

SEABEE COURIER

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Members of Naval Mobile Construction Battalion (NMCB) 1 fight for their favorite candy and cards inside a care package sent by Operation Gratitude and addressed to the commanding officer of the battalion, Cmdr. Chad Brooks (third from left). The packages were sent to all the deployed members of the battalion over the holidays. NMCB 1 is currently deployed to the Europe and Africa (AOR) in support of construction operations and African Partnership Stations. (U.S. Navy photo by Construction Electrician 1st Class Joshua Thonnissen/Released)

NMCB 1 appreciates Operation Gratitude

By CE1 Joshua Thonnissen
NMCB 1 Public Affairs

The holiday season is always a hard time to be away from family and loved ones, but for the deployed Seabees of Naval Mobile Construction Battalion (NMCB) 1, this season was just a little easier thanks to the folks of Operation Gratitude.

According to their mission statement, "Operation Gratitude seeks to lift morale and put smiles on faces by sending care packages addressed to individual Soldiers, Sailors, Airmen and Marines deployed in

harm's way; to their children left behind, and to veterans, wounded warriors and first responders. Operation Gratitude care packages contain food, hygiene products, entertainment items and personal letters of appreciation, all wrapped with good wishes of love and support."

The idea for having packages sent to the battalion came from Personnel Specialist 2nd Class Kenneth Gates. While at a previous command Gates

See **GRATITUDE** page 7

MCPON releases CPO 365 Training Guidance to Fleet

By MC2 Alexandra Snyder
Defense Media Activity

The role of the chief petty officer (CPO) has long been an integral part of our Navy. When Master Chief Petty Officer of the Navy (MCPON) Mike Stevens took office last year, he recognized that training chiefs for their new leadership role in six weeks, as the original CPO induction dictated, was hindering them in becoming as successful as possible.

"We recognized that we wouldn't always have the time that we would like to provide the training for our first class petty officers (FCPO) to become chiefs. So two years ago we implemented the CPO 365 training process that would afford them a longer period of time to train," said Stevens.

"What we've done now is said, 'Why should we have a break six weeks prior to pinning and change the way we've been training?' What we've decided to do is continue to train throughout the year, all the way up to the final night, and progressively make the training more intense and more relevant as they get ready to become chief petty officers."

CPO 365, a year-long development and training for FCPOs, was first introduced in 2010 under former MCPON Rick West. It includes two phases, the first of which be-



Master Chief Petty Officer of the Navy (MCPON) Mike D. Stevens speaks with Sailors assigned to the Harbor Patrol Unit of Naval Security Forces, Bahrain, during a visit to the U.S. Central Command area of responsibility. U.S. 5th Fleet's mission is to conduct maritime security operations, defeat violent extremism and strengthen partner nations' maritime capabilities in order to promote security and stability in the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Blake Midnight/Released)

gins in September each year. Under MCPON Stevens' revised program, detailed in his 2012-2013 CPO 365 Guidance, all FCPOs will participate throughout the duration of Phase One, whether they are board-eligible or not.

"CPO 365 depends a lot on momentum," said Stevens. "It's a continuous process of learning and development. What we don't want to do is have a clean break from CPO 365 where the FCPOs who were not selected to chief, are no longer involved in the train-

ing. We want to maintain that momentum, and continue to train. We recognize that there will be some events where all FCPOs won't be able to participate in, but by and large, we'll keep them together and continue to do the training they've been doing, because it's vitally important that all of our petty officers continue to learn and develop."

Phase Two of training begins when CPO selectees are announced and concludes with the pinning ceremony. Upon See **CPO 365** page 12

Are you ready for Winter?

From Commander Navy Installations Command

The arrival of January and winter means that we are bound for colder temperatures in the coming months. With advanced planning in three key areas, you can be ready for any unexpected hazard that surfaces amidst winter's delight. Ready Navy is here to help. Visit www.ready.navy.mil.

Be and Stay Informed: Learn about hazards that are common in winter months and most likely to happen in your area, such as winter storms and power outages. The Ready Navy website "Be and Stay Informed" tabs offer specific instructions, information, and resources you may need to know regarding winter storms, power outages and home fires.

Make a Plan: As a family, make an emergency plan so that everyone in the family understands what to do, where to go, and what to take in the event of a fire or any emergency. Additionally, winter fire hazards, ice and winter winds can bring down power lines, making traditional communication difficult. Your emergency plan should include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers, are out. Road conditions and other hazards can limit ease of movement. Have a contact person outside the area that family members can notify that they are safe, if separated. The Ready Navy website provides printable forms and contact cards to guide you in your planning.

Lastly, learn about the mustering requirements at your command and become familiar with the Navy Fam-



Freeze Winter Fires



Did you know that heating sources are the second leading cause of home fires every year, especially during winter months? Kerosene heaters, candles, and wood burning fireplaces are big culprits, with December being the peak time for home candle fires. Freeze winter fires by using these items safely:

- ~ Keep anything combustible at least three feet away from any heat source.
- ~ Use kerosene heaters only where approved by authorities, and refuel outside and only after the heater has cooled.
- ~ Never leave a burning candle unattended or abandoned.
- ~ Use fire screens to keep the fire in the fireplace and have your chimney cleaned every year.
- ~ Make sure that your home has at least one smoke detector.

ily Accountability and Assessment System (NFAAS) (<https://navyfamily.navy.mil>).

Build a Kit: The best way to prepare for the unexpected is to create one or more emergency kits that include enough water and non-perishable supplies for every family member to survive at least three days. Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to a winter (or any) emergency more effectively. Your various emergency kits will be useful whether you have to shelter-in-place, are stranded at work or on the road, or move to another location. Be sure your kits address the needs of small children, individuals with special needs, and pets.

In winter months, be sure to include blankets in your kits to bundle and warm family members should power outages knock out heat sources or should you get stranded in a car. Additional winter items to consider are plastic sheeting to keep winter winds from biting through windows and hand warmers, hats, gloves, and seasoned wood for a source of warmth; as well as fire extinguishers for safety. You can find a suggested list of other kit items under the Ready Navy website "Make a Plan" tab.

Be Winter Ready Navy! I am. Are You?

For information about Ready Navy and tips, forms, and guidance to be prepared for and stay informed about all hazards, visit www.ready.navy.mil. Ready Navy is a CNIC- sponsored emergency preparedness program.

CSADD encourages family planning during your Navy career

By Ensign Amber Lynn Daniel

Diversity and Inclusion Public Affairs

WASHINGTON (NNS) -- The Coalition of Sailors Against Destructive Decisions (CSADD) will address the topic "Planning a Family During Your Navy Career" throughout the month of January.

CSADD, whose motto is "Shipmates Helping Shipmates," will provide information and training across the fleet on resources available to Sailors considering parenthood, as well as information for Sailors who are already parents.

"We want you to continue your career in the Navy, and we want to make sure that child is cared for as well," said Manpower, Personnel, Training and Education Fleet Master Chief (SW/AW/SCW) Scott Benning. "It's a holistic view of the whole situation, it is not about trying to tell



someone not to have a family. Our leadership is focused on making sure that our Sailors and their families have the very best in resources. You can see that in housing, in medical facilities, and in the compensation that we have for our families."

The CSADD topic is intended to facilitate an open discussion with Sailors about the many ways having a child can affect an individual Sailor's life. The responsibilities of parenthood require consideration and planning for both men and women in uniform, as all naval serv-

See CSADD page 8

NCBC Security Reminder:

To prevent both personal and governmental property theft, NCBC Security would like to remind you to remember to secure vehicles, personal compartments, work spaces, compounds, and buildings. Don't be a target!



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<p>22 NCR Commander Capt. Darius Banaji Public Affairs Officer Vacant</p>	<p>NMCB ONE Commanding Officer Cmdr. Chad M. Brooks Public Affairs Officer Lt. Brian Gates Mass Comm. Specialist MC1 (AW/NAC) Aron Taylor Special Contributor CE1(SCW) Joshua Thonissen</p>	<p>NMCB ONE THIRTY THREE Commanding Officer Cmdr. Nicolas D. Yamodis Public Affairs Officer MC1(SW/AW) Steven Myers</p>
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Buzz on the Street

By **CECN Lucinda Moise**
NCBC Public Affairs

"What do you look forward to doing now that you're back from deployment?"



"Spending time with my family and friends."

EO3 (SCW) Elijah Godbold
NMCB 74

Hometown: Macon, Ga.



"Spending time with my son."

CE3 Nellie Aquino
NMCB 74

Hometown: San Francisco, Calif.



"Making third class and moving forward with my naval career."

CE3N (SCW) Emmanuel Lemmon
NMCB 74

Hometown: New York, N.Y.

Around the



Center

Capt. Rick Burgess, commanding officer Naval Construction Battalion Center (NCBC)/ commander 20th Seabee Readiness Group (SRG), kicks off "Can Do Weight Loss Challenge" weigh-ins at the Fitness Center on board NCBC Gulfport, Jan. 7. NCBC Gulfport's inaugural "Can Do Weight Loss Challenge" is scheduled to begin, Jan. 14 and run thru Feb. 25, with weigh-ins at the Fitness Center Jan. 7 - 11, 11 a.m. to 12:30 p.m. There is no requirement to sign up in advance, those who are interested in taking part in the challenge should show up at the NCBC Fitness Center, building 445 between now and Jan. 11 to register and get weighed in. The competition is open to all who have access to NCBC. Contact Dorothy Coleman at 228-871-4848 for details. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)



Family and friends welcomed home more than 140 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74, Advanced Party, Detail Main Body Okinawa, at the Training Hall on board NCBC Gulfport as they returned from deployment, Jan. 4. NMCB 74 has been operating forward deployed throughout the U.S. Pacific Command (PACOM) area of operations, supporting Navy and Joint forces. The remainder of the battalion is expected to return over the next few weeks. For more homecoming photos, visit NCBC Facebook. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Navy Expeditionary Combat Command (NECC) Force Master Chief Jeffrey Covington tours 20th SRG, R-75 and R-73 spaces during his visit to CBC Gulfport Jan. 8. During his visit, Covington met with command master chiefs attached to NCBC Gulfport and toured several 20th SRG departments, learning more about the training Atlantic Fleet Seabees receive and the equipment they have available to support NECC operations. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



NCBC FRAMES

Logistics Specialist 2nd Class (SW) Christopher N. LevelleCombs

NMPS/Expeditionary Combat
Readiness Center Joint Expe-
ditionary Base Little Creek-
Fort Story, Va.

By CM3(SCW) Katchen Tofil
NCBC Public Affairs



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

LS2: Becoming qualified as master helmsmen onboard USS Kauffman (FFG-59); six years later I'm still sharing stories and asked about the certification. While onboard USS Kauffman; deployed to the Middle East behind the Helm onboard USS Kauffman, I played a vital role making history as Kauffman became the first U.S. Frigate to successfully "Dry Hook Up" along a Pakistani Refueling ship.

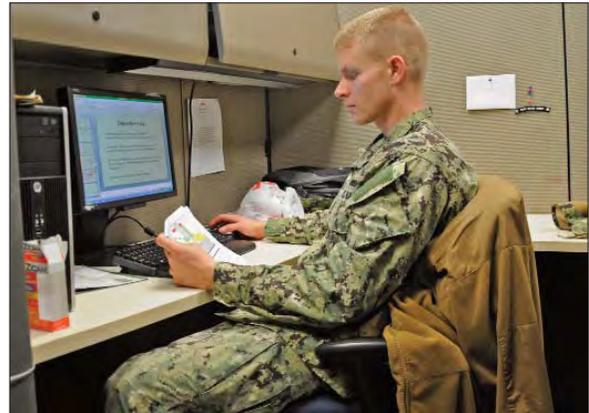
FF: What has been your biggest motivation throughout your career?

LS2: I always seem to have been very fortunate to have motivated chief's throughout my career pushing me to strive toward enhancing my career positively through counseling and mentorship.

FF: What advice would you give to future Sailors?

LS2: Through your Navy career during the good and bad times; always look toward the positive in any situation. Continue growing . . . improving your career staying motivated to learn something new enhancing your career.

FREEZE FRAME



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

LS2: Working with Seabees I notice it's a tight knit community, Seabees look out for their own; quick to have each other's back no matter the situation.

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

LS2: To be honest I cannot answer this question with only one person, my career has taken me from a ship being active duty to joining the active reserves being a drilling reservist on active duty. During this time span I have served onboard USS Kauffman

(FFG-59) for 4 years, cross-assigned to Explosive On load Team-One Seal Beach Weapons Station Seal Beach, Calif., and active duty as a drilling reservist stationed at ECRC Little Creek-Fort Story. Every chief I have worked under helped chisel my career, motivating me to be the best this organization can turn out or in other words be the best of the best. I am indebted to them for enhancing my career. Lastly, my father has been a very influential mentor throughout my career always being there for me, being my voice when I'm deployed; my power of attorney.

. . . Follow Seabee Center on
Facebook and Twitter . . .

LADD . . .

Leaders Against Drunk Driving



LADD is a program sponsored by the NCBC/20th 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. It is always important to have a plan

in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!
~ LADD is strictly confidential. NO REPRISAL!
~ LADD will take individual home only, no stops.
~ Volunteers who stand the watch are on call 24/7.

Call 228-239-9007

3 Ways to Put Yourself First Self-Care in the New Year Jan. 23, Seabee Memorial Chapel

8 - 8:30 a.m., Welcome, Childcare drop off
8:30 - 10 a.m., Self-Care Workshop
10 - 10:30 a.m., Refreshments & Resources

Free Workshop, Free Childcare, Free Refreshments

Open to all service members, military dependents and civilian employees
Registration: Contact Eva Shinka or Bet Ramsey
at FOCUS: 228-822-5736 or email:
Gulfport@FOCUSProject.org

Space may be limited for childcare, please register in advance if possible.

Hosted by FOCUS, NCBC Chapel & MWR

Seabees complete laundry facility in Guatemala

By Lt.J.G. Keith Ferreira
NMCB 27 Public Affairs

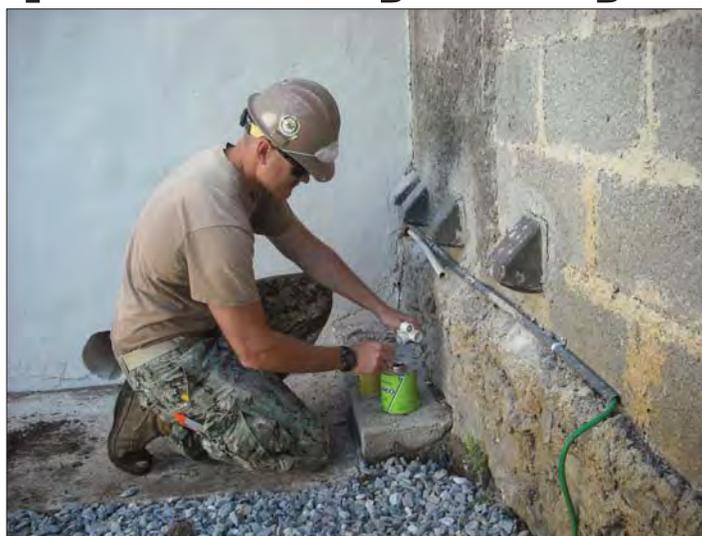
COBAN, Guatemala (NNS) -- Seabees from Naval Mobile Construction Battalion (NMCB) 27 completed the construction of a facility addition at the Comando Regional de Entrenamiento de Operaciones de Mantenimiento de Paz (Regional Peacekeeping Operations Training Command - "CREOMPAZ") military base Guatemala, Dec. 30.

The 15 feet by 18 feet addition to the base laundry facility was constructed between two existing buildings to accommodate four new washers, four new dryers and a slop sink.

The five person crew who executed the construction project, led by Builder 1st Class Erik Kowalski, poured a raised concrete floor with three culverts below the slab, set concrete block walls, installed a pitched steel roof and plumbed all necessary piping.

The main building's electrical service was upgraded from an existing 100 amp panel to 200 amps in order to accommodate the increased load of the addition. The addition was finished with ceramic tile flooring, painted masonry walls and an exterior water supply tank on an elevated steel stand.

"The new addition adds 270 square feet of space to the existing facility," explained Senior Chief Builder Thomas O'Connor,



COBAN, Guatemala - Utilitiesman 1st Class Andrew Duquette, assigned to Naval Mobile Construction Battalion (NMCB) 27, installs plumbing fixtures during a laundry facility renovation on the CREOMPAZ military base in Coban, Guatemala, as part of U.S. Southern Command's Global Peacekeeping Operations Initiative. Duquette is a member of a detachment of Seabees performing infrastructure repairs and improvements on the Guatemalan peacekeeping base. The Seabees from NMCB-27 are forward deployed throughout South and Central America in support of U.S. Naval Forces Southern Command/ U.S. 4th Fleet multinational partnership and humanitarian assistance missions. (U.S. Navy photo by Builder 1st Class Erik Kowalski/Released)

leading chief petty officer of the Seabees in Guatemala. "We have effectively doubled their laundry throughput and cut their laundry service time in half."

The laundry facility addition is just one of several infrastructure improvement projects that the Seabees are currently completing at CREOMPAZ. The work, performed in support of U.S. Southern Command's Global Peacekeeping Operations Initiative (GPOI), is ultimately intended to increase the quality-of-life and operational effectiveness of the Guatemalan peacekeeping facility.

"Wow! Fantastic job to all," said Jack Likens, GPOI assistant program manager at U.S. Southern Command. After seeing pictures of the completed project, he added that it "looks like the final shot from an episode of Extreme Guatemala Makeover."

The Seabees in Honduras are part of a larger group of Navy Reservists from NMCB 27, based out of Chicopee, Mass., who were recalled to active duty in July and deployed throughout South and Central America in support of U.S. Naval Forces Southern Command / U.S. 4th Fleet multinational partnership and humanitarian assistance missions.

USNAVSOP/FOURTHFLT employs maritime forces in cooperative maritime security operations in order to maintain access, enhance interoperability and build enduring partnerships that foster regional security in the USSOUTHCOM Area of Responsibility.

NMCB 11 'Bees make timely food donations to NCBC Seabee Pantry

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 donated about 10 large boxes of food items to the Seabee Pantry on Naval Construction Battalion Center (NCBC) this holiday season.

NMCB 11 Chaplain, Lt. Brian E. Myers, from New London, Ohio, initiated the drive.

"After Thanksgiving, I noticed that the Seabee Pantry's supply had run low, and with the major holidays approaching, I knew something needed to be done," said Myers. "There was no doubt in my mind that the men and women of NMCB-11 would rise to the occasion and donate for a worthy cause."

Myers, with the help of Builder

Rogers, originally from Bohemia, N.Y., also assigned to NMCB 11, distributed donation boxes to all of the companies and departments throughout the battalion and encouraged everyone to donate nonperishable food items.

Within the first two weeks of December, the battalion had accumulated about 500 pounds of donations including items such as canned foods, boxes of cereal, condiments, snack foods and many other food items.

Located in NCBC's Base Chapel, the Seabee Pantry provides help to military members and their dependents including active duty, reservists, retirees and DoD civilians.

One NMCB 11 Seabee, who has utilized the Seabee Pantry, Construction Mechanic 2nd Class Jason M. Montgomery, is thankful that it has been available to him

and his family of six.

"It has helped us through tough financial times on more than one occasion," stated the Lisbon, Iowa native. "I strongly recommend it to newly married junior troops and anyone struggling financially. There is no shame in getting help when you need it."

The Seabee Pantry is dependent on donations, like those from NMCB 11 to continue to provide food to service members, retirees and dependents. Individuals, organizations, and other groups are encouraged to donate as well.

"I was surprised myself how many people weren't aware of this," said Religious Program Specialist 3rd Class Jamie C. Hamm, originally from Baltimore, Md., assigned to NCBC since June 2011.

According to Hamm, the Seabee Pantry receives three or more patrons daily, and that number is ex-



Builder Constructionman Timothy Rogers (left), Chaplain, Lt. Brian Myers (right), both assigned to Naval Mobile Construction Battalion (NMCB) 11, and Religious Programs Specialist 3rd Class Jamie Hamm, (center), assigned to Naval Construction Battalion Center (NCBC), sort through food donations from NMCB 11 to stock the Seabee Pantry in the Base Chapel on board NCBC. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

pected to increase into the New Year as budgets become stretched thin with holiday travel and gift purchases.

The Seabee Pantry is open for

patrons as well as donations between 8 a.m. and 4 p.m. Monday through Friday.

For questions, please call 228-871-2454.

NMCB 133 celebrates the holidays and being 'Over the Hump' at MWR party

By MC1 Steven Myers
 NMCB 133 Public Affairs

CAMP KRUTKE, Afghanistan - Naval Mobile Construction Battalion (NMCB) 133, also known as Task Force Anchor, celebrated the holidays and the midpoint of their deployment with a party hosted by the battalion's Morale, Welfare and Recreation division, Dec. 23.

Kicking off the festivities was a bench press competition and company olympics, followed by the judging for best decorated office and best gingerbread house.

Lunch was sandwiched between, Santa's arrival with his command element, Mrs. Claus and an elf, and his gift giving and awards.

Santa was played by Lt. Cmdr. Craig Clutts, the battalion's executive officer, Mrs. Claus by Yeoman First Class Patricia Clemons and the elf by Master Chief Construction Utilitiesman Clinton George.

Following remarks from Commanding Officer Cmdr. Nicolas Yamodis, Santa passed out gifts to random Sailors, before calling forth from his bag of presents an awards binder with a gift for one lucky Seabee.

Yamodis then promoted Equipment Operator Third Class Kareshia McGriff to Petty Officer Second Class through the command advancement program.

Surprised and clearly emotional, McGriff could only utter one word. "Awesome," she whispered.

Chief Warrant Officer Sidney Hunt was then presented with



Equipment Operator Second Class Kareshia McGriff of Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, receives her new cover from Alfa company commander Lt. Dawn Moore following her promotion to second class petty officer. McGriff was promoted via the command advancement program during the NMCB 133 holiday party Dec. 23, while deployed in Afghanistan and the U.S. Central Command area of operations in support of engineering operations with coalition forces, the Afghan National Army and the local population. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

his Seabee Combat Warfare Officer insignia.

The crowd then broke to congratulate McGriff and Hunt, and enjoy some holiday food, music and conversation. The command then regrouped for the competition awards presentations, calling the winners from the different events forward to receive plaques and various other gifts.

In the bench press competition, Construction Mechanic 2nd Class Billy Hoy took first place in the 200 pound male class with a combined three-lift total of 1,060 pounds; Construction Me-

chanic 3rd Class Tara Stribey took the 150 pound female class with a total of 125 pounds; and Construction Electrician Constructionman Chad Spaulding topped the 150 pound male class with 470 pounds.

In the company olympics, Headquarters took top honors as Team Suppliers finished the five station course in 17 minutes and 10 seconds. In all, the course consisted of 33 tire flips, 13 sledgehammer tire slams, a 13 yard humvee pull, 33 pull ups, 33 squats, a 33 yard sand bag "spelling bee," an M-9 and M-16 disassembly and assembly,

and a litter carry between the stations that totaled 133 yards.

The winner of the office decoration was Gunnery Sergeant Eric Pentek and the armory Gunnery's Mates, who wrapped every item in his office in festive holiday wrapping paper.

Echo Company took the gingerbread house competition with a detailed rendition of Camp Krutke.

With all the festivities complete, the Seabees finished the day of relaxation with individual activities including a bonfire, volleyball and basketball games, and a holiday movie marathon.

NEX online store now offers flat rate shipping

From NEX Public Affairs

The NEX online store, www.myNavyExchange.com, now offers flat rate shipping on all merchandise.

"NEX customers can shop confidently knowing what to expect when it is time to check out," said Tess Paquette, Navy Exchange Service Command (NEXCOM) Chief Merchandising Officer. "By having flat rate shipping on all orders, customers can calculate the total cost of their order before they check out."

Customers will pay \$5.95 for standard delivery (7 - 10 business days); \$12.95 for priority delivery (3-5 business days); and \$17.95 for express delivery (1-3 business days).



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

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.

January 10, 2013

Seabee Courier

6

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 for more information.

Health Watch: Dental Readiness ... Brush and floss or prepare for loss

By **HN Grant Seto**

NBHC Gulfport

It's safe to say that Tom Hanks, star of Hollywood classic, *Castaway*, will not put off his next trip to the dentist and we should all learn from his painful mistake.

The primary mission of the Navy Dental Corps is to provide care to active duty Navy and Marine Corps personnel to prevent or treat conditions that may directly interfere with the performance of military duties.

At NBHC Gulfport, our mission focuses on ensuring dental readiness, while optimizing dental health. Our vision is to promote, protect, and restore

the dental health for those entrusted to our care. Operational Dental Readiness (ODR) is the method the Navy uses to measure if personnel are dentally-fit for deployment.

ODR is broken down into four different categories.

~ A dental class 1 is assigned to completely healthy service members that received their annual exam and currently have no dental needs.

~ A dental class 2 is assigned to service members who have received their annual exam, but are in need of either an annual cleaning or non-urgent dental work, such as a cavity that is not yet painful.

~ A service member is assigned Dental Class 3 if they have conditions that are urgent or may become an emergency if untreated.

~ Dental class 4 identifies service members who have not received their annual exam. Both dental classes 1 and 2 are considered deployment-ready, whereas dental class 3 and 4 are considered non-deployable.

Our readiness goal is reached by requiring every service member to complete an annual dental exam. During patient exams, dental officers identify issues that will require treatment because of the likelihood

that the condition will cause pain, infection, or other dental emergency.

If a service member neglects to attend his or her annual exam, they come up on a "discrepancy" list that we review monthly. Individuals named on the "discrepancy" list are not authorized to deploy or transfer commands until they have been evaluated and placed in either a Dental Class 1 or 2 category. If any urgent needs are found because of delinquency, they could cause delay in the member's upcoming transition. For this reason, it is everyone's responsibility to be pro-active in maintaining their



dental readiness.

At Naval Branch Health Clinic Gulfport, we strive to achieve the goal of maintaining a mission-ready force.

From **GRATITUDE** page 1

had received a package from the organization and it greatly impacted his morale. So it seemed fitting to him to order packages for everyone deployed over the Christmas season.

Packages began arriving a few days after Christmas, and troops began lining up outside the postal office to see if theirs had arrived yet. Happy recipients could be seen walking around with boxes marked with the Operation Gratitude's logo, people peering into one

another's boxes to see what everyone had gotten.

It was like a widespread Christmas morning that extended over the course of a few days. The packages took most by surprise and uplifted spirits within the command.

"It was cool to receive an unexpected gift. It really brightened my spirit, and all of the candy has begun to make me fat," said Steelworker 2nd Class Bryan Long.

In summing up the success of Operation Gratitude, Gates said, "I hope this event helps someone to remember this for

their future, and I hope they will do something like this for their peers. I am just thankful there are groups out there willing to take time out during their holidays to remember the troops by sending in packages and packing boxes to be sent out."

All in all the experience is one the troops of NMCB 1 will not soon forget. It's given them a small break from the mission at hand and is all due to the thoughtfulness and time of a group of people willing to put action to their concern for the troops.

Need a new ID Card or an update to Deers? Don't wait in line. Get in and out fast by scheduling an appointment at <http://appointments.cac.navy.mil>

NCBC Are You Up for a Challenge? Announcing: 'Can Do Weight Loss' the NCBC/Keesler Weight Loss Contest

NCBC has challenged Keesler Air Force Base to a Weight Loss Challenge. The competition will kick off Jan. 14 at the Fitness Center during an orientation. This competition is open to all who have access to NCBC. Civilian employees interested in participating in the six week-long competition must have a doctor's release of good health form turned in to their supervisor. The release states that the participant is cleared to begin an exercise program. Official weigh-in for participants will be conducted Jan. 7 - 11, 11 a.m. - 12:30 p.m. at the Fitness Center. Benefits of participat-

ing include access to a free training class during the lunch hour, as well as nutritional classes. Weigh-ins will be conducted weekly during the challenge. The base that wins will have bragging rights to a trophy that will be displayed at the winner's command suite. For more competition information, contact Dorothy Coleman, 228-871-4848 or dorothy.coleman@navy.mil.



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: (778) 871-2626
(228) 871-2628
Fax: (778) 871-2919
DSN: 888



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?
- Been told 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) 871-2956
DSN: 888



If you're looking for a Formal Physical Evaluation Board Attorney, call the Formal Physical Evaluation Board Office at 202-665-7180.

www.jag.navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

The time has come to take action!



"Is it time?" I thought to myself as I sipped my coffee and stared at our lifeless Christmas tree.

I could flip the switch to electrify the tiny lights, top off the stagnant water in the stand, and blur my eyes to the curling branches and falling needles for one more week. Or, I could take the whole darned thing down.

Positioning myself closer to the tree, I considered my options. I cocked my head sideways and sighed, remembering her lovely pine smell on that first night just after Thanksgiving break. This tree had been with us for month of celebrating, shopping, eating, baking and gift giving. Shouldn't I keep her for one more week?

In my sentimental haze, I reached out to touch the lovely blown glass sailboat ornament my husband had given me years ago, and as my hand brushed against the branch, I set off a veritable avalanche of dead pine needles.

"That's it," I thought, "she's gotta go."

One by one, I removed and wrapped our tree decorations, packing them away in the storage closet under the stairs. The ornaments, the beaded garland, the lights, the skirt and the angel. Using a turkey baster, I sucked the scummy water out of

the tree stand, and detached the naked tree, lugging her dead carcass across our family room, out the back door, and across the yard, finally heaving her into the gutter in front of our mailbox.

Fueled by a colossal sense of relief, I marched back into the house, going room by room to purge all evidence of Christmas. I shook the candy wrappers out of the stockings, packed away the Nativity, derailed the train, bubble-wrapped the ceramic Christmas trees, stored the Santa mugs and silenced the jingle bells.

I filled garbage bags with dying poinsettias, stale cookies, burnt candles, wrinkled wrapping paper, used doilies, broken candy canes, half a cheese ball, a whole fruitcake, a carton of egg nog and a stripped turkey carcass.

Inigorated, I stormed out onto the porch and unwound the garland from the columns, plucked the light-up candy canes from the walkway, tugged until the twinkle lights gave way from the gutters, and tore the wreath from the door, hurling it like a Frisbee into the gutter with the discarded tree.

Then, I set my eyes on the enormous blow-up snow globe, faithfully regurgitating the tiny Styrofoam balls in a continuous flurry over the inflatable snowman and his penguin sidekick.

Yanking the outdoor extension cord from the outlet, I heard an electronic sizzle, then turned with sadistic satisfaction to watch the orb slowly suffocate and die on my lawn.

I was infuriated to see that the blow up monstrosity failed to give up its last puff of breath, leaving one stubborn bubble

trapped in its folds of Visqueen and nylon. With homicidal vengeance, I bounded across the yard and onto the bubble, stomping the last sign of verve from the wretched ornament.

I exhausted the remainder of my cathartic frenzy by firing up the Shop Vac. With crazed eyes, I sucked up thousands of pine needles, glitter, crumbs, cookie sprinkles, red and green M&Ms, snips of ribbon, scraps of tissue paper and one or two gumdrops fringed with dog hair.

I dumped the Shop Vac canister in the trash, and along with several boxes and bags, wheeled the whole shebang out to the curb next to the tree cadaver. I grabbed the mail from the mailbox before heading inside.

I sat at the kitchen table in my freshly expunged house, pleased to have wiped my slate clean and ready for a fresh start to the New Year.

But then, I opened the credit card bill. As I leafed through a month of reckless spending memorialized on paper, I took a slurp from my coffee cup and a drop dribbled from the rim, plopping onto my gut.

Moving the bill to one side, I stared down at the surprisingly large blob of flesh, dented in the middle where a cavernous belly button lay just under my shirt. A month of overeating had turned my middle-aged mom tummy into an embarrassing flop of overhanging flab.

I realized that the real battle to purge myself of the holiday excesses had only just begun.

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

From CSADD page 2

ice members are expected to balance the demands of a naval career with their family responsibilities.

"At the end of the day, if you want your child to be well taken care of, you've got to prepare," said Benning. "You can't take childbirth lightly. Understand that your family does come first, but that you'll have commitments to taking care of that child, while serving your country and the contract you've signed to serve the Navy. At the end of the day that child has got to be well taken care of."

While a woman could become pregnant at any time, pregnancy can cause less disruption during shore duty. Unplanned pregnancy on sea duty can disqualify a female Sailor from her current duty position, and possibly create a manning loss for her operational command. Ensuring Sailors understand the seriousness of becoming a parent can potentially make a big difference to overall Navy mission readiness.

"Many times we are taught to separate our personal life from our professional life, but in reality the decisions we make can affect both," said Chief Operations Specialist Jessica Myers, senior enlisted advisor to the Navy's Office of Women's Policy. "It is important that male and female service members, to the best of their ability, plan a pregnancy in order to successfully balance the demands of family responsibilities with their military obligations."

According to the Navy's most recent Pregnancy and Parenthood Survey, 74 percent of pregnancies in the Navy were unplanned. Of those unplanned pregnancies, only 31 percent were using birth control at the time they conceived. Furthermore, in 70 percent of enlisted pregnancies, the father was identified as being in the military.

In the Navy, single parents make up 7.6 percent of the total number of service members with children. Additionally, there are approximately 84,000 dual military couples in our Navy, of which 36,000 have children. While some Sailors may intend to be single parents and thrive in that role, January's CSADD topic promotes discussion among men and women about the benefits of planning a family.

Unintended pregnancies can jeopardize operational mission readiness for both male and female service members, and can disrupt a naval career by causing unexpected financial hardship - from the high cost of day care to possible child support garnishment. In some cases, parenthood can also cause an unexpected and undesired increase in personal responsibilities.

Benning, who helped spearhead the initial creation of CSADD, believes the peer-to-peer education emphasis of CSADD will help ensure Sailors succeed in their family planning goals, whenever they decide to take on the responsibility of having a child.

"Life happens, and we understand that," said Benning. "It is all about educating Sailors on family planning."

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

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 exam-

ple: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"

3. Begin dialogue

To report information Online:

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

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



Focus on Education

Navy College to host William Carey Reps

From Navy College

Representatives of William Carey University will be in the Navy College Service Office (building 60, second floor) Jan. 16, 10:30 a.m. - 2 p.m., to answer questions and provide information on available degree programs that are offered at the University's campus in Biloxi.

William Carey University is a Christian University that provides quality graduate and undergraduate programs within a caring, Christian environment. Available Graduate and Undergraduate degree program of-

ferings include Business, Education, Nursing, Psychology and Art. Campuses are located in Hattiesburg, and in Biloxi (near the intersection of Highway 67 and Highway 605, or roughly 18 miles from NCBC Gulfport). Most degree programs can be completed in the evening hours.

For more information please contact Kerry Cameron, Assistant Director of Admissions at kcameron@wmcarey.edu, 228-702-1815 or Bernie Cousins, Director, School of Business Programs at bcousins@wmcarey.edu, 228-702-1848.

NCBC School
Liaison Officer
Kevin Byrd is
located at MWR
Building 352
1706 Bainbridge
Ave. NCBC
228-871-2117
or email:
kevin.r.byrd@navy.mil

What parents need to know about changes in the classroom

From State Point Media, Inc.

As technology evolves, so do the ways children learn in and out of the classroom. With constantly changing tools and trends, teachers can do more to stay up-to-date to help children thrive. It is important that parents understand what these changes mean so their children can maintain a competitive edge.

Here are some new trends in education that every parent should know about:

- More collaboration: If you think Facebook is all gossip and games, think again. Many teachers are drawing upon social media's natural collaborative element and ability to connect the classroom and home. In fact, some innovative teachers are using sites like Pinterest, Skype, Facebook and Twitter in a controlled, supervised way to make classroom materials more accessible and encourage conversation.

- Learning from each other: Since technology can change so rapidly, it's important that teachers share best practices by word of mouth. The newest social platform, Edmodo, built the first whole network of K-12 users and connects teachers with other teachers as well as parents, students and third-parties. Edmodo members can swap ideas, share lesson plans and manage grades in a secure network accessible from school computers. With more than eight million users across 60,000 different schools, the possibilities are endless.

- New tools: New technologies, such as tablets and e-readers, are helping students learn. These smaller devices offer students advantages over traditional computers, through interactive capabilities that bring lessons to life and enhanced images, video and audio. Tablets also have practical advantages such as "instant on," all-day battery life,

no cords and are often more cost-effective than ordering new text books each year.

- Adding more fun: According to Open College, teachers who integrated digital games into lessons saw an increase in average test scores when compared to traditional, non-digital games. By making learning fun, you can get kids excited to learn just about anything and get some laughs along the way.

- Turn it off: In this digital era, it is also important to make sure students have the time to unplug. Not only does time outside offer children opportunities to get necessary exercise, but a 2009 Yeshiva University study found that children who have more recess time behave better in the classroom and are likelier to learn more.

Education is evolving all the time. Be sure to stay on top of changes so your children get a leg up on learning.

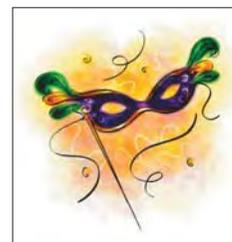
Hands on Learning



Fifth grade students of Saucier Elementary School build sodium, a compound molecule out of mole-blocks, with STARBASE-Atlantis at the Construction Electrician/Utilitiesman Advance Schoolhouse, building 386 on board NCBC Jan. 8. STARBASE-Atlantis provides students with a safe learning environment and allows student interaction in a variety of activities used to demonstrate new technology in math and science. (U.S. Navy Photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Balfour Beatty Communities January Mardi Gras Merriment

BBC is hosting a
Mardi Gras Ball
for Base Housing
Residents!
Jan. 18, 6 - 9 p.m.
Rhodes Hall
(building 303)
Call 228-863-0424
for details!



BBC
Mardi Paws Parade!
Bring your K9
companion to the
Dog Park located by
Seabee Lake
Jan. 26

10 a.m. - noon for a
Mardi Paws Parade!
If you don't have a K9
companion, come out
to view! The Humane
Society of South MS
will be onsite with
adoptable animals!



Balfour Beatty
Communities



Fitness

It's time to stop talking about it and make those 2013 New Year's resolutions a reality at the CBC Fitness Center. Personal Trainers are available to design a customized workout plan just for you! These professionals motivate and customize a plan based on a client's individual needs. Trainers are open to all eligible MWR patrons and are available at an affordable rate of \$30 for active duty and \$45 for all reservists, dependents, retirees and DOD civilians. This price covers five one-hour sessions of one on one time with an expert. Start today, call 228- 871-2668.

Do you need people around to motivate you to work out? Then, make time for a group fitness class. The CBC Fitness Center offers courses as early as 8 a.m. and as late as 6 p.m. Get your heart pumping with some strength/cardio, Zumba or cycling. You can also try out the new low impact aerobics course or center yourself with yoga. For the class schedule, visit us on Facebook at NCBC Gulfport MWR or stop by the Fitness Center today!

Recreation

FREE Movie Program at the Training Hall: Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

Friday, "Hotel Transylvania," PG-13, 6:30 p.m.

Saturday, "Frankenweenie," PG, noon; "Finding Nemo," G, 2:15 p.m., "Dredd," R, 4:45 p.m.;

Sunday, "Frankenweenie," PG,

2 p.m.; "End of Watch," R, 4 p.m.

Information, Tickets and Travel:

Active Duty, Reservist, National Guard, USCG and Retirees are now eligible for a complimentary Universal 3-Day Park-to-Park ticket and Blue Man Group Ticket at children's price! All dependents and DOD personnel are eligible for discounted Universal 2-Day, with 3rd Day Free tickets! Call ITT for info!

Disney Military Salute tickets are in! The promotion has been extended for your deeply discounted 4 Day Park Hopper Ticket. New tickets are valid through Sept. 30, and they're only \$153.25 each! Purchase up to six for your Disney getaway. *Eligible patrons only (active duty, reservist, retired).

Don't blink . . . or this offer will race by you like the Daytona 500. Feel the rumble of the stadium in person. Book your Daytona International Speedway package today! ITT is offering packages at great prices that include a ticket to the Daytona 500, round trip transportation on a Coach bus and two nights' hotel accommodations. Package prices vary depending on room occupancy - starting at \$450 for a single and running as low as \$160 for four person occupancy. The trip runs from Feb. 23 - 25, and an initial down payment is due by Jan. 18. Call ITT for details, 228-871-2231.

Liberty Center:

Come on down to the Rodeo! Catch the FREE shuttle Thursday at 6 p.m. at the Liberty Center and head down to the PCA Rodeo Finals. Giddy up!

Take a tour aboard the USS Alabama on Sunday with the Liberty Center. Liberty offers FREE transportation and admission is FREE at the gate with a military ID. The

HOG and DOE Hunting Trip to ANTLERS AND WINGS HUNTING PLANTATION

1/25/12-1/27/12

The Mississippi Gulf Coast boasts some of the greatest hunting in Mississippi as well as in the South. This all-inclusive trip is a "must do" for the true hunting enthusiast!

Call NOR at (228) 871-2127 and Sign Up Today



shuttle leaves at 9 a.m.

Navy Outdoor Recreation:

Toughen up . . . don't let that cold weather keep you indoors! NOR has lots of fun equipment that will make you forget all about that chill in the air.

Shhhhhhh . . . I smell a doe . . . no a hog! Sorry Elmer Fudd, this hunt doesn't include rabbits. Put on your camouflage and sign up today for a Navy Outdoor Recreation hunting trip package. Packages include transportation, lodging and meals and your choice of doe or hog hunting or both. This opportunity is scheduled for Jan. 25 - 27 and pricing starts as low as \$1,000. Plus, the ranch does the dirty work and retrieves and cleans your kills for you. Be sure to bring an ice chest so you can take the meat home to the family. Call NOR for details and to put down a deposit today, 228-871-2127.

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

The Beehive is now open every day of the week! Watch the game on one of our seven flat screens, play a little pool and enjoy good

Depart on Friday, January 25th at 4pm to the Antlers and Wings Hunting Plantation which is nestled in the beautiful woods of Kiln, MS in Hancock County. Return on Sunday, January 27th after the hunt is over.

Packages included transportation, lodging, daily meals, firearms, ammunition and of course, the Hunt!

The Hunt is directed by an experienced sportsman who will act as your guide and provide skilled direction to make the most of your hunting experience.

At the end of your adventure, Full Trophy Care is provided (field dressing, capping, and quartering of trophy for transport).

Package Prices:

- Doe Hunt \$1000
- Wild Boar \$1275
- Combined \$2000

Deadline for reservations is January 18



times with friends! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Don't want to get out in the cold for lunch? Let The Grill bring it to you. The Grill offers lunch delivery Monday - Friday from 11 a.m. - 1 p.m. Call 228-871-2494 to place your order. Fight that early morning chill by getting a hot breakfast. The Grill is open as early as 6:30 a.m. Take your pick from French toast plates to breakfast burritos or traditional eggs and bacon. The Grill is located at the corner of Colby and 7th Street.

Anchors & Eagles: Great service and good times are what you can expect at Anchors & Eagles. Open Tuesday - Thursday 2 - 9 p.m., and designated for chiefs and officers. Stop by and shake off the day with comrades.

Youth Activities

Get some hoops action and higher learning on all in one. Sign up today for a USM basketball game and college campus tour with YAC. The tour is available to ages 12 and up is Saturday. Only \$6 per person and please remember to bring a lunch.

For more information about MWR programs and opportunities, contact:

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	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
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

NCBC Helping Hands volunteer opportunities



UNITED WAY OF SOUTH MISSISSIPPI - United Way of South Mississippi is kicking off the new year with a "30 Ways in 30 Days" challenge. Participants can sign up on line and choose a volunteer calendar for January that is tailored to fit available time and customized from the menu of activities and opportunities. To sign up for the 30 Ways in 30 Days challenge, visit unitedwaysm.org and click Volunteer.

LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS - Long Beach Alter-

native 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.

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. Contact Shawna Tatge for info, Shawna_Tatge@uss.salvationarmy.org

DRIFTWOOD NURSING HOME - Want to make a difference in the life of the elderly then volunteer with Driftwood Nursing Home located right outside the Broad

Avenue gate. The contact for this volunteer opportunity is Christina at 228-243-3421.

VOLUNTEER WITH USO - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit <http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMPS 2nd Floor, NCBC and Gulfport Biloxi International Airport.)

PROFESSIONAL GOLF ASSOCIATION NEEDS VOLUNTEERS - Volunteers are

needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman, Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the Week, meals during shift, six good-any-day tickets, a free round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

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, 10:30 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 10:30 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

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement

Home. The Seabee Pantry is for anyone affiliated with NCBC.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 10:30 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 Fall Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. The Fall Bible Study is conducting a six-week study by Jennifer Rothchild - "Missing Pieces." Free child care is available.

For more information on all offerings that are available, contact the chapel at 228-871-2454.



Ocean Springs Mardi Gras Parade

38th Annual Ocean Springs-Elks Mardi Gras Parade is looking for floats and marching units (with or without flags.) Traditionally, the first parade of the Season, the parade will roll through downtown Ocean Springs Jan. 26 at 1 p.m. The theme this year is "Salute to the Military!" For more information, contact Capt. Linda Geisaka, 228-871-4977.



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the first 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 babysitting 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://nmcb11.webs.com>.

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

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday

of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to NMCB133fsg@gmail.com. To receive updates, log on to the FRG site, <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. 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 and will be hosting a meeting for new member Feb. 16. 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 228-3422271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubs-ofamerica.org for more info 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, 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 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 for details.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for details or just come and join us at a meeting.

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

earl.simpson@navy.mil for information. NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 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 Sat-

urdays. 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://nmcb62alumni.org> or for links to Seabee historical sites. Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cablone.net or log onto 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 11 a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museum-store.org or call the gift shop at 228-871-4779 for information on all that is available.

From CPO 365 page 1

announcement, each command will hold a congratulatory meet-and-greet for the selectees and their families, after which they will continue with training while maintaining good order and discipline.

Phase Two will continue to contain many time-honored traditions, such as CPO Charge Books and a capstone event focused on teamwork and resilience.

"We wanted to continue a program that set the conditions for every FCPO to be a successful and effective chief, and remove any road blocks that would interfere with that opportunity for success. We'll add in various things that would afford them a greater opportunity to be successful chief petty officers."

One process that will no longer be a part of CPO 365 is the word "induction."

"Effective immediately, we're respectfully sun-downing the word 'induction', and in its place we'll use CPO 365 as the primary term," said Stevens. "I believe that induction is more about a moment in time, and CPO 365 and the development of our FCPOs to become CPOs is not about a moment in time. It's about a continuous time. This is something we're going to do every day, 365 days a year, and so we want to make sure the term we are using is matching what we are doing."

MCPON added that the term CPO 365 was coined by CPOs in the fleet, due to their belief that developing leaders is a year-round process.

"This training is far more by the fleet, for the fleet than it is from folks in Washington," said Stevens. "A couple of years ago, when I was working with then-MCPON Rick West to help develop the CPO

365 guidance, I was overseas talking to a CPO Mess about the program. While I was addressing them, I looked in the corner and I saw their CPO guidon, and on it was written '365'. I asked them what they meant by that and what they shared with me was "we believe that developing FCPOs to become chiefs is a year-round process, so we use the term CPO 365. So, this is a title that was developed by the fleet and we just adopted it."

Additionally, Stevens said that although the CPO 365 is primarily geared towards FCPO and CPOs, all Sailors will benefit from the training.

"To develop great leaders we must have a training process that is ongoing in a Sailor's career," he said. "If everything we do starts and stops with leadership, then every Sailor will benefit from a more effective leader."

Think you're tough . . . enough to play RUGBY?

"Rugby is a game for BARBARIANS that is played by GENTLEMEN" The newly formed Mississippi Gulf Coast Rugby Club is recruiting players, coaches and fans for the 2013 season right now. We aren't looking for wanna-be tough guys, people who are out of shape or people who don't have time to dedicate three days a week. Once you learn how to play, this sport will supersede your love of any other. Our games last 80 minutes, split into 40 minute halves, and demand a high level of endurance, strength and teamwork. The team is comprised of military and civilians, officers and enlisted, blue-collar workers and doctors, 18 year-olds to 40 year-old men.

We are diverse and strong. If you think you have what it takes, come out and see for yourself.



Practice is held at Popp's Ferry Fields on Tuesday and Thursday at 6 p.m. Bring a friend, if you think they can hang. For more information, visit Mississippi Gulf Coast Men's Rugby Football Club at www.MSGulfCoastRugby.com, <http://HTOSports.com/MSGULFCOASTRUGBY> or call Joey at 228-243-2673, Billy at 440-251-4411, Doug at 228-493-6191 or email, MSGulfCoastRugby@gmail.com.