

SEABEE COURIER

New 'Force' to lead Seabees

By Don Rochon
NAVFAC HQ Public Affairs

The selection of the 16th force master chief of the Seabees was announced by the Naval Facilities Engineering Command (NAVFAC) at the Washington Navy Yard, Oct. 11

Naval Construction Training Center (NCTC) Command Master Chief (SCW) Christopher R. Levesque will assume the duties of the highest ranking enlisted Seabee in January 2014 from Seabee Force Master Chief (SCW) Douglas R. Dickey, who retires in February 2014.

NAVFAC Commander and Chief of Naval Civil Engineers Rear Admiral Kate Gregory praised the two men as innovative leaders in the Naval Construction Force.

"From World War II to the present, Seabees have always had exceptional leaders like Force Dickey," said Gregory. "He personifies the very best in our force, and his determined approach on how we support, train, and develop our Seabee community has been an unqualified success. We are also fortunate to have another remarkable leader in Master Chief Levesque to help build



upon these accomplishments and lead our Seabees in a very challenging time in our history," Gregory said.

Prior to taking the reigns as force master chief in 2011, Dickey served as command master chief of the 31st Seabee Readiness Group, located at in Port Hueneme, Calif. A native of Bremerton, Wash., he enlisted in the Navy in 1981.

"It has been my distinct honor and privilege to have served as the force master chief of the Seabees," said Dickey. "We have been through some tough times lately within our Navy, and our Seabees have stayed the course and rode out the storm."

Dickey went on to say that as the Navy becomes leaner, the need for Seabee skills becomes greater.

"We will continue to be called upon as the Navy's

ambassadors of good will by bringing water to the deserts of Africa or assisting Pacific partnerships in Asia. I have no doubt that the Seabee heritage will live on with this generation of 'Bees, and I have all the confidence that our community will be in great hands with Master Chief Levesque as the next Force."

A native of Rantoul, Ill., Levesque enlisted in the Navy in October 1985 and completed Construction Electrician 'A' School in Gulfport, Miss. His decorations include the Joint Service Commendation Medal, Navy/Marine Corps Commendation Medal, Joint Service Achievement Medal, Navy/Marine Corps Achievement Medal, and the Military Outstanding Volunteer Service Medal.

"It's my great pleasure to have the opportunity to lead such an elite group of Sailors," said Levesque. "I am humbled by the selection, and will continue to provide the many avenues that Force Dickey did for our Seabees to excel. I also want to personally thank Force Dickey for his service to our country, his leadership and wish him the very best in his future endeavors."

Navy celebration spans generations



Sailors attached to NCBC Gulfport came together at the Colmer Dining Facility to celebrate the Navy's 238th birthday with a ceremony and cake cutting, Oct. 9. Guest speaker for the event was Capt. Paul Odenthal, commanding officer, NCBC Gulfport. The ceremony ended when Marian Ritchie, Navy veteran and Armed Forces Retirement Home, Gulfport Campus, resident and Builder Constructionman Apprentice Michael Trinh, an "A" School student assigned to Naval Construction Training Center (NCTC) Gulfport, joined Odenthal for a ceremonial birthday cake cutting as the oldest and youngest Sailors present. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

October is Domestic Violence Awareness Month

Courtesy of HM1 Clarissa Villa
Naval Branch Health Clinic
Gulfport

October is Domestic Violence Awareness Month. This year's theme is "Silence Hides Violence."

It is projected that one in every four women and one in every thirteen men

will be a victim of domestic violence in their lifetime. According to statistics, a woman is abused (beaten or assaulted) in the US every nine seconds, and at least three women die daily as a result of domestic violence. Even more alarming is that ten million children witness abuse in some form annually. These statistics

emphasize the importance of our annual observance of Domestic Violence Awareness.

Domestic Violence Awareness evolved from the First Day of Unity in October 1981, as a means of connecting battered women's advocates across the nation. Over time, the day would be observed over a week

of activities that included mourning the victims that lost their lives, celebrating the survivors and bridging those who worked to end violence. In 1987, the observance became known as Domestic Violence Awareness Month and the national telephone hotline emerged.

Over the years, organizations have worked diligently

to raise awareness. Despite the efforts, there are still large amounts of cases that go unreported because victims are afraid to seek assistance or are not aware of the assistance or services available. It is



NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
 Editor
 Bonnie L. McGerr
 Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
 Special Contributors
 CECN(SCW)
 Lucinda Moise
 UTCN Alicia Fluty

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy, and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government. DoD, the Navy, and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but he Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone 228-871-3662, email: seabecourier@navy.mil.

By Lt. Cmdr. Ammie Davis, CHC
 NCBC Chaplain

How often do we take the time to meditate? What we think about in our unguarded moments reflects what our mind dwells upon. Meditation can occur when the body becomes relaxed and the mind is allowed to focus in a calm way.

There are several forms and purposes of meditation. People choose to meditate for secular or religious purposes. The choice is based upon the desired goal of the person participating in the meditation. Meditation may allow an individual to relax after a stressful day or help them cultivate a discipline lifestyle. Also, meditation may provide some spiritual insight into one's religious belief system.

In the Christian Bible, Philippians 4:8 encourages the reader to meditate on "whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there

is any virtue and if there is anything praiseworthy—meditate on these things.

The Christian traditions highlight various practices of meditation in forms of monasticism. One of the most popular forms of meditation for Christians is prayer. Prayer allows us to have a conversation of the heart with our higher power. We must be meditative and contemplative while listening to that "small still voice" of God that may help change our whole life.

Prayer as a form of meditation allows us to become aware of God's presence and be transparent with God about what we are experiencing at work, home, and with friends and family. This awareness provides an insight to what our mind is filled with, helps us live in agreement rather than denial, and lead us to righteous actions and thoughts.

We cannot allow the world to fill our minds with ungodly thinking. We must be able to meditate on what is good, just and right. We must examine ourselves and our rela-

tionship with our Creator through a meditation process with the right motives so that we can experience the joy of God day by day.

Meditation through prayer has been an insightful moment for me prior to the start of my day. I am reminded of the words of Eugene Peterson who wrote, "[I]n prayer, we are aware that God is in action and that when the circumstances are ready, when others are in the right place, and when our hearts are prepared, he will call us into the action. Waiting in prayer is a disciplined refusal to act before God acts."

In others words, let expose our minds to the truths of God—to that which is true, noble, pure, lovely, and good through prayer so that we can be called into action by God. Whatever the plan of the day, week or month may present to us, we are expected to respond to our call with a strong mind while looking at the opportunities that would help us carry out our mission in the best way we know how and experience God



Chaplain Ammie Davis without hindrances. We can do that through clearing our minds with unnecessary distractions.

Do not act before you have had the time to meditate and reflect during those unguarded moments. Allow the mind to relax and focus on those things that brings you joy rather than allowing circumstances or people to fill your mind with pessimistic thinking.

Find a reason to meditate and gain insights for a better relationship at work, home and with family and friends. Meditation is a way to brings us back to ourselves so that we can experience balance in the midst of our busyness and distractions.

Improve your Finances . . . Save Energy and Water!



Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; 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.

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.

Buzz on the Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

"What are your thoughts on the government shutdown?"



"I believe it's wrong, people should not have to lose money."

MASN Kayla Sisk

NCBC
Hometown: Kulleoka, Tenn.



"It's devastating to some people and their families who are losing out on money, especially so close to the holidays."

BUCN Michael Brown

NMCB 133
Hometown: Houston, Texas



"I think it's bad. There needs to be some sort of compromise made ASAP."

BUCN Phillip Dennie

NMCB 133
Hometown: Avon, Ohio



It was no small feat planting over 70 trees and shrubs for the Shields RV park beautification project, but MWR employees came together as a team and got it done in less than a week! (U.S. Navy photo courtesy of MWR/Released)

From left, Yeoman 1st Class Desiree Wade, Culinary Specialist 1st Class Michael Luzanaris, Yeoman 1st Class Octavia Bridgeforth and Master-at-Arms 1st Class Terry Nelson, assigned to NCBC Gulfport, prepare for a Sailor of the Quarter Board in a building 1 conference room on board NCBC Gulfport, Oct. 11. Each quarter, three deserving Sailors are selected as NCBC Gulfport's Sailors of the Quarter (SOQs). SOQs fall into three categories, Senior SOQ, Junior SOQ and Bluejacket of the Quarter (BJOQ), and the winners will go on to compete for Area SOQs. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



As part of National Energy Awareness Month, Naval Facilities Engineering Command (NAVFAC) Southeast Public Works Department (PWD) Gulfport hosted an Energy Fair at the Navy Exchange (NEX) on board NCBC Gulfport, Oct. 10. On hand were representatives from Mississippi Power and Center Point Energy to educate attendees on energy efficiency in the home, as well as the merits of alternative powered vehicles. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Sailors, Marines encouraged to make a difference with new Sexual Assault Survey



By MC1 Peggy Trujillo
Defense Media Activity
The Secretary of the Navy has announced a new Department of the Navy sexual assault survey for 2013, which started Oct. 15, and can be taken online via any device that can access the internet.

The Department of the Navy Sexual Assault Prevention and Response Office (DoN SAPRO), which answers directly to Secretary of the Navy Ray Mabus, created the survey to assess the Department's progress, and learn what more Sailors and Marines think should be done to fight sexual assault.

"We can't help them if we don't know what the issues are, and we don't know if our training is working," said Jill Loftus, director of DoN SAPRO. "If they think our training is horrible, then we'd like to know that, so that we can switch gears. We'd also like to know if they think that it is worthwhile and if they're learning stuff because then we can continue in that vein."

From previous surveys, DoN SAPRO has learned that the majority of sexual assaults in the Navy and Marine Corps happen to 18 - 24 year-olds in social settings involving alcohol,

and that the assaults usually occur at A-schools right after boot camp, or at the first duty station.

"We've used that information to set up pilot programs," said Loftus. "Our Great Lakes experiment that we've been very successful with came from information we learned from our surveys."

The experiment targeted Training Support Center Great Lakes, mainly the Sailors who have recently graduated boot camp. The program brought together the Naval Criminal Investigative Service (NCIS), local hotels, commanding officers, and others to put an end to the risky situations Sailors may encounter.

The program also incorporated bystander intervention training, "No Zebras, No Excuses" training, Sex Signals training, a large group presentation on sexual assault and two small-group presentations with discussion groups.

Referring to Great Lakes, Loftus said, "Using anonymous surveys, we have seen a 60 percent reduction in sexual assaults over the past 34 months."

This year's survey incorporates questions from previous surveys, Department of Defense surveys and academic surveys.

Pulling from the surveys and lessons learned, DoN SAPRO made the survey more concise to pinpoint the information they're trying to find, while taking less time from Sailors and Marines.

"The 10-minute survey that's online focuses directly on the issues surrounding sexual assault, and addresses issues such as perceptions, attitudes of Sailors and Marines about the issue of sexual assault," said Cmdr. David McKay, a research psychologist at DoN SAPRO. "We're also interested in understanding reporting behaviors and attitudes about reporting."

"Sexual assault is one of the top priorities of the Secretary, and should be a top priority for all Sailors and Marines, to try to figure out how to combat sexual assault. The survey is important because it does a couple things. One, it helps us gauge progress on the different interventions we're implementing. Secondly, it provides an opportunity for Sailors and Marines to speak directly to the Secretary about their experiences about sexual assault."

The 21st Century Sailor and Marine Office (N-17) lists combating sexual assault as one of its main pri-

orities. Rear Adm. Sean S. Buck, the director of N-17, spends time with Sailors to get feedback.

"When I visit with Sailors, I am constantly asked - 'what else can I do to make a difference?' Besides looking out for your shipmates and actively intervening when necessary, surveys like this are your chance to do something, to make your voice heard," Buck said.

Although the survey is a chance for Sailors and Marines to be heard, it is completely anonymous. No one will get a reminder to complete the survey because no one is tracking the individuals who take the survey.

"We won't know if you haven't filled out the survey," said Loftus. "There's no fingerprint. There's no electronic tag to our survey. It can be taken from a smart phone; it can be taken from a tablet; it can be taken at the Apple store; it can be taken at your desktop or at home. We have no idea who you are and so you won't get that email reminding you to take it."

Loftus said that some of the initiatives that Mabus has instituted, based on previous survey results, included doubling the num-

ber of sexual assault investigators at NCIS, increasing the number of sexual assault response coordinators, 66 full-time victim advocates that are civilians trained as counselors, who will help victim support. The JAG is also instituting a victim's legal counsel who will help victims through the process and the Navy is deploying civilian resiliency counselors, who are also certified SARCs, on every big deck.

"I think that the Navy and the Marine Corps are really spending the resources and putting the attention on prevention, victim care and support," said Loftus. "We think that if Sailors and Marines are honest and forthright in taking this survey, and we get enough of them, that we'll be able to show the nation and other service people that we're really taking this seriously, that we care, and that we don't want victims. We want to prevent sexual assault. This is a way for every member of the service to help us do that."

The survey is available at www.donsapro.navy.mil/donsas.html.

The password for all military participants is 2013Survey and the survey will be available through Jan. 6, 2014.

October 17, 2013

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.

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.

Flu Vaccine available at NBHC Gulfport . . .

The single best way to protect against the flu is to get vaccinated each year. Flu vaccinations are available at the Naval Construction Battalion Center (NCBC) Naval Branch Health Clinic (NBHC) Gulfport Monday through Thursday, 7:30 a.m. - 3 p.m. and Fridays, 7:30 a.m. - noon.



Seabee Courier

Hispanic Heritage Month Celebration

U.S. Navy photos by MCC(SCW/SW/AW) Ryan G. Wilber, NCBC Public Affairs

Military members, family and friends came together at the Navy Operational Support Center (NOSC) Gulfport Drill Hall to celebrate Hispanic Heritage Month with music, dancing and food, Oct. 10. The theme for 2013 was: Hispanics Serving and Leading our Nation with Pride and Honor, and Chief Electrician Julio Frisancho, assigned to Naval Construction Training Center (NCTC) Gulfport, was the guest speaker. The event included opening remarks by Capt. Paul Odenthal, commanding officer, NCBC Gulfport, music performances by the Octovio Band, a dance presentation by Yeoman 2nd Class Kristen Frutiger, assigned to Naval Construction Group (NCG) 2, and a poetry reading by Builder 2nd Class Katherine Rubio-Jackson, assigned to NCTC Gulfport, and her father, Freddy Rubio.



Hispanics Serving and Leading our Nation with Pride and Honor





Above: The Seabees of Naval Mobile Construction Battalion (NMCB) 11 Detail Cameroon constructed unique signs which display their hometown location and miles from their deployment site. The signs are intended to keep morale up by reminding the Seabees of their ultimate destinations after completing their mission. (U.S. Navy photo by NMCB 11 Public Affairs/Released)

NMCB 11 settles Camp 'S.I.C.'

By Ensign Brooks Sanderson
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, Special Operations Command Detachment Africa (SOCAF), Detail Cameroon are now in the country they will call home for the next several months. With a large project looming upon the horizon, these Seabees are doing everything they can to make living conditions feel like "Home Sweet Home."

Despite the humidity and never-ending rainy days, they recognize that their ability to maintain a family dynamic is what will continue to uplift morale and push motivation. The troops have named their home Camp S.I.C. (Seabees in Cameroon) and proudly display a monumental sign in the entrance displaying their Camp name.

Not only does the sign represent the camp, but it represents each and every Seabee on the detail. Every Seabee has constructed a sign pointing to their hometown with the distance, and name from the town in which they hail. The monument is a constant reminder of our family in Cameroon and where we are all headed upon mission completion.

This is a highly motivated group of Seabees, willing to face all adversity and triumphs through hard work, dedication and pride in the mission they have been sent to complete.

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

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

BILOXI, MISSISSIPPI



2013 GULF COAST Veterans Day Parade

SATURDAY, NOVEMBER 9TH 11:00 AM

THE 2013 PARADE IS DEDICATED
TO ALL PAST AND PRESENT VETERANS

PARADE ROUTE:

BEGIN AT CAILLAVET STREET AND BAYVIEW, SOUTH ON
CAILLAVET, EAST ON ESTERS BOULEVARD, SOUTH ON
LAMEUSE STREET ENDING AT THE BILOXI TOWN GREEN

RED WHITE & BLUE on the Green FESTIVAL

NASA and Stennis Space Center
NCBC Gulfport Marching Units
Joppa Shriners Marching Units
Keesler AFB Marching Units
Junior ROTC Marching Units
Antique Military Vehicles
Military & School Bands
Motorcycle Groups
Displays and More!



GRAND MARSHAL
PHYLLIS A. LUTTMAN
COLONEL, USAF, NC (RET)



JOIN US IN THIS CELEBRATION OF VETERANS
FOR A MAP OR MORE INFORMATION, VISIT OUR WEBSITE www.msveteransparade.com

NMCB 3 experiences jungle warfare



OKINAWA, Japan - Seabees from Naval Mobile Construction Battalion (NMCB) 3 carry a mock casualty on an improvised stretcher through a tiny crevice while running a six-hour endurance course at the Marine Corps Jungle Warfare Train-

ing Center (JWTC). More than 60 NMCB-3 Seabees attended the eight-day JWTC course.

(U.S. Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released

October 17, 2013

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

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

Naval Special Warfare Development Group

is seeking active duty Construction Mechanics and all other Seabee rates who are:

Motivated/Volunteer

Pass Navy PFA

E4 - E6

No NJP

No Bankruptcy

Able to obtain SECRET/TOP SECRET clearance

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



Funding Issues Shift Military Board Schedule

From Navy Personnel Command Public Affairs Millington, Tenn.

Due to a lapse in federal funding, all statutory and administrative selection boards scheduled for October are being rescheduled, Navy leaders said Oct. 11.

According to Capt. Chris Halton, assistant commander for Career Progression, NPC, boards are

comprised of Sailors from around the world. Since Navy Personnel Command (NPC) has no travel funding, no one is able to be a voting member of a board or work as an assistant recorder.

"NPC does not vote on any board and the board recommendations are made by Fleet sailors," said Halton.

An updated fiscal year 2015 board schedule will be posted on the NPC website once all of the details are worked out.

Visit www.npc.navy.mil/boards/generalboardinfo in the upcoming days for the updated schedule.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabeecourier@navy.mil and check out the new and improved website at: http://www.cnrc.navy.mil/regions/cnrse/installations/nbc_gulfport.html

Seabee Courier

Focus on Education

Education Notes

Sean M. Cooley Citizen Soldier Nursing Scholarship, a non-profit 501 c 3, incorporated organization formed in memory of Sean Colley, a Mississippi Army National Guard Soldier who was killed in action Feb. 3, 2005, while serving in Iraq. Sean grew up in George County, graduated from George County High School. He spent seven year in the Naval Reserve and was stationed at Naval Construction Battalion Center and transferred to the Mississippi National Guard. Sean worked at Singing River Hospital in the emergency room at the time of his death. After he was killed, many people wanted to keep his memory alive and honor him for his life of service. A nursing scholarship was created and the first fundraiser will be a 5k race, Nov. 8. For more information on the Sean M. Cooley Citizen Soldier Nursing Scholarship or for information on the benefit run search Sean M. Cooley Citizen Solder on Facebook.

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

BBC Fire Safety Training



Balfour Beatty Communities teamed up with the NCBC Fire Department to host a fire safety event for base residents, Oct. 7. The fire department brought the Fire House to Canary court and taught neighborhood children how to respond in the event of a fire. (Photo courtesy of Balfour Beatty Communities/Released)



Decorate your trunk and come park in the NCBC pool parking lot on Holloway Drive for a Trunk or Treat Night Oct. 31, 5 - 8 p.m. BBC will be judging for the best decorated trunk! Please RSVP to ladner@bbc-grp.com so spot can be reserved for you. First Place for the best decorated trunk at our Trunk or Treat will win a \$100 Visa Gift Card!

Sponsored by Balfour Beatty Communities

Calling all Characters

The NCBC Child Development Center (CDC) will hold their annual Halloween Character Parade, Oct. 31, 9:30 a.m. in front of the CDC. The "Trick or Treat" procession will exit the front doors of the CDC and proceed east to west along the Parade Route (Snead Street from driveway to driveway.) The participants will consist of four 2-year-old classes and four preschool classes of approximately 100 children. Please plan to arrive a few minutes ahead of time to get in



place before the parade begins. The CDC would love to have as many NCBC staff as scheduling will allow, and of course, in costume if possible.

EFMP and Child Find

Family Fun Day!

SAVE THE DATE
NOV. 2 10 a.m.-3 p.m. at
Lynn Meadows Discovery Center

Family Fun Day is a free event for military families from any branch of service who have children with special needs. Come play, gather information and connect with other families.

Child Find is a program that identifies and evaluates children with disabilities from birth to age 21 in an effort to provide them the best possible care and education support.

Please bring a picnic lunch; beverages provided.
RSVP by Oct. 30, 376-8728.

Thank you to our partners:

Federal endorsement not intended. www.keesler81fss.us

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Boo Bags and the future of humanity as we know it

Perhaps it's the fault of the Me Generation. Perhaps responsibility lies with our culture of excess. Perhaps Emeril is to blame for teaching us all to "BAM! Kick it up a notch."

Whatever the cause, modern American society has an insatiable desire for more, More, MORE; and nowhere is that more evident than during holidays like Halloween.

Back in the '70s, when I was a kid -- yes, you should brace yourself for an "up hill to school both ways" rant -- our parents were too busy sipping vodka gimlets and tapping their Tareyton 100s into pedestal ashtrays while watching Laugh In from the comfort of their gabardine slacks. They didn't have time to spend countless hours and dollars to provide my brother and me, much less the rest of the kids in the neighborhood, with a better-than-ever Halloween.

But we weren't complaining.

We were beyond excited to carve one pumpkin for the whole family, using seriously sharp knives because cutesy little kid-safe pumpkin carving kits hadn't been invented yet. We were ecstatic about dressing up in our \$4.99 Woolworth's highly flammable nylon tie in the back Casper the Friendly Ghost costume with the brittle plastic face mask secured with the hair tangling elastic band. We were beside ourselves with anticipation about the fact that ABC was airing "It's the Great Pumpkin, Charlie Brown" one night during



prime time on our console TV. We were over the moon about going door to door with our pillow cases, gladly accepting whatever we were given because it was free -- popcorn balls, apples, coins, and candy.

Sure, we secretly hoped some neighbor would be giving out humongous candy bars, but for the most part, we appreciated getting anything at all, and did not expect our parents to up the ante every year.

Then why is it that, nowadays, kids' baseline expectations for Halloween include corn mazes, pet parades, school parties, hay rides, pumpkin carving contests requiring a graduate degree in fine arts, yard decorating contests requiring professional special effects and 23 hired extras, week-long horror movie marathons, venti no-whip pumpkin spice lattes, mountains of brand-name only candy in tamper-proof packaging, intricate costumes that cost at least \$49.95, little kid non-scary haunted houses, regular kid kinda-scary haunted houses, and big kid Horrifically Haunting Mega Mansions of Traumatizing Terror (post-traumatic stress therapy not included)?

And now, as if all that wasn't enough, someone had the bright idea to add something called "Boo Bags" to the list of annual Halloween must haves. Just when you think your wallet and energy have been sucked out like pumpkin guts, a well-intentioned neighbor goes and drops a Halloween themed bag of thoughtfully assembled items on your doorstep with a sweet little note instructing you to do the same thing for another neighbor.

Sure, votive candles and candy corn are great and all, but is all this really necessary? Isn't Halloween fun enough already? And how much of this stuff will be re-gifted anyway?

Now that my point has been made, I must confess, after initially grumbling at my neighbor's suggestion that we give Boo Bags on our street this year, I quite enjoyed picking out little gifts and goodies for another military family here on base. My kids were happy to go on a night-time reconnaissance mission to secretly deliver the bag to our neighbor's porch, and I've been downright cocky knowing that, upon finding my masterpiece, they must've commented, "Whoever put this fabulous Boo Bag together is a creative genius!"

Despite feeling tricked into the excesses of Halloween, I must admit, giving a neighbor a Boo Bag can be quite a treat. Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoflife.com>

From **AWARE** page 1

important to be aware of the many faces of abuse and domestic violence so that you can help put an end to violence. Abuse is more than just physical, it can be emotional, psychological and verbal as well.

Warning signs of an abuser:

1. Intrusion: Constantly asks you where you are going, who you are with, etc. and disregards boundaries.
2. Isolation: Insists that you spend all or most of your time together, cutting you off from friends and family.
3. Possession and jealousy: Accuses you of flirting/having sexual relationships with others; monitors your clothing/make-up.
4. Need for control: Displays extreme anger when things do not go their way; attempts to make all of your decisions.
5. Unknown pasts/no respect for partner: Secretive about past relationships; refers to opposite sex with negative remarks, etc.
6. Physical: Amongst the most identifiable, ranges widely depending on the severity. Physical abuse is an attack or assault, using force that may result in severe bodily harm or even death. Common physical signs are bruises, injuries, lacerations, cuts, scars, and blemishes on the body of a victim. Unwanted and unwelcomed sex is still rape regardless if you are married or dating/engaged, and is a form of physical abuse.

For more information on types and signs of abuse, please visit http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm and <http://www.thehotline.org/>

If you think someone is abusing you, get help. Abuse can have serious physical and emotional effects. No one has the right to hurt you.

10 Helpful Tips to Remember

1. Domestic Violence or Abuse is NEVER OK.
 2. You do not deserve the abuse.
 3. No action ever makes abuse the right reaction.
 4. Because you were abused as a child, it does not make it acceptable as an adult.
 5. Abuse is NEVER an act of love.
 6. Love does not EVER hurt by physically hurt.
 7. Abuse IS NOT ONLY PHYSICAL, it's emotional too.
 8. Words are not just wind. Words hurt too.
 9. Help is available: talk, reach out.
 10. Call 911 for domestic violence help. It's a crime. The cycle of domestic violence can stop with you. Help is available and is a phone call away, 1-866-799-7233 (SAFE) or TTY 1-800-787-3224.
- Do not become a statistic or sit back while someone else becomes one. Stand up against abuse by reaching out to those who can help.

Semi Annual Scholarship Golf Tournament for SAME

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



WE BUILD ★ WE FIGHT
SEABEE Online
United States Navy
OFFICIAL ONLINE MAGAZINE OF THE SEABEES (seabemagazine.navyfive.dodlive.mil)

New Facility Hours!

Liberty Center EXTENDED hours:

Monday - Thursday, 10:30 a.m. - 1:30 p.m. and 4 - 8:30 p.m.; Friday, 10:30 a.m. - 1:30 p.m. and 4 - 11 p.m.; Saturday, 10 a.m. - 11 p.m., Sunday, 10 a.m. - 8:30 p.m.

Aquatics October hours: Monday - Friday, 5:30 a.m. - 5 p.m., Saturday - Sunday, 9:30 a.m. - 4 p.m.

The Grill: Monday - Friday, 7 a.m. - 1:30 p.m.

IM Basketball League

Sign up Oct 15-Nov 5

Coach's/POC Meeting Nov 8

Season runs Nov 27 - Feb 5

Open to all Military, Dependents, Retirees, and DOD Employees



Register at Fitness Center front desk or call 228-822-5109.



Lunchtime League
Pickle Ball
Counts towards Captain's Cup!

November 8 - Dec 12, 2013
Time: 11am-1pm

Mon - Thurs @ The Fitness Center
Signups: Oct 15 - Nov 4
Singles matches for awards and trophies
Demo matches Oct 23rd and 30th, and participant meeting on Nov 4th @11:30am on basketball courts



Questions? Contact Sam Perkins samuel.perkins2@navy.mil or 822-5109

Free Movies at the Training Hall are

back on the big screen!

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

Friday: Despicable Me 2, PG, 5 p.m.;

R.I.P.D., PG13, 7:15 p.m.

Saturday: Man of Steel, PG13, 1 p.m.;
Pacific Rim, PG13, 4:15 p.m.;

The Conjuring, R, 7 p.m.

Sunday: The Wolverine, PG13, 3 p.m.;
Red 2, PG13, 5:45 p.m.

Be sure and plug the Movie Hotline number in your phone, 228-871-3299 and call any time! If you have a comment or question, please send to michael.sweetapple@navy.mil.



FRIGHT NIGHT AT THE LAKE

FRIDAY, OCTOBER 25TH FROM 6:30-8:30PM AT SEABEE LAKE

Bring the family for a night of FREE Halloween fun!

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

Sponsored by NAVY FEDERAL and Sprint

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

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

NCBC Helping Hands Volunteer Opportunities

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

FRIGHT NIGHT SEABEE LAKE - Volunteers are needed to help with the 2nd annual Fright Night at the Seabee Lake Oct. 25, 6:30 to 8:30 p.m. to participate as haunted maze actors, assist with game booths, escort participants, as well help with decorating the haunted maze two days prior to the event. More than 2,000 guests are expected, so there are plenty of opportunity to get involved. For more information, contact Kirk Kelly, 228-871-4684, kirk.kelly@navy.mil or John Humphries, 228-871-3418 or john.humphries@navy.mil.

NATIONAL NIGHT OUT AGAINST CRIME - LONG BEACH - The city of Long Beach needs volunteers to help with National Night Out Against Crime Oct. 26, 5 - 8 p.m. at the Long Beach Town Green. If you are interested, please contact Susan Smith, 228-871-3640 or susan.smith2@navy.mil.

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

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

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.

VETERAN ESCORTS NEEDED - The Biloxi VA Hospital needs 10 - 12 volunteers to escort residents from building 15 to building 17, Nov. 8 at 9:15 a.m., for a celebration and fish fry in honor of Veterans Day. If you are interested, please contact Susan Smith, 228-871-3640 or susan.smith2@navy.mil.

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

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

Seabee Memorial Chapel



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

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

Religious Services

Sunday: Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

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

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.

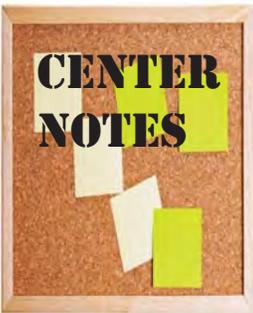
Catholic Mass Update

Catholic Mass will be celebrated Sunday at 9:30 a.m.

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.



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

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

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

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For

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

FOCUS

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

Gulfport Officer's Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@yahoo.com. 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

saundersmt@earthlink.net or Len Krapcha at lkrapcha@aol.com for more information.

SOCIAL

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

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

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

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

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

ings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 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.

Looking for a way to serve your community?

Interested in a law enforcement career?

If so, consider volunteering your off duty time and become a Gulfport police Reserve Officer or a Reserve Commu-

nity Service Technician. Call Lt. Phillip Kincaid at 228-868-

5900, ext. 6189 or email him at pkincaid@gulfport-ms.gov for additional information.

