

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

October 31, 2013

Fright Night at the Lake Oct. 25



Kids of all ages turned out for an evening of tricks and treats at Fright Night at Seabee Lake. Organized by MWR, the annual event offers NCBC service members, their families and civilian employees plenty of opportunities to experience Halloween fun which included costume contests, hayrides and games as well as an assortment of food and beverages. (Photo courtesy of MWR)

More photos on page 5 and NCBC Facebook



Time to Fall Back

Daylight Saving Time will come to an end Nov. 3 at 2 a.m. Be sure and move clocks back one hour Saturday night before going to bed to reflect the time change.

Dealing with BUPERS on-line outages

From Chief of Naval Personnel Public Affairs

Many Internet-based applications that support personnel actions associated with Navy Personnel Command (NPC) continue to experience downtime while the Navy works to enhance its network reliability and security, officials said Oct. 28.

These actions include BUPERS Online (BOL) access and applications for selection boards, record maintenance, retirements and fleet reserve processing among others. Workarounds for some BOL applications are in place while the enhancements are ongoing.

BOL has switched to CAC-only access, and currently the Physical Readiness Information Management System (PRIMS) is the only application that is accessible.

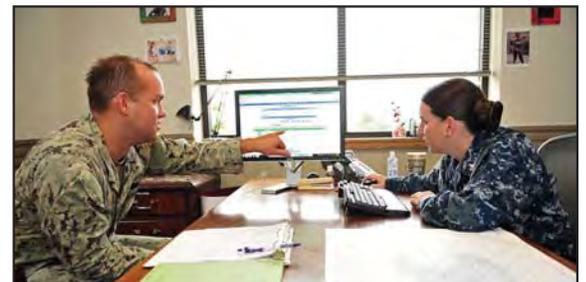
"Unfortunately, during this time there is not a lot that we can do from the Career Counselor's office during the outage," said Navy Counselor 1st Class Amie McCollum, NCBC Gulfport command

career counselor. "There are workarounds for requesting your OMPF (Official Military Personnel File), and I can submit a few hard copy documents to PERS by fax, but other than that my advice is to stay in contact with your career counselor and we will do everything for you that we can. This is also a good time to remind people about the importance of still maintaining copies of personal records even in a digital world."

The exact timeline for the restoration of other offline applications is still being determined, but Sailors should be aware that it could take until the end of the calendar year.

Those impacted by these system outages may contact the NPC Customer Service Center (CSC) at 1-866-ASK-NPC (1-866-827-5672) or CSCemail@navy.mil for hands-on assistance.

Sailors and commands accustomed to spending only a few moments on a personnel task will need to allow more time.



NCBC Sailors in need of career assistance can stop by the building 1 office of Navy Counselor 1st Class Amie McCollum, right, NCBC Gulfport's command career counselor. McCollum is located in room 225 and her phone number is 228-871-2890. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

U. S. Navy Reserve officer faculty opportunities at the U.S. Naval Academy

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By Lt. Teng K. Ooi, PhD
 U.S. Naval Academy
 and Capt. Linda J. Beltra, MD,
 Naval Hospital Jacksonville

ATTENTION NAVY RESERVE OFFICERS!

Are you interested in an opportunity to teach, inspire, and empower the next generation of American leaders to serve our nation?

The U.S. Naval Academy needs qualified Navy Reserve officers, especially at the ranks of lieutenant and lieutenant commander, with at least a master's degree in an appropriate academic discipline to instruct in designated academic departments for Fall 2014 and to serve as outstanding military role models and mentors for midshipmen.

Recall opportunities will be considered for the following disciplines: cyber security, information systems, and information technology; electrical engineering, computer engineering, general engineering, nuclear engineering, mechanical engineering, naval architecture, ocean engineering, aerospace engineering, and control systems engineering; mathematics, chemistry, physics, computer science, and oceanography; political science, economics, English, history, and foreign languages, including Spanish, French, German, Russian, Arabic, Chinese, or Japanese. Interested Navy Reservists should email the following:

~ A cover letter that states which discipline(s) you are applying for and your qualifications for the position.



Lt. Teng Ooi, second from right, is pictured with the Midshipmen of his Calculus II class at the U.S. Naval Academy Math Department in Annapolis, Md. (U.S. Navy photo courtesy of U.S. Naval Academy/Released)

~ A resume of experience (academic, professional, and naval experience, including any recent mobilizations, recalls, or extended active duty periods).

~ A full-length khaki photo.

Email: reserve.recall@usna.edu
 Reserve Recall Liaison Officer, Cmdr. John Schedel, United States Naval Academy, Code 11C
 121 Blake Road
 Annapolis, MD 21402-1300
 Telephone: (410) 293-6513
 DSN: 281-6513
 Fax: 410-293-2591

To receive full consideration, interested officers for Academic Year 2014-2015 should apply no later than Dec. 15.

Officers selected will be recalled to active duty and assigned orders for an officer-instructor tour, not to exceed three years, commencing July 2014. Recalled officers will remain on the reserve active status list and will remain eligible for promotion consideration before reserve selection boards. Selections will be made only after USNA placement officers are confident that USNA billets will not be filled from the active duty pool of potential officer instructors. Applicants will be made aware of their selection status by mid-April 2014. Final arrangements are contingent upon PCS funding being available through the Navy.

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DoD Safe Helpline

Sexual Assault Support for the DoD Community

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.

Security Service Note: Effective Nov. 1, Security will no longer perform the following "calls for service" during normal duty hours: snake/animal/pet calls; vehicle lock outs, parking complaints, cutting off locks. The following services will be conducted on a case by case basis/with the following stipulations: snake/animal/pet calls - After hours (weekends/nights) ONLY.

Fraud, Waste and Abuse Hotline:
 Due to limited IG resources throughout the Southeast Regional, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil.

Buzz on the Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

"The forecasters are predicting a cold winter. What is your idea of cold?"



"Any temperature below 50 degrees."

Rosan Jefferson

Thrift Shop customer
Hometown: Wilmington, N.C.



"20 degrees or lower."

CMCN Xhaz Cardwell

NMCB 133
Hometown: Missouri Valley, Iowa



"30 degrees or below is cold to me."

BU3(SCW) Angel Mera

NMCB 133
Hometown: South Plainfield, N.J.



Utilitiesman 1st Class Thomas Wilhorn and Utilitiesman Constructionman Randall Knurek, both assigned to Naval Mobile Construction Battalion (NMCB) 74, go through a gear lay out inspection at the small grinder on board NCBC Gulfport, Oct. 25. Battalion personnel have gear inspections frequently, especially before and after Field Training Exercise (FTX) and before and after deployments to ensure all their gear is accounted for. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Equipment Operator 3rd Class Kailie Patterson, left, Construction Electrician 3rd Class Holly Leatherman, center, and Equipment Operator Constructionman Brad Barbara, assigned to Naval Mobile Construction Battalion (NMCB) 133, measure the thickness of a filter cake during a mud test as part of a water well training class at Contingency Construction Crew Training (CCCT) on board NCBC Gulfport, Oct. 28. Pre-deployment water well training is a series of exercises that ensure the unit's ability to drill and/or maintain water wells. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



U.S. Army Sgt. Yury Lara assigned to Naval Construction Training Center (NCTC) Supply Warehouse, explains to Army Builder "A" School students the process for the issuing of their new steel toe boots on board NCBC Gulfport, Oct. 23. NCTC Warehouse provides supplies to the school house which trains approximately 10,000 Seabees, Airmen, and Soldiers annually. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

November is Navy Warrior Care Month

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

November is Navy Warrior Care month. This month is not only about recognizing wounded warriors for their service and sacrifices, but also helping seriously wounded, ill and injured Sailors and Coast Guardsmen transition back into active duty or to civilian life.

The Navy Wounded Warrior program is also known as Safe Harbor. Navy Wounded Warrior - Safe Harbor consists of an extensive catalog of Navy programs that enhance the mental, physical and emotional welfare of service members by providing non-medical care to wounded warriors and their families. The program offers resources that promote opportunities for success both within and beyond military service. Safe Harbor assists with a wide range of areas, such as pay, personnel issues, transportation and child care.

To emphasize the Navy's commitment to the welfare of seriously wounded, ill and injured Sailors and Coast Guardsmen, in 2010 Secretary of the Navy (SECNAV) Ray Mabus designated November as Warrior Care Month.

"Recognizing and appreciating the sacrifices of wounded, ill and injured service members and their families remains a priority of the Department of the Navy," said Mabus. "Through the Navy Safe Harbor program, the Marine Corps Wounded Warrior Regiment and Navy Medicine, we take care of our own by serving wounded warrior Sailors and Marines who are in active duty, reserve and veteran status."



Any wounded warrior is eligible for the program. A "wounded warrior" is defined by the Navy as a Sailor or Coast Guardsman that has a serious illness or injury requiring long-term care that may result in a Medical Evaluation Board/Physical Evaluation Board (MED/PEB) to determine fitness for duty. Support is not only available to those with combat related injuries or illness, but those with serious illnesses or injuries from accidents are accepted as well.

A service member may apply to the Navy Wounded Warrior Program through self-referral, referral by their command, medical facility or family member.

For more information about Navy Wounded Warrior Program call 855-628-9997, or email navywoundedwarrior@navy.mil.

**Information compiled from <http://safeharbor.navylive.dodlive.mil>, <http://safeharbor.navylive.dodlive.mil/warrior-care> and the SECNAV Designates November as Warrior Care Month story.*

In Gear Career - Serving Career-minded Military Spouses

Join us for a FREE event to launch In Gear Career's Gulf Coast Chapter, Nov. 5, 5 p.m., at the Naval Construction Battalion Center (NCBC) A & E Conference Center, building 303. In Gear Career for Military Spouses can – Connect you with other career-minded spouses; Build and expand your professional network; Help you manage or restart your career. Questions? Email: gulfcoastms@ingearcareer.org or Facebook: www.ingearcareer.org or call 715-308-8806.

REGISTER NOW

Scan the code or go online



<http://bit.ly/1bbarEv>

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.cnic.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

NCBC Car Wash

Closure - The base car wash will be shutting down Nov. 4 to transition equipment to the new car wash. The closure is expected to last until mid-November.



DON Sexual Assault Survey

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

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

Fright Night at the Lake 2013



Hundreds of people came out to enjoy the spooky festivities at the 2013 Fright Night at the Lake at Seabee Lake on board NCBC Gulfport, Oct. 25. The event, organized by MWR, included a DJ, vendors, costume contests, hayrides and a haunted maze.



U.S. Navy photos by Rob Mims/Released

NMCB 11 Det Horn of Africa



Left: Steelworker Constructionman Joseph W. Griffith, assigned to Naval Mobile Construction Battalion (NMCB) 11, operates a compaction roller to create a solid foundation on which concrete can be poured. NMCB 11 is currently deployed to multiple locations in support of U.S. Africa Command, U.S. European Command, U.S. Central Command, and U.S. Pacific Command areas of responsibility. NMCB 11's Det. Horn of Africa (HOA) is a Combined Joint Task Force - Horn of Africa unit whose mission includes stabilizing and strengthening security in East Africa through military-to-military engagements with partner nations. Above: Steelworker 3rd Class Anthony M. Lugo, assigned to Naval Mobile Construction Battalion (NMCB) 11, operates a compaction roller to create a solid foundation on which concrete can be poured. (U.S. Navy photos by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

October 31, 2013

Industrial Construction Career Fair - Thinking of leaving military service? Interested in a new career path? Stop by the Industrial Construction Career Job Fair Nov. 5, 10 - 2 p.m., in front of the NCBC Commissary parking lot. Get a taste of South Louisiana and learn about job opportunities for skilled construction workers from the Industrial Construction industry. Free jambalaya, pasta-laya and refreshments! Shell, ISC Constructors, Turner Industries and Bechtel representatives will be on hand to answer questions. Sponsored by Fleet and Family Support Center (FFSC) Gulfport.

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](mailto:DEVGRURecruiting@vbsocom.mil) or contact your detailer to request additional information.

Seabee Courier

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SEABEE Online

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL



Seabees attached to Naval Mobile Construction Battalion (NMCB) 28 pose for a photo with Master-at-Arms 2nd Class Douglas Fisher, Military Working Dog (MWD) Master-at-Arms 1st Class Buksi (front row from left) Oct. 11. Seabees, from left are: Builder 1st Class Mark Campbell, Steelworker 1st Class Michael Boucher, Builder 3rd Class Peter Appiah, Builder 2nd Class Danny Gingerich and Builder 3rd Class Christine Fletcher. NMCB 28 is based out of Barksdale Air Force Base, Shreveport, La., and is currently deployed to Afghanistan in support of Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 1st Class John Banfield/Released)

Seabees sought after to build Military Working Dog training area

By MC1 John Banfield
NMCB 28 Public Affairs

KANDAHAR AIRFIELD, Afghanistan – A select group of Seabees attached to Naval Mobile Construction Battalion (NMCB) 28, constructed a covered, outdoor training area where military working dog handlers with the 4th Infantry Division (ID) will be able to build a stronger working relationship with their Military Working Dogs (MWD).

“The area we built is 96 feet long, eight feet wide and eight to 10 feet high with a lean-to roof. The roof is 10 feet wide allowing for a two foot overhang,” said Builder 1st Class Mark Campbell, the team leader in charge of building the yard area.

The project also consisted of grading, erecting a timber frame and adding a chain link fence with two gates. “There’s a yard now where the dogs can run, play and exercise, and pretty much a dog can be a dog,” said Master-at-Arms 2nd Class Douglas Fisher, MWD handler deployed with the 4th ID. “The handlers and the dogs can build a better rapport now that we have a controlled area where we can do a little off leash training with them.”

Fisher joined the Navy in 2007, and has been working as a MWD handler

since graduating from the three month dog handling school at Joint Base San Antonio (Lackland Air Force Base), San Antonio, three years ago. “Working as a dog handler is a great job, it’s one of the better things I feel that I have done with my life and my career, it’s a very rewarding job,” said Fisher, who is stationed in Rota, Spain, and currently deployed to Afghanistan with the 4th ID. “The dogs do patrol, which is attack work, and then also detection, whether it be drugs or explosives,” said Fisher. “When we are back at home station we train and train and train, so very rarely do we get to utilize the dog in a real situation. So it’s good to see all the dedication and hard work pay off here in country.”

Fisher mentioned that he saw Seabees around the base; he tracked down their unit and asked for their assistance. Fisher explained, “They [NMCB 28] have helped support us immensely in the short time they have been here. They have got a few more projects that they are doing for us.”

“I just want to give a special thanks to the Seabees that came out and helped us,” said Fisher. “What may seem like little projects to them are definitely big for us and the dogs, and it will truly benefit the war effort out here in Afghanistan.”

West Coast Seabees

NMCB 3



Royal Australian Engineers from the Australian Defence Force 1st Combat Engineering Regiment, U.S. Navy Seabees from Naval Mobile Construction Battalion (NMCB) 3, and engineers from the U.S. Marine Corps 9th Engineering Support Battalion and Timor-Leste Defense Force personnel place playground equipment during the final days of Sapper 13. The joint engineers teamed up to build a new school, outside bathroom facility, kitchenette and playground in the Metinaro district of Dili. Sapper 13 is the first exercise of its kind ever executed in Timor-Leste. (US Navy photo by Mass Communication Specialist 1st Class Chris Fahey/Released)

NMCB 5



Below: Builder 3rd Class Terrell Harris, from Hampton, Va., leads other Seabees as they descend down the Chumash Trail during physical training. Seabees assigned Naval Mobile Construction Battalion (NMCB) 5’s Charlie Company conducted an alternative exercise by hiking up the Chumash Trail, in the Santa Monica Mountains to observe a reenlistment on top of Mugu Peak in California. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)

Focus on Education

Education Notes

William Carey University Reps at Navy College Office Nov. 6 – Representatives from William Carey University will be in Navy College Office, (building 60, second floor), Nov. 6, 10 a.m. – 1 p.m., to answer questions and provide information on available degree programs that are offered at the University's campus in Biloxi. Available Graduate and Undergraduate degree program offerings include Business, Criminal Justice, Education, Nursing, Psychology and Art. Campuses are located in Hattiesburg and in Biloxi (near the intersection of Highway 67 and Highway 605 or roughly 18 miles from NCBC Gulfport). Most degree programs can be completed in the evening hours. For more information please contact: Kerry Cameron, Assistant Director of Admissions at kcameron@wmcarey.edu, 228-702-1815; Bernie Cousins, Director, School of Business Programs at bcousins@wmcarey.edu, 228-702-1848; or Bobbie Loveless, Coordinator of the BSN Program on the Tradition Campus at blovelless@wmcarey.edu.

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

Need to brush up on your computer skills?

If yes, then you are in luck!

Fleet & Family Support Center is offering Microsoft Office Suite classes

Friday, Nov. 8, 4:30 – 6:30 p.m.
Pre-register by calling:
228-871-3000



NCBC Housing
Oct. 31,
5 - 8 p.m.

Personnel Exchange Program can take Sailors places

By MC2 Andrea Perez
NPC Public Affairs

For Sailors who have ever wondered what it's like in another branch of the military or in a foreign military, there's a special program offering that experience, said a Navy detailee Oct. 25.

The Navy's Personnel Exchange Program (PEP) lets selected Sailors make a one-for-one exchange with personnel from another military service or foreign service. The program's objective is to integrate participants into the host organization as though they belonged to the service to which they become assigned.

"Sailors should consider serving in the exchange program because they may get the opportunity to work hand-in-hand with foreign militaries and serve in highly-visible and unique billets," said Aviation Electronics Technician 1st Class (AW) Justin Armstrong, PEP detailee, Navy Personnel Command (NPC).

The Defense Personnel Exchange Program (DPEP), the over-arching DoD program, permits military and civilian participants to spend one or more years working in a host nation's defense research and development organizations, joint program offices or operational defense establishments on projects

directly related to their expertise. DoD Directive 5230.20 governs visits, assignments, and exchanges of all foreign nationals.

"Officers and enlisted Sailors in pay grades E-5 and above can participate in the PEP program," said Armstrong. "The program is designator and rating-driven as well as NEC-driven (Navy Enlisted Classification), so not all designators, rates or NECs are accepted. Most locations also require a security clearance."

The nature of the PEP is to share professional knowledge with members from other services and nations. Applicants must be able to serve as subject matter experts in their designator or rate. Applicants for foreign PEP billets are military ambassadors of the U.S. and must be able to demonstrate cultural sensitivity.

"Germany, Canada, Italy, United Kingdom and Australia are the foreign nations that currently participate in the PEP program," said Armstrong. "As billets in these countries become available, they show up on CMS-ID (Career Management System - Interactive Detailing)."

According to Armstrong, Sailors selected for a non-English speaking country will be required to get language training en route at the Defense Language Institute Foreign Language Center.

Training may also be available for accompanying family members on a space available basis.

Required obligated service for the program is 24 months, which does not include training time.

PEP members will receive normal pay and allowances, but may be entitled to special allowances based on their final assignment, such as Overseas Housing Allowance, Cost of Living Allowance, Hardship Duty Pay and Foreign Language Proficiency Bonus.

A full list of eligibility and application procedures is outlined in MILPERSMAN 1306-921.

The PEP and other Special Program detailers assign Sailors to more than 20 unique programs Navywide, including recruit division commander duty and recruiting duty, the USS Constitution or the USS Arizona Memorial, and assignment to the Blue Angels or Navy Ceremonial Guard. MILPERSMAN 1306-900 contains a complete list of special programs available.

For more information or for a list of available billets, Sailors should talk to their rating detailee or visit the PEP Web Page on the NPC website at www.npc.navy.mil/ENLISTED/DETAILING/SHORESPECIALPROGRAMS/Pages/NATOPEPJointPlacement.aspx.



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 lladner@bbcgrp.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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Old Man and the Degree

About an hour into the trip, I blew a royal gasket. "If you think for one cotton-picking minute that I'm just here to play chauffeur while you visit these colleges, you'd better think again!" I blared at my teenage son from the driver's seat as our car chugged down the Massachusetts Turnpike.

I knew our weekend trip to visit two colleges in Upstate New York was one of those ephemeral opportunities for me to bond with my son, and I had planned to make the best of it.

Problem is, I forgot that he's a teenager.

Ever well intentioned, I peppered my son with friendly questions about his interests, friends, school, in hopes that one of my probes would ignite an in-depth mother-son conversation to pass the time. However, my inquiries were met with typical resistance, eliciting only grunts, one-word answers, and dreaded eye-rolls.

I just couldn't take it anymore, and snapped.

During my cathartic rant, I explained to my son that the college trip was an important step in him becoming an independent person, a responsible adult, a man. I told him that refusing to converse with his mother who was facilitating and financing the trip was not only rude, it was immature.

He hated that word, so I strategically ended with it, and fell silent.

A few miles later, my son asked me a question. Not "are we there yet?" or "when are you going to buy me dinner?" but a well-planned dialogue starter. We conversed for a few fleeting minutes, before he fell sound asleep.

Three hours later, he awoke to our GPS announcing, "You have arrived at



your destination."

I quelled the awkwardness of sharing a hotel room with my 18-year-old son by ordering pizza and resisting the urge to remind him to brush his teeth. Surprisingly soon after his three-hour car nap, my son sprawled on his bed in sweatpants and headphones and dropped off to sleep for the night.

Knowing that the days of seeing my children sleep would soon be over, I lingered a minute or two before turning out the light, watching his chest heave and his eyelids twitch.

In the morning, we found ourselves following a bubbly backward-walking female tour guide along slanted walkways, between ivy-covered academic buildings, and through student unions. The campus looked beautiful in the autumnal morning light, but I was watching my son for hints of reaction. I knew that, if I asked him what he thought of the school, he'd give me the same half-grunted response every time: "N'good."

Despite my warning, my son wolfed down a meatball sub for lunch in the car on our way to the next college. Once in the lobby of the admissions building, I showed him to the restroom so he could blot the red sauce stains off of his tie, without saying, "I told you so."

After the tour, we had a scheduled meeting with a professor, to discuss the re-

quirements of the computer science degree. His bio indicated that he had done extensive research in social networks; so we were surprised to be met by a sweet old Russian gentleman with white hair and a mild palsy in his left hand.

He spoke softly, pausing to emit an almost imperceptible gasp, before continuing. "You must use this time in your life [gasp].... to become a man," the old professor whispered across his cluttered desk to my son.

Still splotted with signs of lunch, my son listened intently, unable to hide his utter admiration for this master in computer science. With eager eyes, my son asked questions about programming languages, algorithms, and data structures. I sat, dumbfounded, while the old professor and my son built a delightful rapport. Forty-five minutes later, they exchanged wide grins and sincere handshakes, promising to keep in touch.

On the ride home, while my son slept soundly in the seat beside me, I thought about the old professor's "you're a man now" advice. My husband and I had told our son the same thing so many times. Why doesn't he listen to us?

An exit or two later, I recollected that, during the meeting with the old professor, I saw my son successfully communicate his intentions, ask mature questions about the degree, and show genuine respect like an intelligent adult.

I glanced over at my splotted, grunting, stubborn little man and realized, "He listened all right."

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

Health Watch

The importance of Fruit and Vegetables

From Lt. Adam Susmarski MC
Naval Branch Health Clinic
Gulfpport



How much do you know about Fruits and Vegetables and what role they play in your health?

Test your Fruits and Veggies IQ by reading the following True or False statements:

1. Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.
2. Most people do not eat enough fruits and vegetables for good health.
3. Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.
4. Green vegetables are the most nutritious.
5. Fruits and vegetables can play a role in weight management.
6. Fruits and vegetables are always more expensive than other foods.
7. Preparing fruits and vegetables always takes too much time.

See below for answers and helpful fruit and veggie tips.

1. Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.

TRUE - A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

2. Most people do not eat enough fruits and vegetables for good health.

TRUE - Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs?

Visit www.fruitsandveggiesmatter.gov to test your diet and see how many cups of fruits and veggies you need each day.

3. Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

TRUE - No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Attempt to choose fruits withOUT added sugar or syrups and vegetables withOUT added salt, butter, or cream sauces. Although 100 percent fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should

See **NUTRITION** page 13

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.

Free Movies at the Training Hall

Don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet! If you have a question or comment, please send to Michael.sweetapple@navy.mil

Friday: You're Next, R, 5 p.m.; Elysium, R, 7 p.m.

Saturday: The Smurfs 2, PG, 1 p.m.; Turbo, PG, 3:30 p.m.; Elysium, R, 6 p.m.

Sunday: The Smurfs 2, PG, 3 p.m.; We're The Millers, R, 5:30 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.

The Beehive Veteran's Day

DART CHALLENGE

November 6, 2013 at 6:30pm

- ✓ FREE entry and snacks
- ✓ 1st, 2nd and 3rd places win a Bud Trophy!
- ✓ ALL PLAYERS entered to win door prize (over \$100 value)
- ✓ Spaces are limited
- ✓ No experience required!

Budweiser girls will be giving out trophies to winners!

Open to all eligible patrons & their guests



Participants should register before Nov 6 for chance to win door prize by emailing Mike Sweetapple at michael.sweetapple@navy.mil
For more info call The Beehive: 871-4009



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

MWR Program Contacts

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

Thanksgiving TURKEY TROT

Dressing up encouraged... get creative!

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

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

Signups encouraged but not required

Questions? Call Mike McLaughlin 822-5103 or email michael.e.mclaughlin1@navy.mil

NCBC Helping Hands Volunteer Opportunities

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

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

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

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

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.uso-volunteer.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.

TOYS FOR TOTS

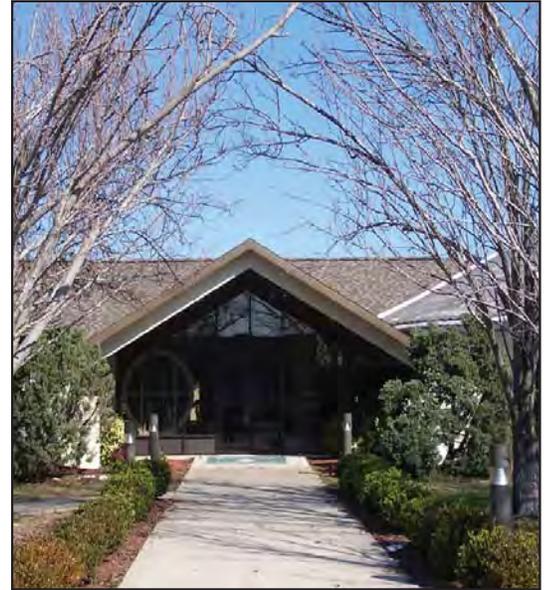


Applications for Toys for Tots will be accepted for E-6 and below (all others on a case by case basis) Nov. 4 - 22, Monday - Thursday, 8 a.m. - 4:30 p.m. and Friday, 8 a.m. - 3:30 p.m.

Service members (or spouses) can come to Fleet and Family Support Center (FFSC), building 30, with military identification and complete a brief application.

For further information, please call 228-871-3000.

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

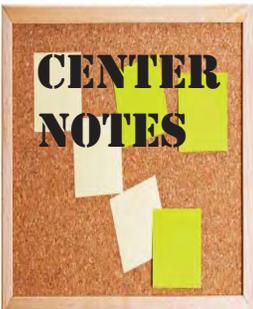
The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

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@focusproject.org

Gulfport Officer's Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc>. **gulfport**. We hope to see YOU soon!

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are

reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

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

Mike Saunders at 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 weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel at 228-871-2454 for details.

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

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

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and locat-

ed at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

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

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

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

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.



GULF COAST USO

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

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French
You don't have to walk this path alone
This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process
For Active Duty females who have been sexually assaulted as adults
Call FFSC at (228) 871-3000

BILOXI, MISSISSIPPI



INTEGRITY FIRST
SERVICE BEFORE SELF
EXCELLENCE IN ALL WE DO



THIS
WE'LL
DEFEND



SEMPER PARATUS
"Always Ready"



SEMPER FIDELIS
"Always Faithful"



HONOR
COURAGE
COMMITMENT

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

Naval
Construction
Battalion
Center (NCBC)
Gulfport's
Command
Picnic

Nov. 8
Seabee Lake
10:30 a.m.
to 3 p.m.



Families are
welcome!

Popcorn,
Cotton Candy,
Bouncehouses!



Pie in the Face
Auction!
CO, XO and CMC
Highest Bidder
Wins!
(Proceeds to
NMCRS)

Prizes will be
raffled off every
30 minutes:
\$20 Subway card,
\$25 NEX Card, 24
hour Special
Liberty, \$15
iTunes Card and
GRAND PRIZE:
Apple iPad



Hosted by:
First Class
Petty Officer
Association

From **NUTRITION** page 9 come from whole fruits and vegetables to help you get enough fiber. Get in the habit of reading food labels and nutrition facts on the items you buy at the store. 4. Green vegetables are the most nutritious. **FALSE** - No one food contains all the nutrients your body needs. To get a healthy variety, think color - the more color and variety, the better. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives

your body a wide range of nutrients, like fiber, folate, and potassium.

5. Fruits and vegetables can play a role in weight management.

TRUE - Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar

amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

6. Fruits and vegetables are always more expensive than other foods.

FALSE - The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag

- fruits and veggies are a bargain!

7. Preparing fruits and vegetables always takes too much time.

FALSE - With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare or try whole fruits and vegetables that are ready to eat without any preparation - there are many varieties you can just rinse and eat like apples, carrots, celery, bananas, etc!