

SEABEE COURIER

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SEABEE VOLKSLAUF MUD RUN 2013

U.S. Navy photo by Rob Mims/Released
More Mud Run pictures on page 4 and NCBC Facebook
Mud Run results are available at <https://www.nolimitstiming.com/results/default.aspx?event=23052>

Forever in our hearts



Naval Construction Battalion Center (NCBC) Fire Chief Mark Henson addresses attendees of the NCBC Gulfport 9/11 Remembrance Ceremony held at the Fire Station, Sept. 11. Military and civilians came together to honor the memory of victims of the Sept. 11, 2001 terrorist attacks, and pay tribute to the First Responders who serve our country through military and federal service. (U.S. Navy photo Utilitiesman Constructionman Alicia Fluty/Released)

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Navy RAD takes Phase III action

By Director,
Assessments Division
 OPNAV Public Affairs

Chief of Naval Operations' Reducing Administrative Distractions (RAD) initiative moved from Phase II (Propose Changes) to Phase III (Take Action) Sept. 9, marking the final phase of the RAD effort.

In Phase III, the RAD team will reach out to the Navy owner associated with an idea in an effort to bring forth change.

The team will also continue and solicit the Fleet's vision of where the Navy should be in three to five years should tablets and Wi-Fi be incorporated on Navy bases and ships, with the focus of how the technology could be utilized to streamline Navy processes and further reduce administrative distractions.

RAD is an effort to get direct input from Sailors on how the Fleet can streamline or eliminate administrative processes to allow more time to focus on mission readiness.

RAD provides all personnel - active duty, Reserve, and Navy civilians - a platform to voice their concerns about administrative tasks, procedures, instructions and training, and propose solutions to fix these issues. RAD functions much like a social media interface, allowing users to comment and vote on posts.

"The Fleet has been extremely responsive on the RAD website with tremendous input provided to the team," said Rear Adm. Herm Shelanski, director, Assessment Division, OPNAV N81, and RAD team leader.

"I couldn't be more pleased with the well thought out suggestions and ideas provided by our innovative Sailors. This tells me that our Sailors are motivated to bring forth positive change and make our Navy even stronger and more effective warfighters. We look forward to our Sailors' continued participation in this latest campaign."

Since its inception in early July, RAD has received over 1,300 ideas and over 7,000 comments posted on these ideas. Via crowdsourcing, nearly 90,000 votes have been cast on submitted ideas and the top ones have been easily identified.

In addition to Fleet interaction on RAD, a team of 40+ personnel across all communities has been working diligently and categorized all submitted ideas into five main categories. These categories are GMT, 3M, ATPF, NavyWiki, and CAC.

Working with OPNAV directorates and stakeholders, the RAD team has already identified several ongoing initiatives that were able to include (or had already included) many of the ideas proposed on the website. Duplicate ideas were consolidated and the RAD team has developed 80 lines of operation that they are looking to find solutions for.

Upon completion of this RAD three phase cycle, the program will promulgate the progress to date, monitor the impact and plan for the next cycle.

For more information, or to provide feedback, visit the RAD website at <http://navyrad.ideascale.com>



I Am an
 Ombudsman
 By Gayle Brinkley

I am not a crutch
 But I can support you
 I am not a counselor
 But I know one
 I am not a taxi driver
 But I can steer you in
 the right direction
 I am not a rescuer
 But I can help save lives
 I am not a baby sitter
 But I can refer you to a
 caregiver

I am not a gossip
 But I am a great
 listener

I am not an enabler
 But I can provide tools
 to empower you
 I am not a master of
 anything

But I know many ex-
 perts who understand
 your need

I am not a Recreation
 or Health Specialist
 But I am concerned
 about your Morale,
 Welfare & Health

I am not a busybody
 as I've been called
 But I am an Official
 Command Representative

I am a Navy Family
 Ombudsman
 And I am of service to
 You, The Navy Family

*September is
 Ombudsman
 Appreciation
 Month. Please take
 the time to thank
 your ombudsmen
 for the service they
 provide to our
 Sailors and their
 families.*

*We thank you
 Ombudsmen
 for your service
 and
 your sacrifices.*

Buzz on the Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

How do you or your family practice energy conservation?



"I car pool every day."
BUCN John Patrick
 NMCB 1
 Hometown: Mobile, Ala.



"During the peak energy hours of 3 - 6 p.m., Monday through Friday, we do not use high energy items."
MCC Select (SW) Kim Martinez
 NMCB 1
 Hometown: Detroit, Mich.



"I car pool and make sure I turn off lights I am not using."
BUCR Evan Connolly
 NMCB 1
 Hometown: Stanhope, N.J.



Master at Arms 1st Class Jeffery Watson, assigned to NCBC, instructs Builder Constructionman Alex Behrends, assigned to Naval Mobile Construction Battalion (NMCB) 133, on how to use non-lethal force to detain an aggressive suspect after exposure to oleoresin capsicum (OC), a form of pepper spray, during Anti-Terrorism/Force Protection Training Services (TRA-SUP) at the Security Forces building on board NCBC Gulfport, Sept. 6. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Children enjoy the bubbles at the End of the Summer Bash hosted by the United Services Organizations (USO) at Seabee Lake on board NCBC Gulfport, Sept. 6. Military and civilian personnel and their families, enjoyed an evening filled with free popcorn, snow cones, bounce houses, balloons and face painting. The bash was from 5-8 p.m. and everyone with authorized access to NCBC was invited. (U.S. Navy photos by Construction Electrician Constructionman Lucinda L. Moise/Released)



Capt. Paul Odenthal, commanding officer, NCBC Gulfport addresses the Naval Mobilization Processing Site (NMPS) Gulfport staff on the last operating day as an NMPS before the command's deactivation. Odenthal thanked the 25-person staff for the work they have done over the years mobilizing tens of thousands of Reservists in support of Operations Iraqi Freedom and Enduring Freedom. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Seabee Volkslauf Mud Run 2013

Photos by MCC(SCW/SW/AW) Ryan G. Wilber, NCBC Public Affairs

More than 1,400 military members, civilians and their families came together to participate in the 18th annual Seabee Volkslauf Mud Run on board NCBC Gulfport, Sept. 8. The participants had to endure 5.1 miles of running in between numerous hay, wood, water and mud obstacles to reach the finish line and receive a finishing medal. Overall top finishers for the males were: Caleb Earhart at 56:45.3, followed by John Crew and Doug Snyder, while the top finishers for the females were: Laura Hunt at 1:10:58.6, followed by Apryl Handy and Samantha Guthrie.



THRIVE IN YOUR COMMUNITY

2013 Navy Suicide Prevention Month



By Helping Others, We Help *Ourselves*.



Suicide Prevention is an all hands evolution, all of the time.

Life Counts!
Ask Care Treat

Navy Suicide Prevention | www.suicide.navy.mil

Help is available 24/7—visit www.veteranscrisisline.net or call 1-800-273-8255, Option 1.

The Navy recognizes September as Navy Suicide Prevention Month and the launch pad for year-long efforts to build resilience and unit cohesion, navigate stress, and promote a culture supportive of seeking help as a sign of strength.

Navy's suicide prevention effort is an All Hands evolution, all of the time. The bond between leadership and the deck plate starts with leadership engagement and efforts to foster trusting relationships between Sailors and their surrounding environments.

Prevention goes beyond training to being able to recognize risk factors, warning signs, and understanding what to do in a crisis situation. While these are critical elements, a sense of community and belonging

ultimately help Sailors make the decision to seek assistance during challenging times so they do not succumb to stress and hopelessness.

Life counts. It takes honor, courage, and commitment to prevent suicide and simple acts of kindness make a difference.

Seeking help is a sign of strength and by helping others we help ourselves.

You have options. Call the NCBC Gulfport's Fleet and Family Support Center (FFSC) at 228-871-2581 or the National Hopeline Network at 1-800-Suicide (1-800-784-2433).

For immediate assistance dial 911 or go to the nearest medical facility.

NCBC Frames

Sue Maters
Fleet and Family Support Center
New Parent Support

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

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

SM: Years ago, the Navy nurse and I worked with a mom who had no one to be with her during delivery of her child. We were there and I got to see this brand new person when he was seconds old! We received a message announcing that "baby's" 10th birthday and mom said "Thank you for being there for me and my son when no one else could be."

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

SM: My desire is to teach the joy and importance of being a parent. The thought of a child not having a lap to crawl into or a praise for an accomplishment, or a child who grows up so beaten and belittled that anger and jail are his/her future, breaks my heart. I want to help families be strong families by teaching a clear understanding of a child's developmental stage, parent



and child communication skills, setting limits and discipline techniques. My motivation is to strengthen families and make our world a better place.

What advice would you give to future Seabees/Sailors?

SM: My advice to Seabees and Sailors would be to realize how

important it is to be a parent. What a powerful job! Don't take it lightly! You can guide your children and teach about life, but you must take the time to read them a story, comfort during a storm or a nightmare, and attend a school program and see the smile on their faces when they spot you in the audience!

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

SM: I love what they teach me! The Seabees tell me about parts of the world that I will never see. I learn about favorite events in their lives and different cultures and family traditions. I admire their work because I cannot drive a bulldozer, build anything that is square and I am dangerous with a hammer. It is a true joy when they show me their babies and I see in their eyes that they have really learned the importance of being a great parent!

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

SM: There have been many who have guided me, but the stand outs are my two sons and my sister. My sons taught me how to be a parent, to have patience, how to love and how to listen. My sister was always there for me, and when I wasn't sure of a path, she gave me the strength to go forth and try.

NCBC welcomes new chaplain

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

Lt. Cmdr. Ammie Davis recently reported as the new Command Chaplain for the Seabee Memorial Chapel on board Naval Construction Battalion Center (NCBC) Gulfport. Davis' previous duty station was Navy Recruiting Command, Atlanta, Ga.

The Mississippi native served 14½ years of enlisted service as a hospital corpsman before being commissioned as a Navy Reserve Officer in 2002 and as a Navy Chaplain in 2005. Davis cited freedom to exercise a person's chosen religion, care for troops and advising the chain of command as her goals during her tour with NCBC.

"My goals are to continue to facilitate the free exercise of religion for



Lt. Cmdr. Ammie Davis, Naval Construction Battalion Center (NCBC) Gulfport, command chaplain, goes over the plan of the day with Construction Electrician 3rd Class Kayla Smith, assigned to NCBC Gulfport, at the Seabee Memorial Chapel on board NCBC Gulfport. Davis recently relieved Lt. Cmdr. Paul Smith as NCBC Gulfport's Command Chaplain. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

all interested personnel, divine services, appropriate sacramental ministry and religious education, as well as care for the morale and welfare of everyone, and

advise the CO [commanding officer], frontline leaders, programs managers and chain of command on ethical, moral and religious affairs that may impact the

mission," said Davis.

Davis said her motto is: "Worship God wholeheartedly, teach God's word effectively, reach out to others creatively and encouraged others continually."

According to Builder Constructionman Kimberly Washington, assigned to the Seabee Memorial Chapel, Davis is wonderful at what she does.

"Lt. Cmdr. Davis is a great role model, excellent leader and she is all about taking care of others," said Washington.

Davis has relieved Lt. Cmdr. Paul Smith, who after 1½ years at NCBC Gulfport has now assumed the duties as Command Chaplain for Naval Construction Group (NCG) 2.

For more information about Chapel programs, or to contact Davis, call: 228-871-2454.

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

Camp Lemonnier Sailors pause to remember 9/11



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 stand with Marines, Airmen, and Soldiers during a 9/11 Remembrance Commemoration on Camp Lemonnier. NMCB-11 is home-ported in Gulfport, Miss. and is currently deployed to multiple locations in support of AFRICOM, EUCOM, CENTCOM, and PACOM. NMCB-11's Det. Horn of Africa (HOA) is a Combined Joint Task Force (CJTF) HOA unit whose mission includes stabilizing and strengthening security in East Africa through military-to-military engagements with partner nations. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

NMCB 11 Seabees bring joy to homeless Djiboutian children

By Lt. Brian Myers
Command Chaplain
NMCB 11

Seventeen Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 visited Caritas, a homeless children's shelter in the African country of Djibouti, on Saturday, Aug. 31, 2013 as part of the Combined Joint Task Force (CJTF) – Horn of Africa (HOA) Friends of Africa organization.

Lt. Brian Myers, NMCB-11's Command Chaplain, Religious Program Specialist Seaman Jamar Pegues, and Equipment Operator 3rd Class Andrew Vaughn organized the Community Relations (COMREL) activity.

"It was an eye opener to see how other people are living," said Pegues. "They don't have the same resources as us. I think a lot of us were touched by how welcoming the kids were."

"It was very humbling to

see the gracious attitude of the kids," said Hospital Corpsman 3rd Class Andrew Campbell. "They shared everything they had, and loved having us play soccer and sharing our culture."

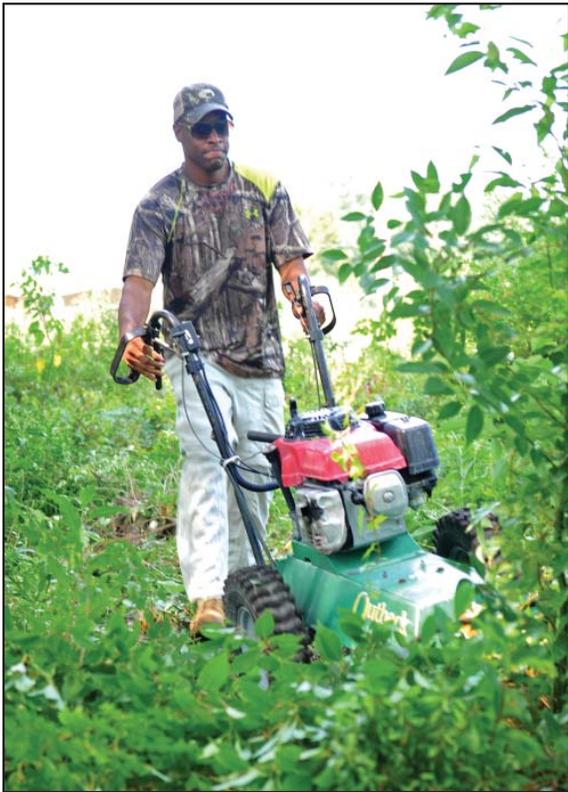
Founded in 2003, Caritas is sponsored by the local Djibouti Catholic Church and provides warm meals, medical care, clean water, and education to refugee and homeless children of Djibouti and nearby countries, Ethiopia and Somalia. Caritas is one of the few places local refugee kids can find rest, learn how to read, work on trade skills, and receive medical care with help from volunteer nurses.

NMCB-11's Det. HOA is a CJTF-HOA unit whose mission includes stabilizing and strengthening security in East Africa through military-to-military engagements with partner nations.

Spotlight on NCTC Steelworker Class 13210



Members of Steelworker "A" school class 13210 stand in ranks as Cmdr. Scott Anderson, commanding officer, Naval Construction Training Center (NCTC) Gulfport awards the class the coveted CO's Blue Pennant. The "Blue" was awarded only after the class earned five other pennants for academic, safety, good conduct, fitness and community service excellence. As a reward for earning the pennant, the class is entitled to special privileges such as extended liberty and the ability to sleep in later than usual. (U.S. Navy photo by Engineering Aide 1st Class Dennis Denney/Released)



Chief Builder (select) Dapri King clears high brush and debris on the grounds of Feed My Sheep, a non-profit Christian organization that feeds the homeless in Gulfport, Miss. Chief petty officer selectees from Naval Construction Battalion Center (NCBC) Gulfport volunteered at Feed My Sheep, and with many other local organizations, as part of their Chief Petty Officer 365 (CPO 365) Phase II training. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

CBC selectees perform labor of love for local food distribution facility

By CMAA(Select) Albert Willis
NBHC Gulfport

Chief petty officer (CPO) selectees from Naval Construction Battalion Center (NCBC) Gulfport volunteered at Feed My Sheep in Gulfport, Aug. 31, as part of their CPO 365 Phase 2 training.

The CPO selectees cleared out approximately 3,000 sq ft. of high brush and debris for the safety of the workers and patrons of Feed My Sheep. They used a bush hog, hedge trimmer, and machete to accomplish their tasking.

"The work the CPO Selectees have done here at the facility is wonderful and every time the Navy comes to the facility, they do wonderful things, such as helping in the kitchen with serving and clean-up efforts," said Christina Lipke, office manager for Feed My Sheep.

Lipke said that what the

Navy has done for the facility is a blessing. She also said that other volunteer opportunities at the facility include can food drives and food donations.

"There are at least six to 10 different groups from NCBC Gulfport that contact me to volunteer on a regular basis," said Lipke. "It helps the homeless see the military come out give back because then it makes them feel that the government does care about them."

CPO selectees volunteering at the humanitarian facility echoed Lipke's sentiment about the necessity of giving back to their local community.

"It is important that we have to hold ourselves to higher standards and that understand that our effort here at Feed My Sheep and all community events promote good public relations," said Chief Hospital Corpsman (Select) Karlton Bethea, assigned to Naval

Mobile Construction Battalion (NMCB) 133. "It's not just about getting a paycheck, it's about helping people out."

The group is slated to continue its' community service efforts up to their frocking ceremony Sept. 13.

The Gulfport chief selectees are participating in Phase II of CPO 365, a year round, Master Chief Petty Officer of the Navy (MCPON) driven program designed to train first class petty officers to successfully assume the duties and responsibilities of a CPO.

Feed My Sheep is a Christian group that has been serving the Gulfport area homeless and less fortunate since 1984. In 2009, it opened its new state of the art facility at 2615 19th Street in Gulfport serving hot lunches in the dining room, as well as the distribution of meals to shut-ins.

Seabee of 23 years uses experience to mentor Seabees and Afghan students

By MC1 Daniel Garas
NMCB 15 Public Affairs

CAMP KRUTKE, Afghanistan

Builder 1st Class Johnny Wilder carefully observes his students as they train each day. He watches over his pupils and offers guidance where he can. But when one of students approaches to ask a question, Wilder cannot give him the answer he needs. Not because Wilder does not know, but because he cannot understand Pashto. All of Wilder's students are Afghans.



Builder 1st Class(SCW) Johnny Wilder

Through an interpreter, Wilder learns the Afghan wants to know if he is married and if he has any children. It is an unusually personal question for a class about basic construction, but Wilder laughs it off with a smile.

"That's how they get to know you," he says. "I'm trying to teach them what an inch is, and they keep bringing up you and asking about your personal life."

Wilder explains how Afghanistan is a cultural based society where trust is important to a student-teacher relationship. He admits that the questions were strange and daunting at first, but quickly realized the Afghans have their own methods of learning. Some instructors find that adjusting mentorship styles to students' learning abilities difficult. For Wilder, it is nothing new.

Wilder enlisted in the Navy in 1990 and has served over 23 years. After serving with Support Unit 4 in Atlantic City, Illinois, the unit decommissioned in 1994 and Wilder found himself in Naval Mobile Construction Battalion (NMCB) 15. Over the course of his career he has mentored hundreds if not thousands of students.

"Back then you used to call your mentor a sea-daddy," says Wilder. "You would take them [junior sailors] and walk them through the process and get them up to speed."

In the past, Seabees came into the Navy to learn a skill or trade in the construction industry. Senior enlisted would pass on to their juniors the knowledge of their trade and shape them into professionals. But after years of the same methods, the dynamics began to change. More Seabees were arriving in the fleet with experience and newly developed techniques. Wilder noted that in the past, construction work was more physical. With advent of new technology, the new ways require more thought process.

"A lot of Seabees today are so advanced when they get in," said Wilder. "Now we have people who will come in and take the lead on building projects because of their experience as a civilian. You can take a third class and put him in charge of a project just because of his expertise."

Wilder added that the Navy has been quick to embrace

See MENTOR page 9

Education Note

CCU continues Fall registration

Coastline Community College's Fall "B" Term registration is ongoing until Oct. 3. Fall "B" Term runs from Oct. 21 - Dec. 15. For additional information, contact Dr. David Dryle in the Navy College Office, building 60, at 228-871-3439 or ddrye@coastline.edu.

NCBC School
Liaison Officer
Kevin Byrd
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1706 Bainbridge
Ave
Phone: 228-871-2117
Email: kevin.r.byrd@navy.mil

Stand Up for Vets at annual Stand Down

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



Holiday mailing deadlines

The Naval Supply System Command's (NAVSUP) Postal Policy Division mail-by dates for pre-December 25 delivery of holiday cards, letters and packages are as follows:

- For mail addressed to: APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966
 - * Express Mail: Dec. 17
 - * First-Class Mail (letters/cards and priority mail): Dec. 10
 - * Parcel Airlift Mail: Dec. 3
 - * Space Available Mail: Nov. 26
 - * Parcel Post: Nov. 12
 - APO/FPO/DPO AE ZIP 093
 - * Express mail Military Service: N/A
 - * First-Class Mail (letters/cards and priority mail): Dec. 3
 - * Parcel Airlift Mail: Dec. 3
 - * Space Available Mail: Nov. 26
 - * Parcel Post: Nov. 12
- For mail addressed from all shore FPOs (except 093)



- * Express Mail Military Service: Dec. 17
 - * First-Class Mail (letters/cards and priority mail): Dec. 10
 - * Parcel Airlift Mail: Dec. 3
 - * Space Available Mail: Nov. 26
- All classes of mail addressed to FPO/APO addresses must use the nine-digit ZIP code to ensure delivery. Mail not addressed correctly will be returned to the sender as undeliverable.
- Customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

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 UCT CCC/Diver recruiting team at 757-462-3988/4313 or email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.



From MENTOR page 8

the influx of experience. "You have to change and move on. The Navy is about being aggressive and modernizing," said Wilder. "The Navy needs to be modern. You can't keep depending on the past to get the job done in a modern world." Wilder also believes that a good teacher is an even better student. He continues to listen and learn from his young Seabees. He attributes his willingness to listen to his success as a mentor. "With technology things change," says Wilder. "The

younger generation is picking up this technology and teaching it to us." Wilder is now using that knowledge and experience to help train Afghans. Starting with the basics, he slowly increased the level of difficulty. Beginning with basic units of measurements, he moved on to explain different types of materials and what their function was. He then moved into teaching them to read prints. Only then were they ready to learn actual construction techniques. Wilder refers to it as a crawl, walk and then run approach. Keeping their instruction

simple, Wilder says he refrains from teaching them advanced tricks. "Tricks of the trade are always for the advance," Wilder says. "Here we concentrate on the basics." The Afghans are learning from their mentors. Wilder says since they have started they have learned how to prefabricate and assemble walls. He admits there are challenges, but sees some promise. "Afghans are curious," notes Wilder. "They have some people that really want to learn. The ones that really want to learn try very hard."

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Age of Unreason

It is the year 5013.

Despite several hundred World Wars, twelve Ice Ages, nine asteroid hits, three robot takeovers, seven alien invasions, and an unfortunate but brief worldwide prohibition on bacon; human beings have survived.

The Earth, along with its sister colonies on Mars and Venus, is experiencing her 177th recorded Period of Enlightenment – a time of flourishing advances in science, art, philosophy, culture, and, ever since the recent eradication of male pattern baldness, cosmetology.

With the public's fascination with ancient history on an upswing, more and more young scholars have chosen to study Archaeology, a science which had been somewhat neglected in recent centuries. One such aspiring archaeologist, Fizeq 7.5, is the Principal Investigator of an ambitious excavation that has captured the world's attention.

Mr. Fizeq has embarked on a Phase III Data Recovery of an extensive site located at Sector 52b, formerly known as the Tinker Air Force base housing complex in Oklahoma.

Since the Great Ocean receded to prehistoric levels, evidence of complex ancient civilizations have been uncovered, dating back as early as the 21st Century. Although most material remains have eroded with time and environmental events, a curious substance known as "plastic" is conspicuously present in the strata of Mr. Fizeq's particular survey, shedding light on



the ethnography of this ancient society.

Shortly after breaking ground, the archeological team uncovered an assemblage of brightly colored plastic artifacts indicating that the people of this period of Earth's history were much smaller than the people of today. A veritable fleet of tiny little red cars and several hundred whimsically pastel colored houses, along with countless itty-bitty kitchenettes and eensy-weensy tool benches were unearthed – all bearing the mark of the manufacturer, "Little Tykes" -- clearly indicating that the humanoids of this era were no taller than three feet.

Also, a staggering array of plastic bottles littered the entire excavation site. Wasting no time in having the remains tested to determine their original contents, Mr. Fizeq found that, although it is long been proven that the peoples of the 21st Century had an abundance of easily accessible fresh water, every bottle tested at the site contained H2O.

Even more puzzling was the discovery of a veritable plethora of plastic bags, each tied in a knot, containing petrified canine fecal material, more commonly known as, "Doggie Doo Doo." Mr. Fizeq planned to further research

why this tiny ancient culture felt the need to bag up and preserve this naturally prolific substance.

After all, Everyone Poops.

Other items found preserved in copious amounts: sensible footwear labeled "Crocs," beverage implements known as K-cups, Ikea furniture, Tupperware containers, defunct television remotes, and molded plastic lawn furniture.

But the most amazing discovery was found just beneath the excavation's datum point. Deep in the ancient strata of one of the Tinker base houses lay the well-preserved remains of an ancient tool of communication, known as an "iPhone."

Mr. Fizeq knew that, by extracting the data from the iPhone, he could effectively reveal a complete chronology and cultural analysis of 21st century humans that would blow the top off the archaeological world.

However, exhaustive laboratory testing failed to produce anything Earth shattering, other than an acronymic language of colloquial terms such as "idk" "lol" "srsly" and "vom." That, and several dozen downloads of digital videos bearing the common tag "twerk."

Despite this disappointment, Mr. Fizeq went on to successfully finish his doctoral thesis, appropriately entitled, "The Dimly-Lit Ages: An archeological analysis of 21st Century culture."

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

Health Watch

Parents should guard against Hand, Foot & Mouth disease

By HN Terrill Albury
NBHC Gulfport



Now that kids are headed back to school it is important that parents are aware of the presenting signs and symptoms of Hand Foot and Mouth Disease (HFMD).

HFMD is a viral illness common among infants and children younger than five years old; however, it can also be seen in adults. HFMD usually presents with a fever, change in appetite, and behavioral changes followed 2-4 days later by a rash and/or oral ulcers. The rash most commonly occurs on the palms, soles and buttocks.

A person with HFMD is most contagious during the first week of symptoms until fever has subsided. The disease is transmitted by close person to person contact, contact with feces or by touching contaminated surfaces.

There is no vaccine for HFMD. The best ways to prevent spreading and contacting the illness is by frequent hand washing, cleaning contaminated surface, and avoiding close contact with an infected person. It is very important for the child to stay well hydrated to avoid dehydration which results from fever and the mouth sores that often deter children from eating and drinking fluids adequately.

Commonly, parents give medicine to decrease the fever to be able to send the child to daycare. This only masks the symptoms and risks spreading the disease to other children.

If your child is showing any symptoms of HFMD it is very important they are seen by a provider to determine if a contagious disease is present and to limit contact with other children to prevent the spread of any communicable diseases.

Editor's note: Reference material obtained at www.cdc.gov/hand-foot-mouth/

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.

Safety first, safety last; don't mess up your future by being careless in your past!

Still Letting Fluffy and Spot tell you how to fix your vehicle?

MAYBE IT'S TIME YOU GOT HELP FROM A PROFESSIONAL.

Auto Skills Center is now offering one-on-one car familiarization and basic maintenance courses! Classes last about 30 minutes and cost \$5. Call (228) 871-2804 to schedule a class.

Open Wed-Fri 11am-7pm & Sat 9am-5pm



Information, Tickets and Travel . . . Now through the end of September, the Audubon Nature Institute is offering Buy One, Get One FREE tickets to the Audubon Zoo, The Audubon Butterfly Garden and Insectarium and the Audubon Aquarium of the Americas in New Orleans!

MWR Program Contact Numbers:

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

JOIN US FOR SUNDAY FOOTBALL AT



The Beehive will be open for Sunday football through December from 3-11pm!

Games will be also be showing Mondays

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



Free Movies at the Training Hall!

Check out what's playing this weekend

Friday: Fast and Furious 6, PG13, 6 p.m.
Saturday: Monsters University, G, Noon; Now You See Me, PG13, 2:30 p.m.; The Internship, PG13, 5 p.m.
Sunday: Monsters University, G, 6 p.m.

NCBC Helping Hands Volunteer Opportunities

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

HORTICULTURE FOR HUMANITY - The Mississippi Renaissance Garden - Volunteers are needed to help establish the Hiller Park Renaissance Garden in Biloxi, Sept. 14 and 29 from 8 a.m. - 1 p.m. Assistance needed in garden activities, completing drip irrigation system, construction of greenhouse, mulching and planting. Directions from Gulfport: Take Pass Road to Biloxi, turn left on Hiller Drive across from Classy Chassis' Car Wash. Continue on Hiller Drive left through housing into Hiller Park gate. Continue past three-way stop sign at Atkinson Road (west VA entrance). Garden is on the left past the volley ball courts. To RSVP, please contact: Martha Boyce, 228-388-2622 or email: MBoyceH4Hgardens@aol.com

BILOXI YACHT CLUB - Volunteers are needed to help with set up and take down at the Maritime Museum Drawdown at the Biloxi Yacht Club, Sept. 21, from 5 - 8 p.m. or 10-11:30 p.m. If you can assist, please call Megan Seymour, 228-435-6320 or seacamp@maritimemuseum.org. MS Gulf Coast 2013 Homeless Veterans Stand Down

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

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

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

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

HALLOWEEN FAMILY NIGHT - 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.

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

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

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

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

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

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

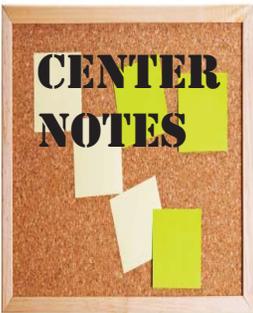
The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

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.

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.navywivesclub-sof-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 Ikrapcha@aol.com for more information.

SOCIAL

Miss. Gulf Coast First

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

NCBC Multi-Cultural

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

VFW Post 3937 Long

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

The Ladies Auxiliary to

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

VFW Post 4526 Orange

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

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

NMCB 62 Alumni Group

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

D.A.V. - Disabled American Veterans, Chapter 5

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

Navy Seabee Veterans of America (NSVA)

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

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.



Reserve your table now for the 35th annual SALUTE to the

MILITARY

Oct. 22, 6 p.m.

Mississippi Coast Coliseum Convention Center, Biloxi
Featuring:

Gen. James F. Amos, Commandant of the Marine Corps
Music by Navy Band New Orleans

Contact Rob Mims at robert.c.mims@navy.mil for more information

Sexual Assault Victim Advocate Training



Are you the person that wants to help someone in need? Have you every known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor who needs support in a time of need. To register for the class, contact Shannon Harden, SAPR Victim Advocacy Support Specialist at Shannon.b.harden@navy.mil. The class will be held Sept. 16 - 20, 8 a.m. - 4 p.m., in building 433, room 139.