowning achievement in a young Seabee's career and is essential to gaining greater opportunities in the NCF.

As he walks down the hall, Greenwood stops him to impart one final bit of information.

"Remember, this isn't just about earning a pin. What you learn may save the life of one of your shipmates," she says.

The SCWS program dates back to 1992, after a Master Chief's conference concluded that the Seabee community should have a warfare designation to recognize the Seabees' past accomplishments to the Navy. Seabees have placed themselves into harm's way since their creation in 1942, often following the Marines ashore to construct runways and field hospitals. Adopting the motto "We build, We fight," they would consistently find themselves acting as de facto infantrymen to defend their projects from the Japanese. Since then, Seabees have placed heavy emphasis on tactical field training and basic combat skills.

"Tactical training is essential for us to function in an expeditionary environment," said Steelworker Chief Willis Bowman, the SCW program coordinator for NMCB 15. "If we can't survive in a tactical environment, we can't do our job."

Bowman sits behind his desk in a small tent, working continuously. He reviews and completes the packets of candidates before he submits them to the Command Master Chief for approval. Next to his computer is a mountain of packets. He points to them and notes the sheer volume.

"End of deployment rush," he says.

As the end of deployment looms, more and more people who started the program at the beginning are completing it. For a reserve battalion especially, there is no better time to become SCW qualified than on a deployment. Access to materials, subject matter experts and hands-on training is available. It will be far more difficult at home on drill weekends.

But Bowman is glad many people are finishing the program. He says that it shows a strong desire amongst Seabees to become qualified and will provide a wealth of experience in the years to come when deployments may not be so frequent.

"Earning your SCW pin demonstrates motivation and a desire to learn the basic skills of our warfare specialty," said Bowman. "For many it earns you respect because you've been through the process and you can relate to your juniors."

Other Seabees echo Bowman's statement.

"Getting your SCW pin means you are stepping up. Going through the

program gives you a better understanding of the basics," said Builder 2nd Class Jarrod Powell. "It also gives you a better understanding of our heritage and where we came from."

Powell added that during his time in the course he learned an extensive amount of knowledge. As a former Marine, it's something he takes seriously. "What you learn could save one of your shipmates," he says.

That same day, another board is convening. A Petty Officer 2nd Class has just completed her package and has presented it to a board for review. If the board finds the packet to be satisfactory they will begin the second phase and ask a battery of questions to assess the fluency of her knowledge.

After she turns it in, the board asks her to step outside and wait. As soon as she steps out the board pours over the contents of her package and begins to evaluate it. Geometries of fire are calculated, camp layouts are measured. No detail is left unchecked.

After careful review and only finding a few minor issues, they conclude the packet demonstrates competent knowledge. The candidate is brought back in.

The candidate finds herself sitting before a board of several Petty Officers and one Chief. They begin to immediately ask her questions on everything from naval history to contingency operations.

"Who was the father of the Seabees? What is the maximum effective range of the M-240 B machine gun? What are the 10 classes of supply?"

The candidate answers the questions in rapid succession, but stumbles on a few. When pressed on

how many pressure points are on the human body, she hesitates.

Rolling her eyes upward, she searches her memory to remember the answer.

"Twenty?" she asks nervously. "Eighteen?"

She is guessing and the board does not approve. They know that she has the answer, but it is in there somewhere.

"Forget that," says one of her inquisitors. "How many rings are on a 463L pallet?"

"It's twenty-two. Didn't you already ask me that?" she replies in a confused tone.

The two lock eyes and he gives her an intentional look. A smile stretches across her face as she gets the hint.

"There are twenty-two!" She says excitedly.

Her inquisitor and the rest of the board members nod approvingly.

"Confidence is what we look for," says Equipment Operator 1st Class Sergio Zamora. "If they say things like 'I guess that's it' or 'I think so,' that's going to open up more questions. If they know it, we'll help them a little to see if we can pull it out."

Zamora feels that boards are a way to measure confidence and gauge potential leadership. He mentions that knowledge in the subjects is important because potentially any service member that is SCW qualified might put into a position of leadership.

"We want somebody that is willing to have a briefing in front of whatever troops they're leading and do it with confidence," Zamora says. "No matter what their rate is."

After three and half more hours of grueling questions the board ends. The candidate is asked to step outside and wait. After-

wards, board members discuss amongst themselves and will decide the results. After a few more minutes, they ask the candidate to re-enter.

The Chief Petty Officer chairing the board asks her how she thinks she performed.

"I've learned so much, but I feel like I missed a lot," she says.

"That's normal," he replies.

At that moment, all members on the board stand up in unison. The Chief walks over to the seated candidate, his eyes casting a doubtful glance. After a terse moment he sticks out his hand, a smile stretching across his face.

"Congratulations," he says.

A visible burden is lifted off of the candidate's shoulders and she smiles in relief. She reaches out and shakes the Chief's hand.

Soon, the board surrounds her and a frenzy of congratulations and back-slapping ensues. The board members begin recalling their own experiences.

Through the buzz of activity in the background, the Chief takes the candidate aside and quietly tells her a phrase that has been uttered numerous times at the conclusion of countless boards.

"Remember, this isn't just about earning a pin. What you learned in this course may save the life of one of your shipmates."

NMCB 15 is currently deployed to Afghanistan in support of Operation Enduring Freedom and is an expeditionary engineering element of U.S. Naval forces supporting units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [seabeecourier@navy.mil](mailto:seabeecourier@navy.mil) and check out the new and improved website at: [http://www.cnic.navy.mil/regions/cnrse/installations/nbc\\_installation.html](http://www.cnic.navy.mil/regions/cnrse/installations/nbc_installation.html)

**Fraud, Waste and Abuse Hotline:** Due to limited IG resources throughout the Southeast Regional, 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, Email: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil)

# October 7-11 is National Fire Prevention Week! "Prevent Kitchen Fires."

## Monday, Oct. 7

10 a.m. – Meet CO for signing Fire Prevention Week Proclamation with Sparky.  
2 p.m. – NMCB 133, Fire extinguisher training.

3-5 p.m. – Balfour Beatty, Sparky & Fire Safety House at Canary Circle Cul-De-Sac.

## Tuesday, Oct. 8

8 a.m. – MWR Administration, fire extinguisher training.

9-11 a.m. – NEX, Stove safety & fire extinguisher training.

2 p.m. – Security, Fire extinguisher training.

## Wednesday, Oct. 9

9-11 a.m. – CDC, Sparky & Fire Safety House.

11:30 a.m.-12:30 p.m. – NMCB 74, Fire extinguisher training.

1-2 p.m. – NMCB 11, Fire extinguisher training.

## Thursday, Oct. 10

9-10:30 a.m. – Fleet & Family, Stove safety and fire extinguisher training.

2-2:30 p.m. – MWR/Gym, Fire extinguisher training.

3-5 p.m. – Balfour Beatty, Sparky & Fire Safety House, Eagle Dr. Cul-De-Sac.

## Friday, Oct. 11

9-11 a.m. – NEX, Stove safety & fire extinguisher training.

# Navy Knowledge Online gets refreshed

## From Sea Warrior Program Public Affairs

On Sept. 28, the Navy Knowledge Online Technology Refresh (NKO-TR) will be deployed. Most of NKO's users will see only minor changes to the portal's look and feel since the technology refresh replaces the underlying technology.

"NKO was launched in 2001 to support Naval Education and Training Command (NETC) Training Centers and Schoolhouses, and the last portal software upgrade was in 2004," said Bill Johnson, NKO Project Director. "The NKO tech refresh is a major step in delivering the capabilities needed for today's dynamic Navy training environment."

The new portal technology improves navigation and search, and provides

a cleaner-looking, more intuitive interface.

A new global navigation bar provides quick-access links and dropdown menus to more easily find relevant content. System alerts now appear on both the NKO login page and home page. Users are notified in advance of scheduled system outages and receive other important information that may affect NKO access.

In addition, replacing NKO's older infrastructure with modern technology will reduce operating costs and position NKO for future Manpower, Personnel, Training and Education (MPTE) portal integration efforts.

"While many of the tech refresh changes won't be apparent to NKO users, the portal administrators - which number about 5,000 - will appreciate the

expanded configuration options and flexibility," said Johnson.

Tutorials and training materials for NKO administrators are available at: <https://wwwa.nko.navy.mil/portal/aboutnko/home/nko-tr>.

NKO currently has 756 active communities of practice (COPs) and 26,178 active knowledge centers. The NKO-TR project is a collaborative effort with the Navy Education and Training Command (NETC), the Sea Warrior Program (PMW 240), and OPNAV N156.

In accordance with information assurance policy, a Common Access Card (CAC) is required to use NKO. For help, please contact the NAVY 311 at: Phone: 1-855-NAVY- 311 (1-855-628-9311) DSN: 628-9311 Email: NAVY311@navy.mil.

From **BUYER** page 2

must state: whether the vehicle is being sold "as is" or with a warranty; what percentage of the repair costs a dealer will pay under the warranty; that spoken promises are difficult to enforce; that the buyer should get all promises in writing; to keep the Buyers Guide for reference after the sale; the major mechanical and electrical systems on the car; and to ask to have the car inspected by an independent mechanic before purchasing. The Buyers Guide becomes part of the contract at the time of the sale and any guarantees within it override any of the contract's restrictions.

If you see the terms "as is," "with all faults," or other words clearly stating that there are no implied warranties, then the warranty of merchantability does not apply, and BUYER BEWARE! A vehicle sold "as is" means that all warranties are disclaimed and the vehicle is being sold in whatever its current condition may be. There are no promises about its quality or durability and the duty is completely on the buyer to inspect the car and know of its condition.

The UCC also includes an implied warranty of fitness. This means that statements made by a dealership about a vehicle's suitability for a particular purpose rep-

resent warranties. If a dealership advertises that a car can haul a trailer, a customer buys it for that purpose, and the car cannot actually haul a trailer, the dealership has breached the implied warranty of fitness. This is only implied and can be excluded or modified by a dealership's own warranties.

Many states have incorporated the UCC into state laws on vehicle sales, and some states have even built upon the consumer protections in the UCC.

Mississippi has incorporated the implied warranties of merchantability and fitness for a particular purpose into its state laws. In order for an implied warranty to be modified or excluded, the modification/exclusion must be in writing, mention "merchantability," and be conspicuous. Further, the modification/exclusion must be separately acknowledged by the buyer through a signature. Mississippi does not have a used car lemon law.

It is important to understand your rights as a buyer when purchasing a vehicle, and it is essential to understand the problems that could arise if you do not carefully consider your purchase. Knowing your state's laws regarding warranties will help you make an informed decision and avoid legal hassles in the future.

The NCBC Fire and Emergency Services provide emergency ambulance transport services. The ambulance will be staffed with Emergency Medical Technicians certified at the basic life support level, and provide basic life support care to all personnel onboard NCBC Gulfport. Transport will be provided to Memorial Hospital. Request for service will not change. Call 911 and state you are on the Seabee base.



## LADD - Leaders Against Drunk Driving

LADD is a program sponsored by the CBC/NCG2 First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol. **LADD is strictly confidential - no reprisal!** LADD will take individual home only - no stops. Volunteers who stand the watch are on call 24/7. It is always important to have a plan in place when going out in town, but if your plans fall through, please call and we will pick you up. **Call 228-239-9007**

# Focus on Education

## Education Notes

### Microsoft Office Suite Classes

Need to hone your computer skills? If yes, then you are in luck! Fleet and Family Support Center is offering Microsoft Office Suite (Word, PowerPoint and Excel) classes, Oct. 11, 4 – 6:30 p.m. Call 228-871-3000 to preregister.

### CCU continues Fall registration

Coastline Community College has extended its Fall "B" Term registration deadline to October 14, 2013. On-line class registration and FINAL TA approval must be completed by this date. First time students must complete their on-line Application of Admissions by October 11, 2013. The Fall "B" Term runs from October 21 – December 15, 2013. Additional information can be obtained from Dr. David Drye, in the Navy College Office, Building 60, Room 239 or at 228-871-3439 or at ddrye@coastlined.edu.

### William Carey University

Representatives of William Carey University will be in the Navy College Office (building 60, second floor), Oct. 2, 10 a.m. – 1 p.m. to answer questions and provide information on available degree programs that are offered at the University's campus in Biloxi. Available Graduate and Undergraduate degree program offerings include Business, Criminal Justice, Education, Nursing, Psychology and Art. Most degree programs can be completed in the evening hours. For more information, please contact: Mrs. Kerry Cameron, Assistant Director of Admissions at kcameron@wmcarey.edu, telephone 228-702-1815 or Mr. Bernie Cousins, Director, School of Business Programs at bcousins@wmcarey.edu, telephone 228-702-1848.

## Health tips for brown bagging

### Courtesy of NCBC School Liaison Officer

Throughout elementary, middle, and high school my husband was responsible for getting our two daughters out of bed and off to school since his work day started much later than mine. As part of getting them off to school, his task included making their daily lunch sandwiches. For years we would buy healthy ingredients for sandwiches and accompanying snacks. Then one day I discovered behind the driver's seat on the floorboard of my older daughter's car a mound of brown sandwich bags with the carefully prepared lunches still inside each bag. Needless to say that was the end of lunch preparation for the girls!

We are now into the 5th or 6th week of school depending on when your county started, and you are probably already out of ideas for bag lunches – much less healthy bag lunches. Your children are complaining that they are tired of peanut butter and jelly and want Lunchables – those neatly packaged, expensive treats, which according to your children, other children bring EVERY day!

To provide you with some ideas for not only your children's lunches but also your own, I checked out several sites on the internet. In an online article by Elaine Magee, MPH, RD, the "Recipe Doctor" for WebMD, she explains that lunchbox ideas are based on four key elements:

- Include more whole

foods and less processed foods. Choose lunch items with higher amounts of fiber and nutrients children need (like calcium, protein, and vitamin C). Include fewer processed foods such as cookies, chips, and snack cakes, which have higher sodium, added sugar, and saturated fat.

- Be creative. Think outside the lunchbox. Does your child enjoy cheese pizza, Chinese chicken salad, or veggie/soy corn dogs at home? With a little forethought and a reusable cold pack, you can probably pack them for lunch, too.

- Keep it cold. For safety's sake, pack lunch with a reusable ice pack. Better yet, freeze a small water bottle or box of 100% juice. Your child will have a slushy drink to enjoy at lunch and won't have to worry about bringing an ice pack home.

- Keep it fun. Include items that kids can stack or mix up to their taste when they eat. Remember that kids like to dunk, and include healthy dips with vegetables or other items. Cut foods into fun shapes with cookie cutters.

While some of these were good tips – like freezing the juice box or water bottle to keep the lunch cool, others like cutting food into fun shapes with cookie cutters seemed time consuming for an already harried morning rush to get out of the door. But what do I know? Here are a few more tips from Dr. Magee that might just be the perfect lunch for your child.

Mediterranean Pita Pocket.

Fill a pita pocket with falafel balls and some homemade or store-bought hummus. Some falafel balls come cooked and ready to add.

Fruit and Cheese Plate. Fill a divided plastic container with assorted cubes or slices of reduced fat cheese, easy-to-eat fruit such as apple and pear slices, grapes, or melon, and whole-wheat crackers. Peanut Butter Fun Pack. Make a peanut butter fun pack by spooning two tablespoons of natural-style peanut butter in a reusable plastic container, along with whole wheat crackers or whole wheat pita pocket wedges and raw vegetables such as celery, zucchini, or jicama sticks.

Everything Is Better on a Mini Bagel. Whole-wheat bagels are a wonderful foundation for hardy sandwiches which stand up to being in a backpack or locker all morning. Start with one regular or a few mini bagels. Add tuna or lean, roasted, and sliced turkey. Top it off with reduced-fat cheese and fresh tomato, onion, and Romaine lettuce or sprouts. Two mini bagels can supply 6 grams of fiber to the meal.

It's a Wrap! Wraps are a nice change of pace from the usual sandwich. Use a high-fiber multigrain flour tortilla. Spread on mustard, hummus, light salad dressing, or green or sun-dried tomato pesto. Then fill 'er up with chicken Caesar salad or assorted lean meats, cheese, tomato, sliced onion, and shredded

Romaine lettuce. Just roll it up and wrap in foil.

Talk About Taquitos. Taquitos are easy to eat and easy to pack. In the morning, lay a few bean and cheese frozen taquitos on a small sheet of foil. Pop them into a toaster oven to crisp them up. Wrap them up in the foil and slide them in your child's lunch bag. For a vegetarian option, try bean taquitos.

Add some of these to round out your child's lunch:

- Fruit cups (with no sugar added) ;
- Applesauce in flavors such as pomegranate or cranberry-raspberry (also with no sugar added);
- Nuts or seeds in a shell (if age and allergy appropriate), such as walnuts, pistachios, peanuts, or sunflower seeds;
- Raw veggies (ready to pack) such as carrot sticks, sugar snap peas, celery, or jicama sticks;
- Cheese sticks -- available in 2% sharp cheddar, part skim-milk mozzarella, pepper jack, and more; and
- Healthy snack bars (individually wrapped) with 3 or more grams of fiber, less than 10 grams sugar, and no more than 1 gram saturated fat .

If you enjoyed these ideas, Dr. Magee is the author of numerous books on nutrition and health. Her opinions and conclusions from this WebMD article are her own. Or for more healthy eating ideas, go to <http://Kidshealth.org/parent/nutrition> for more ideas on healthy lunches for kids.

NCBC School Liaison Officer Kevin Byrd is located in MWR building 352, 1706 Bainbridge Ave on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## My Freudian half-slip

When I was seven, the scariest place in the world was under my bed.

It was a double, so there was plenty of space under there for demon-possessed Muppets with evil grins to hide amongst the dust bunnies. I kept my back turned to the edge of the bed, so as to protect myself from any fuzzy claw that might reach up and graze my cheek.

When my self-induced reign of terror eventually relented, allowing me to drift off to sleep, I had the typical dreams of a chubby little elementary school girl. All my childhood wishes, fears, impulses and insecurities found a place on the playground of my sleeping id.

On happy nights, I dreamt of puppies and kittens that were all mine, getting locked in the toy store all night, and flying just above the trees without wings. When I felt insecure, I dreamt of being at school wearing only saddle shoes and a belt. When I was afraid, I dreamt of Muppets who were nice at first, and then turned mad and tried to get me.

As the years went by, my dreams stayed pretty much the same, with a few minor adjustments, like a grocery store instead of a toy store – my mother never bought sugared cereals or Twinkies -- and the cast of Happy Days instead of the Muppets. Nothing out of the ordinary.

But as a young adult, I began to form a deeper sense of myself and how I fit into the world around me. I became hyper



aware of my social status, struggled to choose between right and wrong, and developed fresh fears of my burgeoning independence.

And my dreams started getting bizarre. Really bizarre.

Suddenly, I was trying to run from vicious wolves, but my legs were stuck in molasses. I was in huge sprawling houses that seemed cool at first, but then I got lost amongst the endless doors and rooms. I found myself taking exams for which I had forgotten to purchase the textbook.

And I made out with people. Weird people. Like Marshall Westover, a kid who smelled funny and was in Mrs. Rowley's kindergarten class with me at East Pike Elementary School; and Sean Monroe, a frat boy who I saw throwing up one night in the campus dive bar.

What's up with that?

In my late 20s, I met and married my Navy husband. We had babies, bought a couch, wrote Christmas update letters, raised a puppy, cut grass, and moved around a lot – just like other military families.

During the past two decades, my dreams have been what you might expect for this meaty stage of life. I dreamt of disappointing my old boss, losing my kids in a crowd, falling off cliffs, moving into new houses, and realizing that I had a funky new mole on my body.

And now, I'm firmly entrenched in that stage of life commonly known as "middle-age." With three teenagers and my husband in his 25th year in the Navy, we are experiencing that intense fear-excitement mix that comes with having no idea what the future holds and whether or not we can afford it.

Suddenly, every dream I ever had is competing for airtime, along with some new money-related scenarios. The wolves are chasing, Twinkies are being devoured, I'm making out with Ralph Malph, I'm finding winning lottery tickets, and I'm showing up to a new job wearing only a half-slip and mittens.

Freud might say that my middle-aged dreams indicate latent personality disorder and disguised sexual deviance, and order immediate inpatient psychotherapy. But after 17,245 nights of sleep, I've learned that life is filled with hope, sorrow, fear and joy. It's not important that our brains get it all a little muddled when we snooze.

The important thing is to just keep on dreaming.

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

### See Something Wrong, Do Something Right . . .



NCIS has two 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 S2US. 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.

### Squat Challenge!

WOD Challenge

CBC Fitness Center  
October 2<sup>nd</sup> 2013, 1800

Sign-ups start Sept 16<sup>th</sup>-Oct 2<sup>nd</sup> 2013



#### RULES

1. One warm up set
2. Three lifts
3. Must break 90 degrees and come back up and lock out. rack it without anyone's help.
4. Wrist wraps, squat suits and chalk permitted

Weight classes for men:  
150-under, 151-175, 176-200,  
201-225, and 228-over

Weight classes for women:  
100-120, 120-140, 140-160,  
and 160-over

ALL PARTICIPANTS get a workout towel and 1<sup>st</sup> place winners get a drawstring workout bag!

For more information please contact Michael McLaughlin at 822-5108.

### Your all-access pass for everything Navy.

#### NAVY 311

Get a question? Get an answer. NAVY 311 is your single point of entry to access help desk support across the Navy—and no topic is off limits. Ask NAVY 311 about systems, equipment, training, facilities, career, IT, medical, logistics, and more. Whether you're at sea, in port, on duty or liberty, NAVY 311 is available 24/7. So toss away that wheel book. NAVY 311 is all you and your family need to reach authorized Navy service providers worldwide. NAVY 311. Now that's support that rocks!

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Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: [www.SafeHelpline.org](http://www.SafeHelpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

### Seabee Lake Closing

Seabee Lake will be closed Oct. 2 - 9 for a new paving installation project. Please plan accordingly.



# TALLADEGA SUPERSPEEDWAY COMBO DEALS

October 19<sup>th</sup> and 20<sup>th</sup>, 2013



**Combo Deal includes:**

- Discounted Ticket (\$72/ea for 2 day pass)
- A-Liner camper (sleeps up to 4) at NOR as low as \$35/day
- Camp Area at Talladega \$20-\$60
- Price of this Bucket List Experience- Priceless

Call ITT 871-2231 for more information



## FRIGHT NIGHT AT THE LAKE

FRIDAY, OCTOBER 25<sup>TH</sup>  
FROM 6:30-8:30PM  
AT SEABEE LAKE

Bring the family for a night of FREE Halloween fun!

- Haunted Maze
- Fear Factor Stations
- Hayride
- Trick or Treat
- Children's Costume Contest
- Music
- Children's Games + Activities
- Parking at the Fitness Center — free Shuttle!
- Food Vendors

Sponsored by: 

For volunteer opportunities, call Kirk Kelly @ 822-5172 or John Humphries @ 871-318.

The Navy, for any other part of the federal government officially endorses any company, service or their products or services.

### MWR program contacts

- Anchors and Eagles, 228-871-4607
- Auto Skills Center, 228-871-2804
- Beehive All Hands Club, 228-871-4009
- Child Development Center, 228-871-2323
- Fitness Center, 228-871-2668
- Information, Tickets & Travel, 228-871-2231
- Liberty Center, 228-871-4684
- Seabee Heritage Center, 228-871-3619
- Navy Outdoor Recreation, 228-871-2127
- Shields RV Park, 228-871-5435
- The Grill, 228-871-2494
- Training Hall, 228-871-4750
- Youth Activities Center, 228-871-2251
- Main Office, 228-871-2538



## THE BEEHIVE

HOSTS THE  
ULTIMATE FIGHTING CHAMPIONSHIP



HISTORY IS WRITTEN BY THE WINNER

VELASQUEZ VS DOS SANTOS

WORLD HEAVYWEIGHT CHAMPIONSHIP

**UFC 166**

SATURDAY, OCTOBER 19<sup>TH</sup> - LIVE ON PAY PER VIEW

**VELASQUEZ VS. DOS SANTOS**  
SATURDAY, OCTOBER 19<sup>TH</sup>  
FIGHTS START @ 7PM  
FREE ADMISSION AND SNACKS

Questions? Call 228-871-4009 Mon-Fri after 4:30pm, Sat after 5pm.

### Free Movies at the Training Hall!

Check out what's  
playing this  
weekend

**Friday: Fast and Furious 6**, 6 p.m., PG-13

**Saturday: Monsters University**, noon, G; **Epic**, 2:30 p.m., PG; **The Purge**, 5 p.m., R

**Sunday: Monsters University**, 6 p.m., G

# Be in the know fun

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## NCBC MWR

 **facebook** 

[www.facebook.com/gulfportmwr](http://www.facebook.com/gulfportmwr)

# NCBC Helping Hands Volunteer Opportunities

**DELISLE ELEMENTARY FALL FESTIVAL** – DeLisle Elementary, 6303 W. Wittman Road, Pass Christian, is seeking volunteers for their Fall Festival Oct. 4, 3:30 p.m. – 8:30 p.m. Volunteers will be asked to help with serving food, running games and clean up. Point of contact is Natasha Davis, 228-363-4985.

**WORLD WAR II SEABEE NEEDS HELP** - Four volunteers are needed to cut and load firewood for a World War II Seabee. If you have a large capacity chain saw, your help would be very much appreciated. To volunteer, please call Shirley at 228-875-4700, 7 a.m. - 4 p.m. or Kim at 228-871-2586, 8:30 a.m. - 5 p.m. or email kim.costelli@navy.mil.

**MS GULF COAST 2013 HOMELESS VETERANS STAND DOWN** - Approximately 50 volunteers are also needed for the Veterans Stand down Oct. 10, 9 a.m. – 1 p.m. on the grounds of the VA Gulf Coast Health Care System in Biloxi. Donations are also needed. Most needed items include: Bus passes with CTA, backpacks/duffle bags, old uniforms (without name tags or ranks), phone cards, gift cards (Wal-Mart, Target), dog food for pets, reading glasses, flashlights with batteries, restaurant coupons, female hygiene products, toiletries, bug spray, sleeping bags, blankets, canned goods (pop top cans), utensils, MRE's, candles (large candles inside coffee cans), Band aids/antibacterial gel, small sewing kits, small packs of tissue, note pads and pens, used paperback books, plastic rain ponchos, garbage bags, sunscreen. Please bring donations to Seabee Memorial Chapel. Stand down points of contact are Chaplain Choi, 228-871-2454 or Chief Weaver, 228-871-2959

**HALLOWEEN FAMILY NIGHT AT THE LIBRARIES** - Biloxi (Oct. 25, 6 - 7 :30 p.m.), Woolmarket (Oct. 26, 6 - 7:30 p.m.) and D'Iberville (Oct. 29, 6:30 - 7:30 p.m.), libraries need volunteers for their respective Halloween Family Night activities. Kid-friendly teens and adults are needed to help with arts and crafts, games and a Halloween costume contest. If you are interested in helping at the Biloxi Library, call Liz, 228-436-3095; Woolmarket Library, call Donna, 228-234-9464; D'Iberville Library, Missy, 228-392-2279.

**NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. If you are interested in volunteering, please contact LCDR Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**HORTICULTURE FOR HUMANITY** - Horticulture for Humanity/The Mississippi Renaissance Garden - Volunteers are needed to help establish the Hiller Park Renaissance Garden in Biloxi, Sept. 28 from 8 a.m. – 1 p.m. Assistance needed in garden activities, completing drip irrigation system, construction of greenhouse, mulching and planting. Directions from Gulfport: Take Pass Rd to Biloxi, turn left on Hiller Drive across from Classy Chassis' Car Wash. Continue on Hiller Drive left through housing into Hiller Park gate. Continue past three-way stop sign at Atkinson Road (west VA entrance). Garden is on the left past the volley ball Courts. To RSVP, please contact: Martha Boyce, 228-388-2622 or email: MBoyceH4Hgardens@aol.com

**CRUISIN' THE COAST VOLUNTEER** – Cruisin' The Coast is in need of volunteers to help out with traffic, parking and general hospitality at Cruise Central (Former VA property in Gulfport), Oct. 7-13, and in Pass Christian, Oct 10-12. Sign up in Public Affairs in building 1 room 205.

**BILOXI VA HOSPITAL CRUSIN' EVENT** - The Biloxi VA is looking for volunteers to help wheel chair patients view the vehicles at a Crusin' the Coast event Oct. 8 at 9:30 a.m. Volunteers will meet veterans at the Biloxi Boardwalk Marina located at 200 E. 8th Street in Biloxi, just north of Margaritaville Casino. Point of contact for more information is Susan Smith, 228-871-3640 or 228-424-2947.

**SENIOR CITIZEN'S PROM** – Volunteers are needed for the Hancock County Senior Citizen's Prom at the Bay St. Louis Community Hall on Depot Row Oct. 18 from 1 to 5 p.m. Volunteers will be escorts, servers, dance partners, etc. for this special event. Please call June at 228-218-0104 for more information. It will be a fun-filled event with food, entertainment, and dancing for the senior citizens of Hancock County.

**GULFPORT BOO BASH** - The city of Gulfport is holding their "Boo Bash" Halloween event Oct. 19 from 6 to 9 p.m. at Jones Park, and is requesting volunteers to build/create a haunted trail along one of the small sidewalk circles in conjunction with the event under the pavilion. If you would like to volunteer, please contact Brittany Dyess at: (228) 868-5881. Thank you.

**LONG BEACH TRUNK OR TREAT** – The city of Long Beach is hosting a Trunk or Treat Oct. 31, 5 – 9 p.m., at the Town Green on Jeff Davis Ave., and is asking for 30 volunteers to help make the event a success. Responsibilities include crowd control, security and parking. If you would like to volunteer, please contact Mag Holland, 228-861-0007.

**USS ALABAMA NEEDS HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**BILOXI VA AMBASSADORS** - The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

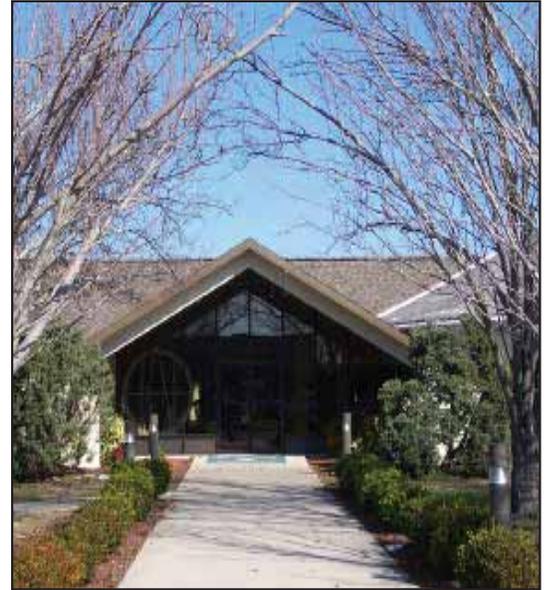
**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org). We look forward to having you on our volunteer team!

**NAVY MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store. Those who are interested in volunteering are asked to call 228-871-2610.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Contact Shawna\_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

**HELP SENIORS AND DISABLED CITIZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

# Seabee Memorial Chapel



**NCBC Center Chaplains:**  
**Lt. Cmdr. Ammie Davis, Chaplain**  
**Lt. Yoon Choi, Chaplain**

For more information about Chapel programs, please call the Chapel at 228-871-2454  
Religious Services

Sunday: Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.

September 26, 2013

# Chapel Offerings

## Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Contemporary Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

## Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

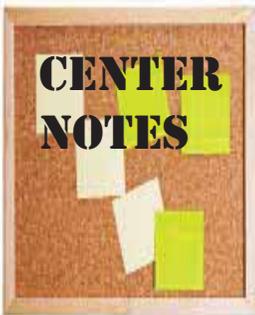
as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

## Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

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

Seabee Courier



### 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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.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 details.

**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 babysitting is provided. Please bring a dish to share. For

more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

### FOCUS

**Families OverComing Under Stress (FOCUS)**, provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email [Gulfport@focus-project.org](mailto:Gulfport@focus-project.org)

**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 [goscgulfport@yahoo.com](mailto:goscgulfport@yahoo.com). We hope to see YOU soon!

**Navy Wives Clubs of America, Inc.** The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**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 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 details.

### 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 more information.

**PMI Membership Drive** The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at

[saundersmt@earthlink.net](mailto:saundersmt@earthlink.net) or Len Krapcha at [Ikrapcha@aol.com](mailto:Ikrapcha@aol.com) for more information.

### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**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, 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 info.

**The Ladies Auxiliary to the VFW Post 3937 Long Beach** would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meet-

ings are the first Wednesday of the 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://nmcb62alumni.org> or for links to Seabee historical sites.

**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.

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

### 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. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store for more information at 228-871-4779.



## GULF COAST USO

901 CBC 3rd Street, Building 114, 228-575-5224  
Free services: FAX - Send/Receive: 228-575-5225, Copies, United Through Reading program, Computers with web cams, Internet/email access, X-Box  
Office hours: Monday - Friday, 8 a.m. - 4 p.m.

## USO SURVEY

The TellUSO "Sound Off Survey" is here and we need your help! The more people who participate and provide their feedback, the better. The survey will run now until Oct. 1 and is available by visiting [www.TellUSO.org](http://www.TellUSO.org). The survey takes approximately 15 minutes to complete. Participants who complete the survey have the opportunity to enter in a drawing to receive a \$500 Visa gift card. We need your help in spreading the word about this survey. Pass it on!

Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!