

SEABEE COURIER

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November 21, 2013



Builder 2nd Class Adam Merrill, a tactics and weapons instructor for Naval Construction Group (NCG) 2, gives instruction as Rear Adm. Rick Williamson, commander, Navy Region Southeast (CNRSE), operates a MK-19 automatic grenade launcher simulator in the Tactical Training Facility Fire Arms Training Simulator (FATS) spaces at the during his first visit to Naval Construction Battalion Center (NCBC) Gulfport since assuming command in August. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NCBC Gulfport hosts CNRSE

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

Commander, Navy Region Southeast (CNRSE) Rear Adm. Rick Williamson was on board Naval Construction Battalion Center (NCBC) Gulfport for a familiarization tour, Nov. 13. The visit was Williamson's first tour of the Seabee base since assuming command in August.

Williamson visited several Morale, Welfare and Recreation (MWR) facilities, beginning with a tour of the base Fitness Center. Joan Hudson, MWR fitness director, conducted the tour, showing the admiral the several strength, cardio, swimming and sports facilities her staff has to offer base personnel.

"I was happy to have the opportunity to show the admiral our facility and all the different ways in which we are able to support our base personnel," said Hudson.

Following his Fitness Center tour, Williamson toured Naval Construction Training Center (NCTC) Gulfport, where he not only received information, but also hands on experience operating an excavator and welding simulator.

See **CNRSE** page 8

Seabees overcome harsh jungle warfare training

By MC1 Chris Fahey
NMCB 3 Public Affairs

Deep in the Northern Training Area of Okinawa, Japan, Seabees assigned to Squad 1 complete the first third of the wet maze and they stop for a break. Exhaustion blankets them.

Dressed in thick uniforms, wearing combat helmets and slinging either an M-16 or M-4 automatic rifle, the humidity prevents even the illusion of cooling down. They share each other's water - a true gesture of friendship.

They pull large gulps from camelbacks and through deep gasps of air, gather as much oxygen as possible. Behind them, their Jungle Warfare Training Center Endurance course Leader Marine Corps Cpl. Dustin Davis begins laughing.

"Take your full 10 minutes," he said. "That was the easy part. Stay close and keep up. No one stops running."

The squad groans and shoot looks of disbelief to each other. "It's about to get good," said Davis more quietly, as he makes his way ahead of the squad.

Squad 1 is part of a 63-Seabees contingent from Naval Mobile Construction Battalion (NMCB) 3. They are in 17,500-acres of dense jungle, occupied by poisonous spiders and three species of venomous snakes - but those are the least of their worries. Their battle is with the endurance course, or E-course - 3.8 miles of pain. It takes an average of six hours to complete. The Seabees are broken up into



Naval Mobile Construction Battalion (NMCB) 3 Construction Mechanic 3rd Class Robert Cardona fights through waist-high mud and water while running a six-hour endurance course at the Marine Corps' Jungle Warfare Training Center (JWTC). (U.S. Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released)

12 to 18 person squads and timed to see which squads can overcome all 31 obstacles in the shortest time. Each second is critical, and the squads are led by some of the most jungle savvy Marines in the fleet - many, former Marine reconnaissance elite.

The light at the end of this muddy tunnel is faint at best. The path winds through flooded tunnels beneath roadways and up miles of dark, muddy terrain just to lead back down rain-soaked, slippery rock faces. Along the way, giant-sized wooden walls test the squads' team strength, memory obstacles challenge their alertness, and just as their physical and mental limits are breached, the team must both "monkey crawl" across a steel cable stretching roughly 60 meters over a 30 meter drop, then "hasty rappel" down jagged, wet rocks, leaning face-forward at a 90-degree angle, using a single rope as a

steadying line.

There are no safety nets. There are no do-overs.

If a team fails, they feel it - probably for the next few weeks.

At this point in the training, pain is the teacher, and it reinforces every second of instruction received during the week leading up to this final exercise. In that first week, the days were filled with both teacher-led instruction and practical application of orienteering, jungle survival, rappelling and mixed combat tactics. All lessons were both taught and learned under the same leafy canopy as the crippling E-course.

The teams are allowed breaks along the way. These moments provided opportunities for reflection. Many wondered why they were required to attend the JWTC course - the only training of its kind

See **JUNGLE** page 7

Skipper's Log

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Counting them down, one by one!

By Capt. Paul Odenthal
CO, NCBC Gulfport

With Thanksgiving upon us, it is quite often that we hear the question "What are you thankful for?" If you have a Facebook account, you undoubtedly have a friend who is counting down each day of November with a daily note of thanksgiving covering everything from family and friends, finding socks that match, or just being able to get out of bed each morning. Nothing wrong with counting your blessings, no matter how large or small, but I have to admit that I find those discussions and Facebook postings a wee bit on the sappy side. That said, I have decided to give in to my sappy side and count some of the many blessings that we enjoy here at NCBC. The last year has not been easy with furloughs, the shutdown, and budget woes but we are surrounded by good things on our base, in our community, and as a Nation. So here is my, hopefully not-too-sappy, list:

- 1) Being in the presence of heroes. Over the last few weeks, we have been blessed with numerous Veterans' events to include welcoming home the last Honor Flight of World War II Veterans, several Veterans Day parades and celebrations as well as a ceremony and open house at the Armed Forces Retirement Home.

Simply being in the presence of these Veterans is an honor. Being able to personally thank them and show them the gratitude they deserve is an incredible privilege. And finally, being thanked by them for my service is one of the most humbling things I have ever experienced. And, of course, I was not alone at these celebrations but surrounded by Navy uniforms and families that turned out in grand numbers to recognize those that have gone before us. I could not be prouder of our team and all those who work to honor these Heroes.

- 2) Our future heroes. If you ever need a dose of motivation, make a visit to NCTC and talk with the newest members of our Gulfport military family. You will be surrounded by extremely bright, patriotic and dedicated men and women from all walks of life who have chosen service over self. Needless to say, this upcoming generation is ready to maintain the lamps of liberty. Many will be spending the holiday season away from family for the first time . . . I have no doubt though that our team will take good care of them.
- 3) My Navy family. Janet and I grew up in Oregon and are far from home. While we love and miss our parents and siblings, we have been surrounded by our Navy family from our earliest days in the

service. The Navy is a family in every sense of the word and it is that welcoming nature and concern for each other that allows us to deploy knowing that there is a full support system in place to help those left behind.

- 4) Our local community. There are few places that enjoy the relationship we have with the people of the Mississippi Gulf Coast. Between the local governments and numerous civic organizations, we receive tremendous support. It goes beyond just supporting us to a sense of ownership and pride in their military. Equally, I am thankful that we have the ability to give back to the community via the many volunteer and civic activities that our troops undertake. Cumulatively, these activities have a tremendous impact.
- 5) Those that go above and beyond in the performance of their duties, both military and civilian. Think about the many events we have across this base and the effort that goes into putting them together. They don't just happen and they certainly wouldn't be as successful if our employees were simply working for a paycheck vice giving their all to support our Warfighters and families. A few examples of upcoming events: The galley will once again put out a fantastic spread for Thanksgiving, the Liberty Center will also be serving



a Thanksgiving meal for unaccompanied service members and let's not forget our annual Christmas Tree Lighting Dec. 6. Where else but Gulfport does Santa get to trade in his sleigh for a HMMWV? 6) The privilege of serving our Great Nation. It is an honor to stand among the men and women, both in uniform and civilian, who defend our freedom. It is not just a job. Do not ever take it for granted. So, that's my short list of some items that I am thankful for . . . although matching socks is definitely a good thing as well. Point being, there are many good things happening around us every day if we pay attention. Finally, Janet and I wish you and your family many blessings as you celebrate Thanksgiving. If you are hitting the road, please have a travel plan and be safe out there. We want every member of our team back!

238th Chaplain Corps Birthday Celebration
Dec. 6, 11 a.m., Café Climb, 1316 30th Ave., Gulfport
Guest Speaker: Captain Paul Odenthal
Uniform: Military: E-6 and below, Navy Service Uniform; E-7 and above: Khaki Uniform; Civilian: Business Casual. The cost is \$25 per person. RSVP by Nov. 21 to Chaplain Johnson, 228-871-2611 or joseph.d.johnson7@navy.mil





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, 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.

Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board.

Biloxi:

YaYa's

2751 Pass Road

Gulfport:

Herbal Alternatives

1909 East Pass Road

Herbal Alternatives

11530 Highway 49

BJ's Bar (Club 228)

17920 16th Street

Sinsations Night Club

1809 30th Ave.

Nick's Place

12460 Highway 49

Pascagoula:

Bunksmall Apartments

708 South Pascagoula St.

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



Recently at the Courthouse

October General Courts-Martial Results, Navy Region Southeast:

At a General Court-Martial in Mayport, Fla., Gas Turbine Systems Technician (Mechanical) 3rd Class Zachary Spratling, was tried for receipt of child pornography and an indecent act. On Oct. 18, a panel of members returned a verdict of guilty and sentenced him to be discharged with a Bad Conduct Discharge and confinement for 60 days.

At a General Court-Martial in Mayport, Fla., Hospital Corpsman Kevin Corcoran, was tried for sexual assault. On Oct. 23, the military judge returned a verdict of guilty

and sentenced him to be discharged with a Dishonorable Discharge, forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for 2 years.

At a General Court-Martial in Jacksonville, Fla., Aviation Support Equipment Technician 2nd Class Terrence Truitt, was tried for rape and sexual assault. On Oct. 30, a panel of members returned a verdict of guilty to sexual assault. The panel sentenced him to a reprimand, forfeit \$1,354 pay per month for 1 month, and 45 days restriction.

Courts-martial in Navy Region Southeast are tried with few exceptions at

Naval Air Station Jacksonville, Naval Station Mayport and Naval Air Station Pensacola. Therefore, the location of where a courts-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pretrial agreement of clemency.



In Memoriam



David D. Franklyn Jr.

David D. Franklyn, Jr., age 43, resident of McHenry passed away Thursday, Nov. 14, 2013 in Ocean Springs.

He grew up and enjoyed his childhood in Logan, Ohio. David was a Chief in the United States Navy Seabees. He loved his family and was the proud father of three boys. He also enjoyed woodworking, Harleys, boating, traveling all over the world, and his dogs.

David was preceded in death by his father, David D. Franklyn; and his grandparents, Paul and Eva Mae Shaw.

Survivors include his wife, Teresa S. Franklyn; his boys, David D. Franklyn, III, Logan P. Franklyn, and Luke M. Franklyn; sisters, Brigitte (Kary) Sauers, Shelly (Tom) Cummings, and Christy Caronis.

In lieu of flowers, the family requests donations to the Colon Cancer Alliance at www.ccalliance.org.

A funeral service was held Nov. 17, at Riemann Family Funeral Home, 11280 Three Rivers Road, Gulfport.

Tributes may be shared with the family at www.riemannfamily.com.

DON Sexual Assault

Survey - The 2013 DON-Wide Sexual Assault Survey is available for all service members survey through Jan. 6, 2014. The survey is short and completely anonymous, and it can be accessed from any web-enabled computer, tablet or Smartphone at www.donsapro.navy.mil/donsas.html. The password for all military participants is 2013Survey.

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.Safe-Helpline.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.

Save the Date for Seabee Ball 2014

NCBC Gulfport 2014 Seabee Ball will be held March 15, 6 p.m., at the Miss. Coast Coliseum. Guest speaker will be Rear Adm. Frank Morneau, Commander Navy Expeditionary Combat Command (NECC.) Tickets are expected to go on sale Jan. 3. Seabee Ball point of contacts are unit reps or Lt. Nathan Chenarak, 228-871-2895.

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

Buzz on the Street

By CE CN(SCW) Lucinda Moise, NCBC Public Affairs

“What is your favorite Thanksgiving dish?”



“My favorite dish is everything because I cook the whole meal!”

Clifford Davis

PSD Gulfport
Hometown: Sparta, Ga.



“Sweet potatoes”

E03 Ashley Marks

CBC
Hometown: St. Claire Shores, Mich.



“Any dish I can share with my family.”

EA3(SCW) Gabriel Jimenez

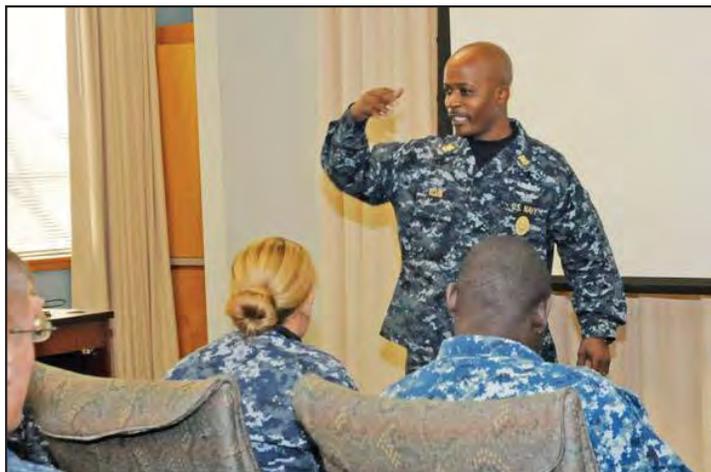
NMCB 1
Hometown: Miami, Fla.



NCBC First Class Petty Officer Association held their first-ever Chili Sale on the sidewalk of the NCBC Gulfport Commissary and Navy Exchange (NEX), Nov. 15. The fund-raiser featured Southwestern Chicken Chili as well as turkey chili, deer chili, beef chili and more. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Equipment Operator 1st Class David Baklarz, crane supervisor for Naval Mobile Construction Battalion (NMCB) 1, connects an auxiliary hook to a 4,000-pound block for NMCB 1 Crane Crew member Equipment Operator 3rd Class Brian Williams, operating a Link Belt 40-ton crane during a National Crane Association approved licensing course at the Naval Construction Group (NCG) 2 Crane Yard on board NCBC Gulfport, Nov. 18. Williams is training to assume crane supervisor duties for the battalion during the homeport training cycle leading up to deployment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Command Master Chief Herbert Ellis, Commander Region Southeast command master chief, addresses NCBC military personnel at building 1 on board NCBC Gulfport, Nov. 13. Ellis talked about The Coalition of Sailors Against Destructive Decisions (CSADD) program and encouraged Sailors to support one another and do the right thing, and the importance of education. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Yeoman 2nd Class Cody Macomber
NCBC Gulfport
Awards Clerk

FREEZE

By **UTCN Alicia Fluty**
NCBC Public Affairs

FRAME



the opportunities that come my way.

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

CM: As a yeoman, I get to make sure a member has all their earned points in their record when it comes time for exams, and help present awards at quarters and process leave so members can take their well-earned R&R. I may not be the door kicker war fighter but I support the war fighter.

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

CM: Do not let the crowd you're hanging with sway your decisions. What I mean by that is, if you are having a positive experience in the military and you would like to re-up, yet your buddies are negative about their experience and do not intend to



reenlist, don't let that influence your decision and change your mind.

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

CM: The Seabees are unique and it seems everyone knows everyone in this small community. The 'Bees are more than willing to help you out if you have car issues on base and they have the knowledge and experience to really be of assistance.

FF: Who was your most

influential mentor during your career, and why?

CM: My most influential mentor was NC1 Bridges - my leading petty officer at my last command. He really took me under his wing and taught what the Navy was all about i.e. leadership, fellowship, ship, shipmate, self, and how to do it with a family too. I don't know if it was because he was retiring and it was his last tour of duty that he took such an interest in me or if that was how he was throughout his career.

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

CM: That single experience would have to be going through the Medical Evaluation Board (MEB) & Physical Evaluation

Board (PEB) process. I had to ask myself, if I wanted to stay in and see if I could make a career out of the Navy or should I leave with a VA check and go back into the civilian world. I chose to stay in, so I'm making the best of



NCBC Road Closure, Dec. 6, 5:30 - 8:30 p.m. Due to the Christmas Tree Lighting Ceremony, Bainbridge Avenue and 1st Street will be closed. Please plan accordingly.

Drunk Driving . . . Over the Limit. Under Arrest!

Enjoy the Holidays safely. Use a designated driver. Make Safety Your #1 Priority!
A message from NCBC Security



2013 CFC Run for a Reason 5K

Dec. 6, 6:30 a.m.
Fitness Center
\$15 registration/contact your command CFC Rep to sign up.



Male/Female 1st, 2nd and 3rd place finishers will get money donated to a charity of their choice! 1st place - \$50 and a trophy, 2nd place - \$30 donation, 3rd place - \$15 donation.

Note: All proceeds will go toward 2013 Greater Mississippi Combined Federal Campaign general fund and will be undesignated.

Extra special early arrival



Above: Steelworker 1st Class (SCW) Christopher McKissick is interviewed by a local WLOX reporter in Gulfport. McKissick arrived home six months early from his Afghanistan deployment and surprised his family at home and his children's schools.

Middle: Janelle McKissick got a welcomed surprise when she opened her door to find, not only a news crew, but her husband, SW1 Christopher McKissick, standing on the other side. "I tried doing this on a previous deployment, but she surprised me at the airport," said McKissick. "This time it worked."

Bottom: SW1 Christopher McKissick hugs his oldest child, Zachary, 12, in his classroom at Bayou View Middle School in Gulfport, Nov. 13. The news story aired Nov. 13.

(U.S. Navy photos by Chief Mass Communication Specialist Athena Blain/Released)



Night of bright lights and surprises is just around the corner

By CECN(SCW) Lucinda L. Moise
NCBC Public Affairs

The Morale Welfare and Recreation (MWR) will host their annual Tree Lighting and Holiday Gift Village on board the Center, Dec. 6, 6 - 8 p.m. The purpose of the Tree Lighting is to get everyone in the Christmas spirit. It is one of many of NCBC annual traditions.

According to Dewayne Riley, NCBC MWR facilities manager, the Tree Lighting is a tradition that has been around for years.

"It's been going on for as long as I know, and I've been here for 31 years," said Riley.

Each year MWR senior personnel decorate the Christmas tree, so that Santa and the NCBC commanding officer can light it together.

During this year's event there will be craft vendors selling Christmas items. Guests will also be given free stocking stuffers, candy canes and little nicknacks.

The evening will also feature children's games, warm cookies and milk, free prizes and a visit from Santa Claus himself.

Riley expressed what he thinks of the Tree Lighting.

"I think it is a great event for the kids," said Riley. The Tree Lighting is one of the few things we get to



Diana McLaughlin, Shields RV Park manager, strings tree lights on a Christmas tree outside the Youth Activities Center in preparation for last year's Tree Lighting Ceremony. The 2013 Tree Lighting and Holiday Gift Village event happens Dec. 6. U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

do for the children of our troops, even with the cut backs, we still get to do a lot with very little."

MWR is hoping for a huge turnout. Normally about 2,000 people attend the Tree Lighting every year.

"We want everyone to come out and have fun, because it is really a fun event and a great way to kick off the holiday season," said Grace Sheets, NCBC MWR Information, Tickets, and Travel (ITT) manager.

Everyone with access to NCBC is invited to attend the Tree Lighting.

Can Do Christmas!

Christmas Goodies Silent Auction

December 12th from 8:30 a.m. until 3:30 p.m.
@ building 260 (CCCT).

Stop on in place your bid and help raise donations for families in need this Christmas!

To donate baked goods for the auction, make a cash donation or any other questions contact:

CCCT: 228-871-2145
UT1 DeAngelo: 757-513-8001
CE1 Troup: 571-331-0043
UT1 Rygh: 228-547-7240



Supporting our local community for 8 years!

TOYS FOR TOTS

Applications for Toys for Tots will be accepted for E-6 and below (all others on a case by case basis) through Nov. 22, Monday - Thursday, 8 a.m. - 4:30 p.m. and Friday, 8 a.m. - 3:30 p.m. Service members (or spouses) can come to Fleet and Family Support Center (FFSC), building 30, with military identification and complete a brief application. For further information, please call 228-871-3000.

From **JUNGLE** page 1

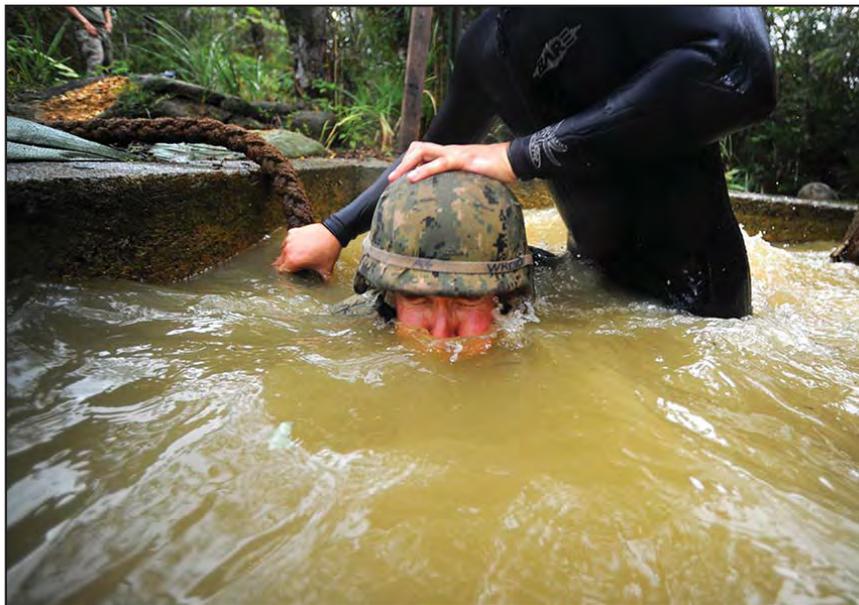
offered by the Department of Defense. They are reminded of their lineage. Seabees are an expeditionary force. Their operating environment doesn't stop at the shoreline, like their seafaring shipmates on the "blue side" of the Navy. The Pacific region's jungles have been a common work area for Seabees since the construction force's inception more than 70 years ago. For many, the Pacific is a second home. The poisonous Habu snakes and palm-sized tree spiders are a normal fixture, seen in bulk both during the training and throughout their careers. The creatures seen today in the Okinawa jungle are great, great grandchildren of those same species seen by Seabees of yesterday who waded through even uglier jungle during uglier circumstances.

"[The training] gave me some real perspective on how our forefathers fought during past wars," said Hospital Corpsman 3rd Class Cale Vandertuin. "That's all I could think about. I curled up with my legs crossed and ate my meals in the rain for only a few days - they did it for months in real combat. It made me very appreciative of their service."

The Seabees understand better than most of their shipboard cousins what combat feels like and why JWTC is such an important - albeit rare - part of their Navy education.

Seabees fight to protect what they've built. In Afghanistan, they constructed forward operating bases in full battle armament consisting of combat helmets, plated vests, medical packs, knee and elbow pads and sometimes multiple weapons with a minimum of 180 rounds attached to their person. This was roughly 70 pounds in added weight beneath the hot Afghan sun and under constant threat of enemy attack. Under these conditions, they built bridges, constructed walls and poured concrete. Here in the jungle, the threats come in the form of hostile creatures and Marine Corps instructors, and the Seabees aren't sure there is a difference.

"You look pretty big," said a hidden JWTC instructor, pointing to Utilitiesman Construc-



A Marine Corps Jungle Warfare Training Center (JWTC) Instructor helps Naval Mobile Construction Battalion (NMCB) 3 Construction Mechanic 2nd Class Christopher Allen submerge during an underwater obstacle at the Marine Corps' Jungle Warfare Training Center (JWTC). (U.S. Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released)

tionman Zach Wallace. "You're hit. Lie down . . . CASUALTY! CASUALTY!" he began yelling. "You were supposed to stay QUIET! You weren't. Now your battle buddy is shot. Squad leader - what happens now?"

Construction Electrician 2nd Class Dwayne Watson wasted no time.

"You and you," said Watson, pointing to two of his squad members. "Post security on the left and right. You two, make a stretcher."

Before the words were out of his mouth, Construction Mechanic 3rd Class Jason Hasuga and Construction Mechanic 2nd Class Chris Allen had their Seabee uniform tops off and began buttoning them up around two large branches. While they completed the improvised stretcher, they also used their uniform belts and a broken stick as a tourniquet for Wallace's simulated leg injury.

"This is the fun part I told you about," said Davis with a wink.

From this point forward, the training lost all sense of simulation. The team had a 200-pound, 6-foot-1 Seabee to carry across, roughly two miles of muddy cliffs, crevices that ranged from 2-inches to 15-feet wide and all the real dangers of an active jungle.

At the peak of the training's intensity, Watson's shoulders

were pierced by the branches, blood staining through his uniform. His arms were failing and all 12 members of his squad were rotating positions to either provide security from simulated enemy attacks or to carry Wallace. The group was managing just a few feet every 10 minutes or so through cement-thick mud. The water rose to chin level at times and just as they thought it couldn't get worse, someone yelled "snake!"

"It's crazy," said Watson. "I wasn't even worried about the snake - I mean, I was worried. It's a freaking poisonous snake, man, but I was more concerned with our positions and who was doing what. The training was that good. We got that into it, and knew if we didn't communicate and stay razor sharp, we would fail."

The snake withered off in a different direction and left the squad alone in the mud. They soon climbed out of the chin-level water and trudged up and down slopes and slippery hills.

The trees provided hand holds and massive roots helped steady their footing until they reached the final obstacle - the last hill. There were no trees, no roots.

The hill was an intimidating 45-degree angle going almost straight up and, thanks to the three-day thunder storm, the ground was nothing more

than moss-covered clay. It was more slippery than oil and completely degraded. Two scouts, Builder 2nd Class Kesley Olise and Hasuga each attempted to take a step up the hill and came crashing down. There was no footing and nothing to grab on to, and time was ticking.

"LET'S GO!" yelled Davis. "You have a shot battle buddy. He has a family and is dying on your back. What are you going to do? Are you going to quit? Please quit! I dare you all to quit and let him die. Who wants to call his family? You?" he pointed at Watson. "You? You?" he pointed at random members. "Someone is going to unless you get up this hill."

Just as the squad had nothing left and had literally reached an uphill battle, they reached down . . . way down and sacrificed. One by one, the squad lay on their stomachs, using their own bodies as footholds for the next person. Creating an uphill path of bones and muscle, the team was able to create a "road" up the hill. The stretcher bearers used the path, putting their fellow Seabees under boot to carry Wallace to the top.

"Stop moving Wallace!" shouted Olise while in the middle of the hill. "You have one job - to lay still. Do your freaking job!"

"I'm trying to help," said Wallace. "I want to help."

"Don't help," said Hasuga. "Lay there. Let's go guys! Last push!"

Although painful, Seabees arched and curved their bodies to provide more footing for their squad to climb. During the final steps, there was silence. Near the top of the hill, the sun broke through the thick jungle canopy that had prevented any light during the hike. The sun hit them like hope amid tragedy. As it shined on them, the prospect of finishing the course ignited the group. They began yelling feverishly and erratically.

"ALMOST THERE! ALMOST THERE!" they all yelled.

At once, the team lunged forward, steadying Wallace before placing him on the ground.

"Let's get our people," yelled Allen. "We're not done yet."

One-by-one, the group pulled each member up. Their heads covered in mud, mouths full of dirt and eyes bloodshot from the pain of boot heels pressing against their backs and heads.

"It was the greatest display of teamwork I've ever experienced or even heard about," said Hasuga. "I can't believe I got to see that. It's amazing. In one week, we paid homage to our past warriors who died in jungles just like this and for a moment, we felt the same camaraderie they felt. There are no words. It's an incomparable experience."

The top of that last hill was the finish of more than just an obstacle course. The teamwork and communication required to take even one step in the hardened jungle provided a rare opportunity for the Seabees to develop a deep bond, kindled from the thick mud and jungle poison.

"How do you describe that kind of action?" asked Olise. "We had guys throwing their heads down in the mud, so we could walk on their backs," she said shaking her head laughing. "That's crazy! At a point when my arms were dead, my legs were like lead blocks and my voice was hoarse from yelling and screaming, I have a person's human body keeping me from falling head first down a hill. That's more than friendship. I'm going to love these guys for the rest of my life. They're family."

Focus on Education

Education Notes

Coastline Community College

Spring "A" Term registration for Coastline Community College is happening now. Spring "A" Term runs from Jan. 28 - March 24. For additional information, contact Dr. David Drye in the Navy College Office, at 228-871-3439 or at ddrye@coastline.edu.

School Volunteers

West Harrison High School is in need of 13 volunteers to assist in proctoring and monitoring the hallways during

the next administration of the Miss. SATP tests Dec. 3,4,5,6,7 and 9. Volunteers should report to WHHS, 10399 County Farm Road, Gulfport at 7:15 a.m. Testing will be complete no later than 3 p.m. (with most being completed by noon.) Please contact Julie Cullinan at jcullinan@harrison.k12.ms.us.

28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading

comprehension questions. Volunteer time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested, please call Samantha Benson, 228-867-2140.

NCBC School Liaison Officer

Kevin Byrd, is located in MWR building 352, 1706 Bainbridge Avenue on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email kevin.r.byrd@navy.mil.

Harrison County School District Fall Calendar

November

25-29 Thanksgiving Holiday
29 End of Third Month (16 days)

December

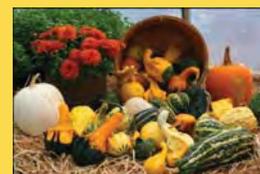
3-10 SATP2
18-20 Nine Weeks Test (Elementary)
19-20 Nine Weeks Test (Secondary)
20 60% Day for Students
20 End of Fourth Month (15 days)

23-31 Christmas Holidays

January

1-3 Christmas Break

6 Teacher Workday
7 Students Return
13 Report Cards
20 Martin Luther King Holiday
22 Failure Notices
31 End Fifth Month (18 days)



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 construction diving and demolition skills with the latest and greatest technology and equipment. Contact Dive Motivators at 757-462-4313/3982 or email SWC Bryans at sean.bryans@navy.mil and SW1 Hefner at christopher.hefner@navy.mil.



From **CNRSE** page 1

"It was great to see where we train young Seabees and the capabilities that the base has to support them in their training," said Williamson. "Also, it's not often that I have the opportunity to get on the equipment and move some dirt or test my welding skills against a simulator."

Naval Construction Group (NCG) 2s Tactical Training Facility was Williamson's next stop on the tour, where he experienced a few ways in which Seabees work and train through the Combat Convoy Simulator and the crew-served weapons Firearms Training Simulator (FATS).

"It was an honor to show the admiral our team's training facility," said Equipment Operator 1st Class Jason Brown, assigned to NCG 2. "I hope we were able to give him at least a small experience of what it's like to be

a Seabee protecting our convoys while we move our supplies and equipment out to a remote job site."

Williamson also visited the Gulfport Fleet and Family Service Center (FFSC), where he met with counselors and program managers, as well as the base Child Development Center (CDC), touring the spaces and interacting with the children and care givers.

Before departing, Williamson and CNRSE Command Master Chief Herbert Ellis sat down for a lunch with a group of enlisted Sailors from NCBC Gulfport. Both the admiral and master chief stressed the importance of being a "Shipmate," remembering why they joined the Navy and the opportunities they have been given, and encouraged them to participate in positive organizations, such as Coalition of Sailors Against Destructive Decisions (CSADD).

"Shipmate is a great

word," said Williamson. "That means we don't let our Shipmate, our family, do something stupid, and if they decide to do something stupid we look out for them, take care of them. . . . You guys will have a lot more effect on these young Sailors than I ever will. . . . You're there 24/7, and you see something that should or should not be happening; you can engage and say something, because it's the right thing to do."

"Come together now," added Ellis. "Don't wait until something happens, you've got to bring it together now."

Capt. Paul Odenthal, commanding officer, NCBC Gulfport said he believes the visit was very productive and successful.

"I'm very proud of our Sailors, Seabees and civilians," said Odenthal. It was a pleasure to host the admiral and have the opportunity to show him all the great work they do every day."



Rear Adm. Rick Williamson, commander, Navy Region Southeast (CNRSE), operates a welding simulator in Naval Construction Training Center (NCTC) Gulfport spaces during his first visit to Naval Construction Battalion Center (NCBC) Gulfport, Nov. 13. U.S. Navy photo by Chief Mass Communications Specialist Ryan G. Wilber/Released)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

From soup to nuts, and back

No sooner did I drop my husband off at the airport, than I felt the tickle at the back of my throat.

He was off on a Navy trip to Bahrain for a couple of weeks, leaving me in charge of the house, the bills, the kids, the dog, the trash, the leaves, our son's college applications, our daughter's inevitable fashion crises, and my own mental and physical well-being. So, this was the last thing I needed.

By the time I got home from the airport, the tickle had upgraded to a full-blown head cold. One of those throat-itching, eye-watering, lung-wheezing, phlegm-thickening, mucus-dripping, sinus-filling afflictions; that compels you to guzzle cold medicine and bury yourself under the covers, because you're going to be totally useless.

But being useless was not an option. Before the three-o'clock middle school pick up, I had to walk the dog, have a mammogram, shop for groceries, iron my son's dress shirts, start my column, return a few emails, walk the dog again, get something out for dinner, and try to take a shower and look human.

Head cold or no head cold, I had to be firing on all pistons.

I decided to make one minor adjustment to my jam-packed schedule that might ease the pain of functioning while sick: I'd take five minutes and throw some chicken soup on the stove before heading out to my 9:30 a.m. mammogram appointment.

In a flash, I had onions and carrots chopped and sautéing in a pan, alongside my old Revereware soup pot which was simmering with chicken and spices. Next, I plopped four ribs of celery on the cutting board and began slicing.



I was coming to the end of the bunch when, shsh-shwing! There it was - the very tip of my thumb laying neatly on the edge of the cutting board.

The next few seconds were a slow-motion controlled panic. I watched my uncut hand reach for the severed cap of flesh and place it back on the tip of my thumb, albeit crooked, and unravel multiple sheets of paper towels to wrap my bleeding appendage.

I flicked the stove off, grabbed my purse, and jumped into my minivan, mumbling to myself, "it's gonna be fine, it's gonna be fine, it's gonna be fine."

"Hi, I'm here for a mammogram [nervous laughter] . . . you're never going to believe this [nervous laughter] ... I just cut the tip of my thumb clean off." I jabbered to the lady behind the base clinic check in desk. Despite a convincing look of utter apathy, the woman directed me to a nurse who preliminarily wrapped my thumb and told me the doctor would take a look right after my mammogram.

As the adage goes, you learn something new every day, and on this particular day, I learned that it's nearly impossible to unhook your own bra strap with one hand. Somehow, I was able to get the task done like some kind of awkward high school boy on prom night,

just before the technician came in to squash my bits and pieces between two glass plates. After several painfully humiliating images were procured, I was free to dress and head back across the clinic to see about my bleeding thumb.

With only one of the three hooks of my bra strap precariously fastened, I waited for the nurse, then the doctor, then the nurse again, then the doctor again, before my thumb was finally treated, and I was released to go wait all over again for a tetanus shot at immunizations and for medication in the pharmacy.

Four hours after entering the clinic doors, I left with a Band-Aid on my arm, wilted mammories, a thumb that looked more like a chicken drumstick, and a completely neglected To Do list.

Despite the chaos, I felt compelled to finish my chicken soup, needing it now more than ever. At dinner time, I ladled the hot soothing elixir into bowls, careful not to slosh any broth onto my bandages, and placed them on the table with a box of oyster crackers. The kids and I sat in silence, inhaling the salty steam, blowing gently on spoonfuls.

"I can't believe you made this soup with all that craziness going on today, Mom," my middle schooler said with a compassionate slurp. "Mmmm," she mumbled with her mouth full, "it's still really good, Mom."

Yes, it certainly is.



Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>

Health Watch

Did You Know?

Rules to follow when picking up medication for others

From Cmdr. Karen Anderson

Naval Branch Health Clinic Gulfport

In accordance with Health Insurance Portability and Accountability Act of 1996 (HIPAA) regulations, agents of the patient (e.g. relatives and friends) may pick up prescriptions on the patient's behalf when they can demonstrate BOTH of the following requirements:

1. The person presenting to pick up medications for a patient must provide a minimum of 2 of the following:

• Patient's valid U.S. Uniformed Services ID or CAC; Front and back copy of valid U.S. Uniformed Services ID or CAC; Power of attorney.

AND

2. Accurate identification of the following: Specific medication(s); Type(s) of medication (e.g., pain medication, antibiotic, cold meds, etc.)

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account to contact or follow-up with your provider.

TFL beneficiaries may face higher costs if using VA for care not related to service - connected disabilities

Courtesy of TRICARE

Many TRICARE For Life (TFL) beneficiaries use Veterans Affairs (VA) facilities for care related to their service connected disabilities. But, as TFL is a comprehensive Medicare wraparound coverage, beneficiaries are reminded they run the risk of unexpected out-of-pocket costs if they use a VA facility for care not related to a service connected disability.

By law, Medicare can't pay for care at a government facility, such as the VA. When a TFL beneficiary chooses to obtain care from a provider that Medicare can't pay, TRICARE can only pay up to 20 percent of the TRICARE-allowable charge. The TFL beneficiary is responsible for paying the VA the remainder.

Beneficiaries who have been getting care at a VA facility that is not related to a service connected disability should talk to a VA representative about other VA options, including how VA can work with other health insurance (OHI) plans.

As part of the intake process TFL beneficiaries are will be asked if they're using their

VA or TFL benefit or if they have other health insurance (OHI). When electing to use their TFL benefit at the VA, they will also be informed they must pay the remaining bill after TRICARE pays its portion of the TRICARE-allowable charge. They may be asked to sign a form indicating they understand their responsibility.

TRICARE and the VA recommend getting care for service-connected disability at a VA facility. For other care, TFL beneficiaries may still consider using their VA benefit or they should use TFL with a Medicare-certified provider. When using Medicare providers, TFL beneficiaries typically have no out-of-pocket costs for services covered by both Medicare and TRICARE.

For more information about TFL, beneficiaries may contact the TFL support contractor Wisconsin Physicians Service (WPS) at 1-866-773-0404 or visit www.tricare.mil/tfl to learn more about using TFL. To find Medicare-certified providers visit www.tricare.mil/findaprovider. For more information about the VA, visit www.va.gov/health.

Tree Lighting & Holiday Gift Village

Free Prizes!

**Friday, December 6th
6-8pm @ Youth Activities Center**

Warm Cookies and Milk,
Children's Games,
and Vendors

Call 871-2967 for details

Guest starring
Santa Claus!

Sponsored in part by:

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

**Thanksgiving
TURKEY TROT**

Dressing up encouraged...
get creative!

Friday, November 22, 2013
Starts at 7:00am
NCBC Fitness Center

This event is FREE and open to all eligible patrons
Participation medals will be given out to ALL runners!
FREE snacks and water at end of race.

Signups encouraged but not required

Questions? Call Mike McLaughlin 822-5103 or email michael.e.mclaughlin@navy.mil

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

HOLIDAYS IN THE SOUTH

Call ITT 228-871-2231 to book today!

LOUISIANA
Start the holiday season off right with a two night New Orleans experience! Listen to the holiday jazz and view the lights of the French Quarter. Hotel and local attraction package is \$188
A SAVINGS OF 54%!!

GEORGIA
Take a road trip through the south to romantic town of Savannah and take in the holiday season with hotel and attractions for the low price of \$256
A SAVINGS OF 41%!

TENNESSEE
Enjoy the holiday lights in the little town Gatlinburg, nestled in the Smoky Mountains. Only a day's drive away! Get a two night's stay and take in the local attractions for \$296
A SAVINGS OF 23%!!

MWR **ITT**

Prices based on family of 4 (2 AD & 2 CH), in a Standard or 1 BR hotel room; one attraction available through ITT and one featured city attraction. Savings percentage based on outside pricing. Hotels are subject to availability and black out dates.

Free Movies at the Training Hall!

Don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet!

If you have a question or comment, please send to Michael.sweetapple@navy.mil

Call the MWR Movie Hotline 24/7 @ 228-871-3299 to find out what's playing!

NCBC Helping Hands

DISABLED VETERAN NEEDS HELPING

HAND -Volunteers are needed to help a veteran move building materials and dismantle a shed in order to pass a property inspection. Volunteers are urgently needed due to inspection deadlines. If you can help, please contact Velia at 228-344-8840.

LIBERTY THANKSGIVING MEAL - MWR is serving Thanksgiving dinner to unaccompanied service members Nov. 28 at 5 p.m., and needs help with serving the meal. If you are interested, please call 228-871-4684.

WEST HARRISON HIGH SCHOOL is asking for 13 volunteers to assist in proctoring and monitoring the hallways during the next administration of the Miss. SATP tests Dec. 3-7 and Dec. 9. Volunteers should report to WHHS, 10399 County Farm Road, Gulfport at 7:15 a.m. Testing will be complete no later than 3 p.m. (with most being completed by noon.) Please contact Julie Cullinan at jcullinan@harrison.k12.ms.us.

MISSISSIPPI RENAISSANCE GARDEN'S HORTICULTURE FOR HUMANITY (H4H) needs volunteers to assist with "Coast Kid's Plantin' Daffodils" at Biloxi Hiller Park Children's Christmas Festival, Dec. 14. Parents will bring their children to Biloxi Hiller Park to plant daffodils together, take a picture and receive a certificate, select flower, vegetable and herb seed packets for home planting. Advance help is needed. Nov. 23, 8 a.m. - 2 p.m., at Hiller Park Renaissance Garden to prepare the garden beds. Please call 228-388-2622 to help. Volunteers may bring their children for the December 14 planting event. All volunteers may also select free flower, vegetable and herb seed packets for their generous help.

BOOST READING PROGRAM - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

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 Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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.

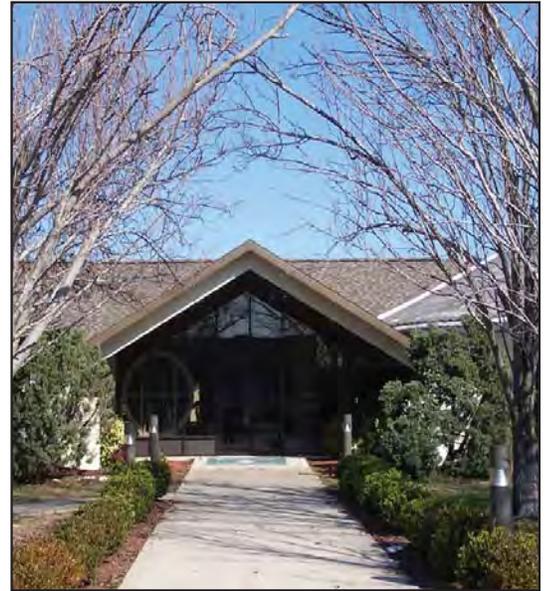
USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

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.

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.

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

Seabee Memorial Chapel



**NCBC Center Chaplain:
Lt. Cmdr. Ammie Davis, 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.

November 21, 2013

Chapel Offerings

Looking for a church?

The Seabee Memorial 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.

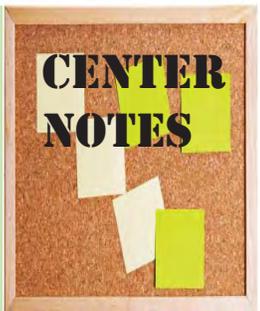
Seabee Courier

Colmer Dining Facility Hosting Thanksgiving Day Meal, Nov. 28

<p>Brunch 7 - 10 a.m. Cost is \$5.25 (\$4.55 for dependents of E4 and below)</p> <ul style="list-style-type: none"> Crispy Bacon Sausage Egg to Order Assorted Omelets Hash Browns Pancakes Biscuits Fruits Chicken Vegetable Soup Sloppy Joes Tater Tots Baked Beans Salad Bar Dessert Bar 	<p>Dinner 1 - 3:30 p.m. Cost is \$7.60 (\$6.45 for dependents of E4 and below)</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"> <ul style="list-style-type: none"> Chicken Veg. Soup Roast Turkey Rib-eye Roll Glazed Pit Ham Corn Bread dressing </td> <td style="width: 33%;"> <ul style="list-style-type: none"> Giblet Gravy Mashed Potatoes Mac & Cheese Candied Sweet Potatoes </td> <td style="width: 33%;"> <ul style="list-style-type: none"> Buttered Corn Peas & Carrots House Rolls Salad Bar </td> </tr> </table>	<ul style="list-style-type: none"> Chicken Veg. Soup Roast Turkey Rib-eye Roll Glazed Pit Ham Corn Bread dressing 	<ul style="list-style-type: none"> Giblet Gravy Mashed Potatoes Mac & Cheese Candied Sweet Potatoes 	<ul style="list-style-type: none"> Buttered Corn Peas & Carrots House Rolls Salad Bar
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Thanksgiving Celebration

OPEN TO ACTIVE DUTY, RETIREES, DOD AND THEIR DEPENDENTS



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@focusproject.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@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. 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 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 for more information.

PMI Membership Drive The Project Management Institute (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 saudersmt@earthlink.net or Len Krapcha at 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 weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel at 228-871-2454 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for 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 locat-

ed at 15206 Dedeaux Road, Orange Grove. Meetings 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, 228-871-2488 or Robert Smith at 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.

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 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.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

SEABEE GIFT STORE

Working on your holiday shopping list? Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday - Friday, 10 a.m. to 4 p.m.