

# SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 54 No. 40

Naval Construction Battalion Center, Gulfport, Mississippi

October 9, 2014

## CNO's U.S. Navy birthday message

### Happy 239th Birthday Navy!

On Oct. 13, it is important that we reflect on who we are and where we started. It is a day which marks the cornerstone of our proud service beginnings.

As you operate forward, and stand the watch around the globe, you embody the characteristics of the patriots that went before us. Our greatest traditions live within the foundation of their courage and perseverance. On this day, we pause and remember the proud heritage and service of previous Shipmates. Likewise, we will always remember those veterans who made the ultimate sacrifice for our Navy and our Nation.

This year, our Birthday theme is "Thanking those who support us." Our fam-

ilies, friends, communities, industry, and organizations have helped support us and we owe a debt of gratitude. Our success as individuals and as a Navy is achieved with them at our side. We could not execute our mission at a high level without their unwavering support.

Moving forward, we will continue to use the three tenets: Warfighting First, Operate Forward, Be Ready. We will be ready today, while also building the Navy to win tomorrow. From Oct. 13, 1775 until today, history has proven time and again that a powerful Navy is vital to ensuring the prosperity of our economy and the safety of our citizens. This is the legacy we celebrate today.

Happy Birthday, Shipmates!

Released by the Chief of Naval Operations

## MUD RUN FUN



More than 1,200 military personnel and civilians slogged over five miles through the mud and muck, over and under man-made obstacles, through water-filled trenches and across grassy fields and pavement to arrive at the finish line located on the grinder during the 19th Annual Seabee Volkslauf Mud Run on board Naval Construction Battalion Center (NCBC) Gulfport, Oct. 4. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

See page 5 and NCBC Facebook for more Mud Run coverage

### Area Navy Birthday Celebrations

#### *Navy Birthday Meal and Cake Cutting*

Oct. 14, 11 a.m. – 12:30 p.m.

Colmer Dining Facility, meal cost: \$4.65

Celebrating 239 years of Service!

All with authorized access to NCBC are invited

#### *Navy Birthday Ball 2014*

Oct. 18, from 6:30 p.m. – midnight,

Hollywood Casino, Bay St. Louis

For ticket, uniform details and other information,

visit: <http://www.sscnavyball.weebly.com>.

Participating installations include: Naval Activities, Stennis Space Center; Professional Development Center, Gulfport; Naval Aviation Tactical Training Unit, Keesler Air Force Base and Armed Forces Retirement Home



Capt. Paul Odenthal, commanding officer, Naval Construction Battalion Center Gulfport, accompanied by Lt. Terrance Skidmore and Jamie Williams, signs a Domestic Violence Awareness Month Proclamation at the Fleet and Family Support Center, Oct. 2. The proclamation declared October 2014 as Domestic Violence Awareness Month and calls for all personnel and their families to speak out against domestic violence and support all who make an effort to assist the victims of these crimes in finding the help they need. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



# NCBC conducts water test

## October is Domestic Violence Awareness Month



By Mary Lewis  
NCBC CREDO Facilitator



(U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

Jens Sapin, Naval Facilities Engineering Command (NAVFAC) Southeast Senior Water Program Manager, takes a water sample from a water fountain at the Child Development Center on board the Naval Construction Battalion Center (NCBC) Gulfport, Oct. 4. Samples were also taken at the Youth Activities Center and Teen Center. While there are no known lead issues in the base drinking water system, the samples will be tested to determine if any lead content is present at localized water sources in these facilities. With this testing, the Navy is going above and beyond the regulatory requirements set by the Environmental Protection Agency (EPA) for testing in these facilities. These preventive measures are being conducted Navy-wide to ensure children using youth programs and childcare facilities are safeguarded from the effects that lead in drinking water can have. Children are more susceptible to the effects of lead in drinking water. The additional testing reinforces the Navy's commitment to do everything possible to protect them. Results of the tests will be available in November. For more information, see the "Lead in Drinking Water Fact Sheet" on page 13 of the Sept. 25 issue of the Seabee Courier or refer to the links below. People with any immediate health concerns about lead can contact the Naval Branch Health Clinic at 228-822-5425. For inquiries not covered by the fact sheet, please contact Rob Mims, NCBC Public Affairs Officer at 228-871-2699.

Please visit: Environmental Protection Agency: <http://www2.epa.gov/lead> or [http://water.epa.gov/drink/info/lead/schools\\_index.cfm](http://water.epa.gov/drink/info/lead/schools_index.cfm); Navy and Marine Corps Public Health Center: <http://www.med.navy.mil/sites/nmcphc/environmental-programs/Pages/Lead-in-Drinking-Water.aspx> and Navy Region Southeast: [http://www.cnrc.navy.mil/regions/cnrse/om/environmental\\_support/drinking-water/lead-in-priority-area-samplingprogram.html](http://www.cnrc.navy.mil/regions/cnrse/om/environmental_support/drinking-water/lead-in-priority-area-samplingprogram.html)

"Relationships should be Respectful, Safe and Positive" is the theme for the 2014 Navy Domestic Violence Awareness Month. In our effort to foster awareness The CREDO Gulfport Team aim is to educate service members, family, co-workers, friends and the public by conducting continual trainings on domestic violence, where to access care and treatment, and how to intervene from a spiritual, moral, and religious aspect. Our team is committed to every Sailor, their families, and our efforts are focused on awareness.

Some tactics that an abuser employs; Intimidation, Threats, Isolation, Economic Abuse, Sexual Abuse, Privilege, Verbal/Emotional Abuse, Using Children as an Emotional weapon. All of these tactics are also employed in the Cycle of Abuse; Tension building, Incident, Reconciliation, and Calm. In the case of Domestic Violence these patterns of behavior are used to establish power and control over a

See **AWARENESS** page 4

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**Safe Helpline**  
Sexual Assault Support for the DoD Community  
Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: [www.Safe-Helpline.org](http://www.Safe-Helpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

**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



John Sims, director of transition services for Military Officers Association of America, speaks to the "Marketing Yourself for a Second Career" class held at the Fleet and Family Support Center (FFSC) on board NCBC Gulfport, Oct. 2. For more information on future classes, contact the FFSC at 871-3000. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Naval Construction Battalion Center (NCBC) Commanding Officer, Capt. Paul Odenthal and Sparky the Fire Dog from the NCBC Gulfport Fire Department hold the proclamation denoting Oct. 6-10 as Fire Prevention Week (FPW) on board NCBC Gulfport. During FPW, NCBC's Fire Department would like to extend an invitation to all departments and commands to contact them for fire extinguisher training and a review this of year's National Fire Protection Association theme, "Working Smoke Alarms Save Lives." For more information or to schedule a training session contact Inspector William Ducote at [William.ducote@navy.mil](mailto:William.ducote@navy.mil). (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, talks to Leadership Gulf Coast's members during breakfast at the Colmer Dining Facility on board NCBC, Oct. 8. The Leadership Gulf Coast Program lasts nine-months and covers topics about the Military, Government, Human Needs and Health Services, Economic Structure of the Coast, Culture and Heritage, Education, and Quality of Life. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



# NCBC to begin water fluoridation

By Rob Mims  
NCBC Public Affairs Officer

Beginning Oct. 13, the Naval Construction Battalion Center (NCBC) Gulfport will increase the amount of fluoride in its water systems. This action comes after the Department of Defense directed all stateside installations using well water to provide optimally fluoridated drinking water to help military personnel maintain medical readiness.

"Many professional societies, including the American Dental Association, agree that optimal levels of fluoride in drinking water have a significant positive effect on teeth for all people, young and old" said Cmdr. Paul Lim, Naval Branch Health Clinic Dental Officer. "Safely adding fluoride to the base water is a commendable action that displays commitment to our oral health."

According to NCBC Public Works Department, fluoride is a naturally occurring mineral in ground water; however, the amount currently in our water does not provide significant oral health benefits. The installation water currently has a fluoride level of 0.155 parts per million (ppm). Fluoride will be added to bring the level to an average of 0.8 ppm.

"Dental health is just one part of the medical readiness process that ensures our Seabees remain deployable," said Capt. Paul Odenthal, NCBC commanding officer. "Providing fluoride in our water system is a great initiative to contribute not only to the health of our troops but also for our families and other employees who consume our drinking water."

For more information about the Fluoridation system, call Kenton Lottinger at 228-871-2373.



Sailors and civilian personnel line up to sample some traditional Hispanic food during the Hispanic Heritage Month celebration held at the Training Hall on board NCBC Gulfport, Oct. 1. The event was presented by NCBC Multicultural Diversity Committee and included speeches acknowledging the contributions Hispanic people have made to the U.S. Navy and our nation. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

## Diversity Committee's annual Hispanic Heritage Celebration includes history lessons, dancing, tasty food

By UTCN Alicia K. Fluty  
NCBC Public Affairs

Each year from Sept. 15 to Oct. 15, the Navy and the Nation celebrate Hispanic Heritage Month. During this month the Navy also celebrates and recognizes the service of nearly 70,000 Sailors and civilians of Hispanic heritage who comprise approximately 11 percent of the active, reserve, and civilian forces.

Naval Construction Battalion Center (NCBC) Gulfport's Multicultural Diversity Committee hosted a special event at the Training Hall on board NCBC, Oct. 1, with this year's theme: "Hispanics: A legacy of history, a present of action and a future of success."

The program included speeches that acknowledged the Hispanic heritage contribution to this nation and the Navy, samples of traditional Hispanic food, and even Salsa dance and

lessons for those who attended the celebration.

A special meal was also served at the Colmer Dining Facility in honor of Hispanic Heritage Month. The meal was open to all Department of Defense employees, retirees and authorized civilians.

"Our goal was to expose the unknown of people's background, the way they act and work," said Steelworker 2nd Class Shanta Crayton, president of NCBC's Multicultural Diversity Committee. "We want to show people the Hispanic way of living, eating and their music, because it can be contagious, in a good way."

According to Naval History and Heritage Command (NHHHC), Hispanic Sailors and those of Hispanic descent represent a long history in the Navy, serving at every rank from seaman to admiral in a variety of roles. To date, 27 Hispanic Americans have achieved

flag rank and several earned the full four-star rank of admiral.

In his recent national proclamation, President Barack Obama said Hispanics have served honorably in the armed forces and they represent a vibrant and thriving part of this diverse Nation.

"Their histories and cultures stretch across centuries, and the contributions of those who come to our shores today in search of their dreams continue to add new chapters in our national story," Obama expressed in his proclamation. "This month, we honor the rich heritage of the Hispanic community and celebrate its countless achievements."

Hispanic Heritage Month originated as a commemorative week in 1968 under President Lyndon Johnson, and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. It was enacted into law on Aug. 17, 1988.

### NCBC Commissary Columbus Day Holiday Closure:



In observance of Columbus Day, the Commissary will be closed Oct. 13 - 14.

Normal Commissary hours of operation are: Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m. Additionally, in support of Breast Cancer Awareness Month, commissary employees will wear PINK every Thursday. Also, the first five patrons who are wearing PINK and who check in at Customer Service (by register 1) on Thursdays will receive an insulated PINK shopping bag courtesy of YOPLAIT!

From AWARENESS page 2  
spouse or intimate partner.

Domestic violence does not only impact adult lives it also affects children lives and well-being as well. This can potentially happen even if they are not direct victims of the abuse themselves. Many children in the homes witness these attacks and sometimes they become victims themselves.

Domestic violence is a universal problem that transcends all ethnic, racial, gender and socioeconomic boundaries, and there is zero tolerance. In cases of Domestic Violence the home, a place where a person can find refuge and safety or live

in security, but sometimes it is often the most dangerous place for them. Domestic violence has in the past and will in the future destroy individuals, ruins families and weakens our communities if awareness is not the FACADE- the face.

Throughout the month of October, NCBC Gulfport Base Chapel has partnered with Fleet and Family Services (FFSC) to host awareness events to educate, promote healthy relationships, community involvement and outreach programs. These programs will afford all an opportunity to encourage "Respectful, Safe and Positive Relationships."

Domestic Violence 101- Ask yourself these ques-

tions: Have I ever been afraid of someone? Have I ever been bullied? Have I ever been constantly belittled, verbally abused, and treated like property? This is what a person experiences every minute of the day, if their relationship is shrouded in Domestic Violence.

Now ask yourself this question. What can I do? This is what you can do. **Empower** the victim to take action: Provide them with information and support, **encourage** the victim to seek help, and **empower** the victim to have hope. Remember, your home is a place of refuge, safety and security!

# MUD RUN 2014



U.S. Navy photos by Senior Chief Mass Communication Specialist Jeffrey J. Pierce and Utilitiesman Constructionman Alicia K. Fluty

More than 1,200 military personnel and civilians slogged over five miles through the mud and muck, over and under man-made obstacles, through water-filled trenches and across grassy fields and pavement to arrive at the finish line located on the grinder during the 19th Annual Seabee Volkslauf Mud Run on board Naval Construction Battalion Center (NCBC) Gulfport, Oct. 4. Sunny skies and crisp autumn temperatures greeted runners who came from as far away as Florida to participate. For the first time, organizers incorporated a Family Fun Run into the event. Children 6 to 12 years were able to join a parent or guardian on a 1.75 mile course designed for families. The Morale Welfare and Recreation (MWR) sponsored event brought in over \$10,000. Proceeds from this year's Mud Run will go toward the Seabee Ball and various MWR committees.

## Buzz on the Street

By BUCA Elizabeth Mills  
NCBC Public Affairs

**"October is Fire Prevention Month. How do you practice fire prevention?"**



CMCN(SW) Alexis Dockter  
NMCB 133  
Hometown: Champlin, Minn.  
**"You practice fire protection by using ORM - Operational Risk Management."**



CS3(SW) Bayasgalan Munkhmandah  
NMCB 133  
Hometown: Skokie, Ill.  
**"Unplug things and turn everything off and keep everything up to date."**



CMCA Shalen Phillips  
NMCB 133  
Hometown: Milwaukee, Wis.  
**"Use proper safety procedures."**

October 9, 2014

Seabee Courier

# Seabees of NMCB 11 honored by area school

By EA1 James Redden  
 NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 received awards and letters of appreciation from U.S. Army JROTC staff and students Oct. 3, at Petal High School in Petal, Miss. for the obstacle course they built in March of 2014.

Petal High School invited the Seabees assigned to the project back to the school during their homecoming football game at which 8,500 spectators were present.

"It was a great feeling to be awarded in front of all those people, said Engineering Aide 3rd Class Peter Mazzarella, assigned to NMCB 11. "There are times that we don't always get the recognition that we deserve so we enjoyed it. But overall, I was just glad that I got the opportunity to work on the project and be able to give back to the community," said Mazzarella.

Also during the award ceremony The JROTC cadets unveiled a sign that will be located at the entrance to the obstacle course. NMCB 11's official symbol was placed on the sign as a final thank you for the hard work performed by the Seabees. The sign will be on display for many years to come.

When asked if his students were enjoying the new course, JROTC instructor Sgt. Maj. Don Dubose answered in the affirmative.

"I have noticed a great deal of my cadets pushing themselves more and more to be able to do the obstacle course," said Dubose. "They want to run the course and are insistent on achieving their goals," said Dubose.

The course consists of 10 different obstacles which range from a 4-foot high Z-log obstacle to a 14-foot weaver obstacle.

"This will benefit this school for many years to come," said Dubose. "The focus of safety and quality construction was evident."



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 are pictured after receiving awards and letters of appreciation from the Petal High School Army JROTC staff and students Oct. 3., in Petal, Miss. The presentation at the school's homecoming football game, was made to thank the Seabees for the obstacle course they built for the school in March. The JROTC cadets also unveiled a sign with the battalion's logo on it which will be located at the entrance to the obstacle course. (U.S. Navy photo/Released)

## NCG 2 CPO 365 community volunteers



Chief Steelworker Phillip Hayes and Utilitiesman 1st Class Kenna Runyon work together to clean up Highway 67 during a CPO 365 volunteer effort, Sept. 26. (U.S. Navy photos by Engineering Aide 3rd Class Lawrence Romang/Released)



Engineering Aide 1st Class Jonathan Oien, right and Steelworker 1st Class Chris McKissick work together to clean up debris along Highway 67 as part of a Naval Construction Group 2 CPO 365 Adopt-A-Highway initiative.

## 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](http://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.



## 36th Annual Salute to the Military

The 36th Annual Salute to the Military will take place at 6 p.m., Oct. 21 at the Mississippi Coast Convention Center in Biloxi. General Frank J. Grass, Chief of the National Guard Bureau Joint Chiefs of Staff will be the featured guest speaker, with music by the 41st Army Band. Tickets are \$60 for civilian and retired military and \$50 for uniformed military. Naval Construction Battalion Center personnel who are interested in attending the event are asked to email NCBC Public Affairs Officer Rob Mims at [robert.c.mims@navy.mil](mailto:robert.c.mims@navy.mil).

# NMCB 25 earns 2014 Citizen Patriot Unit award

By Lt. Emily J. McCamy  
NCG 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 25 was awarded the Reserve Forces Policy Board (RFPB) Fellows Society's 2014 Citizen Patriot Unit Award during a luncheon at the Army-Navy Club in Arlington, Va., Sept. 10.

The Citizen Patriot Unit Award recognizes units and individuals who have made a substantial contribution to the security of the U.S. and have demonstrated a quantifiable and recognizable pattern of excellence. It is the highest award given by the RFPB Fellows Society and was established in 2002 to commemorate the 50th anniversary of the RFPB.

Since 2002, only one other naval unit has earned the award.

"In June, a message was put out by Commander, Navy Reserve Forces Command regarding nominations for the award," said Cmdr. Jennifer Donahue, NMCB 25's commanding officer. "We researched its history and significance [and] realized that given our multiple deployments and contributions to the security and defensive posture of the nation, NMCB 25 would be a contender for the award."

Known by its moniker "Spades and Clubs," NMCB 25 is deployed as the Naval Construction Force in support of the International Security Assistance Force

(ISAF) NATO Coalition and Special Operations Forces for Operation Enduring Freedom within U.S. Central Command's area of responsibility. Partnered with the Government of the Islamic Republic of Afghanistan, they are tasked to execute the Train, Advise and Assist (TAA) mentoring mission for the Afghan National Engineer Brigade (NEB) and its two supporting battalions, the Special Engineer Kandak (SEK) and Construction Engineer Kandak (CnEK), in addition to limited construction and deconstruction support to U.S. Forces Afghanistan (USFOR-A).

"NMCB 25's performance during 2014 has been outstanding as demonstrated through the challenges of mobilizing 428 reservists, then organizing and integrating the mosaic of citizen Sailors from across the nation to become a single battalion in support of Operation Enduring Freedom," said Donahue. "As we transition toward the end of a successful deployment and demobilization, the Seabee 'Can Do' spirit of the Spades and Clubs continues to be strong."

Donahue explained the unique nature of the TAA mission which encompasses all aspects of unit management from administration, intelligence, operations, logistics, communication, safety and command leadership. The intent is to make them more capable and self-sufficient upon the departure of

the coalition forces.

"Retired Army Maj. Gen. Kenneth Bouldin, president of the RFPB Fellows, presented the award which was given for the entire history of NMCB 25, going back to its commissioning in 1942," said NMCB 25 prospective executive officer, Lt. Cmdr. Timothy Kaber who accepted the award on behalf of the unit. "They read through the history of the battalion... emphasizing its deployments for the global war on terror. It was an honor to be there and receive such a distinguished award."

Retired Army Maj. Gen. Paul Bergson spoke about the caliber of the competitors for the award.

"We had 15 or 16 unit nominees this year and they've all performed magnificently. The awards committee was looking for a unit that had a long history of service to the country, that's what NMCB 25 had," said Bergson.

NMCB 25 is headquartered at Ft. McCoy, a Reserve Army base located in Wisconsin. Upon redeployment, the unit will relocate to Naval Base Ventura County, Port Hueneme, California.

"Many of the men and women of NMCB 25 have answered the call to country many times before; and this award is a testament to the sacrifices they make for their family and civilian careers to become a citizen soldier once again," said Donahue.

More than half of the



Lt. Cmdr. Tim Kaber, Naval Mobile Construction Battalion (NMCB) 25's prospective executive officer, holds the award certificate for the 2014 Citizen Patriot Unit Award with NMCB 25 members and presenting dignitaries at the Reserve Forces Policy Board (RFPB) Fellows Society's luncheon at the Army-Navy Club in Arlington, Va., Sept. 10. (U.S. Army photo by Alfredo Barraza/Released)

deployed personnel are from other battalions and non-NCF units who volunteered to mobilize with NMCB 25 and serve in the last battalion in Afghanistan, according to Donahue.

"It is our honor to receive this award on behalf of not only NMCB 25, but for the Naval Construction Force (NCF) as well," said Donahue. "For 13 years, the NCF has continually mobilized reserve battalions and regiments to fight the fight in Iraq and Afghanistan. To be recognized and selected over all other Navy Reserve components (air, sea, logistics), then compete against all of our sister services, shows the strength and endurance

of the Seabees in this long battle with terrorism."

Chief of the Navy Reserve, Vice Adm. Robin Braun lauded the unit in an email to Donahue. "Please accept my sincere congratulations for your outstanding efforts. This award is an acknowledgment of your team's dedication, selflessness and service. We're especially proud that your command was selected as the Navy Reserve's nominee and competed with National Guard and other Service nominees for the award. Your selection is well deserved."

"We look forward to congratulating you in person when you return home," said Braun. "Well done."

## Keep What You've Earned

In celebration of the Navy's birthday, Oct. 13, remember to keep yourself and your shipmates safe. Instead of drinking, celebrate the Navy heritage of family and friends with good food and company.



## Energy Awareness Month - Transition to a clean reality

By Jason Poe

Installation Energy Manager  
NavFac SE PWD Gulfport

October is Energy Awareness Month. This year's DOE Energy Awareness Month theme, TRANSITION TO A CLEAN REALITY, depicts how, across the nation, Federal agencies continue to zero in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security.

Since 1991, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of our nation's energy.

NCBC will highlight this annual event by displaying energy awareness messages on the Pass Road, Fleet and Family Services, and gymnasium marquees; displaying energy awareness banners at entry gates, and by handing out thermometer magnets at the Pass Road front gate promoting the need for energy conservation by all base personnel and visitors.

Energy Awareness Month is a great time to refocus our efforts to reduce our energy consumption. We can make energy conservation a part of our day-to-day activity through these simple but important actions.

- ~ Switch off all unnecessary lights and equipment.
- ~ Use efficient ENERGY STAR®

### ENERGY ACTION = MISSION SUCCESS

products.

- ~ Use compact fluorescent or LED light bulbs.
- ~ Use power-down or sleep mode feature for CPU's and monitors.
- ~ At the end of the day, turn the copy machine and printer off.
- ~ Keep government vehicles maintained and only drive when necessary.
- ~ Walk, carpool, or use public transportation to conserve fuel.

Our commitment at NCBC Gulfport is greater than ever, and during the month of October we ask that you become a knowledgeable steward of energy resources and begin conserv-

# Focus on Education



## Donate To The Seabee Memorial Scholarship Association (SMSA) Through The Combined Federal Campaign CFC CODE 11959



The Seabee Memorial Scholarship Association's purpose is to provide scholarships for sons, daughters, and grandchildren of Seabees, both past and present, active, reserve, or retired.

### Important Facts

- SMSA has awarded scholarships to over 650 students since 1972
- SMSA has 116 named perpetual Scholarships
- 15-25 new scholarships are awarded each year
- The value of scholarships awarded totals over \$3.6 million with the current value of each award at \$2,300
- Approximately 75% of scholarships go to children or grandchildren of Seabees in the active component from all eras

Help Seabee Families by donating through the Combined Federal Campaign!  
CFC CODE 11959

Thank you for giving. Your contribution makes all the difference.

## Get to know your BBC housing website



By Balfour Beatty Communities

Did you know Balfour Beatty Communities (BBC) maintains a comprehensive housing website for both current and prospective residents here at Naval Construction Battalion Center (NCBC) Gulfport? Found at [www.ncbcgulfporthomes.com](http://www.ncbcgulfporthomes.com), BBC's housing website for NCBC Gulfport allows current residents to access a wide variety of community information, housing policies and procedures, news, updates, important forms and contact information. The website also provides prospective residents the opportunity to learn more about the available housing at NCBC Gulfport and the community amenities it has to offer.

Following are some details on exactly what you can find on the BBC website for your installation:

**New Residents** - In the 'Relocating Residents' section of the website you'll find important information on how to apply for housing, tips for planning a move, as well as details about current leasing specials. You can even perform a custom home search based on rank and number of bedrooms. Current residents who will soon be departing can also find the information they need about clearing housing in this section.

**Neighborhoods** - Neighborhoods' section provides detailed information about all of the family housing areas and home styles available at the installation. The listings provide specifics on each home style's unique features, as well as

See **BBC** page 12

NCBC School Liaison  
Officer Kevin Byrd  
MWR, Building 352,  
1706 Bainbridge Ave.  
Phone: 228-871-2117  
Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## Play and Learn

Oct. 15  
9:30 - 10:30 a.m.

Location:  
FOCUS office  
304 John Paul Jones  
Room 405  
Anchors and Eagles  
For parents and  
children (ages 3 - 5)

- ~ Improve communication
- ~ Learn how to share feelings
- ~ Learn separately, then together!

Point of contact is Debra Thomas, 228-822-5736 or [dthomas@focusproject.org](mailto:dthomas@focusproject.org)

## Southern Mississippi Nursing Program offers accelerated nursing degree to medical Veterans

By Jenny Tate

University of Southern Mississippi

The University of Southern Mississippi, which offers one of the largest nursing programs in Mississippi, recently announced a three-year grant in excess of \$1 million that will allow the University to offer a specialized, accelerated Bachelor of Science in Nursing (BSN) degree program designed for former and active-duty military service members.

"It's a great match with what we have to offer with this program, because these young people will bring a sense of service from their military background into the nursing profession, which is service-oriented as well," said Retired Maj. Gen. Jeff Hammond, director of veterans and military student services at Southern Miss. "If I were a medical corpsman coming out of the military and looking to advance my career opportunities, the BSN program at the University's Gulf Park Campus would be at the top of my list."

The new BSN program, which may be completed in as little as four semesters after completion of pre-requisites, incorporates military training and education previously received in the medical field. Pre-requisites may be taken as any accredited college or university anywhere in the country and out-of-state tuition will be waived for students in the program.

By incorporating real-world military experiences with academic coursework, this program offers qualifying veterans the opportunity to fast-track their educa-

tion while maintaining the highest academic standards, clinical quality and National Council of State Board of Nursing RN Licensure Examination pass rates for nurses.

"This program is exciting for The University of Southern Mississippi because it allows us to serve those who serve others - veterans who have sacrificed more than many of us will ever know," said University President Rodney D. Bennett. "Our College of Nursing will deliver the highest quality education to men and women with great experience and allow them to pursue a four-year degree efficiently and effectively at our Gulf Park Campus."

This program will be housed here on the beautiful beachfront Gulf Park Campus in Long Beach - on the Mississippi Gulf Coast and will provide opportunities to work together with Keesler Air Force Base and the Gulf Coast Veterans Health Care System in Biloxi, as well as the Naval Construction Battalion Center in Gulfport.

"The access to USM's Center for Military Veterans, Service Members and Families and to our dedicated faculty will further alleviate barriers and provide the specialized resources and support our veterans deserve," said Dr. Katherine Nugent, dean of the College of Nursing at Southern Miss.

This program is support in part by a grant from the Division of Nursing, Bureau of Health Professions, the Health Resources and Services Administration and the Department of Health and Human Services.

Further information is found at [www.usm.edu](http://www.usm.edu).

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Mind the Gap: Can SAHMs re-enter the workforce?

All my regular tables in the loft of the Starbucks are taken, so I grab the only available seat downstairs -- a bar stool right beside the restrooms.

I have work to do, but before I start, I spend the requisite amount of time dawdling.

Staring out the window, cleaning crumpled gum wrappers out of my purse, checking email on my laptop, people-watching. Although I would normally procrastinate in this way for at least a half-hour, I decide that people-watching beside the toilets is decidedly less entertaining than it is from the upstairs loft, and therefore not worth the effort.

I open a blank document, and breathe a great big sigh. You've been a stay-at-home military spouse for a long time. The kids are old enough now. It's time to find a paying job.

"RESUME [return]... Lisa Smith Molinari," I key onto the top center of the page.

I pick up steam, quickly tapping out my address, phone number and email, adding aesthetically pleasing fonts, underlining and bold. After a few thumps on the return key, I type "EDUCATION" and enjoy a trip down memory lane to the ivy-tangled Georgian architecture of Miami of Ohio, and the endless racks of thick casebooks at Thomas Cooley Law School in Michigan.

I add "law review" and "cum laude," feeling a surge of confidence. Ah, that wasn't so bad, I think to myself, onto the next section.

No sooner do I bold and



"WORK EXPERIENCE," when my hands begin to tremble. It's just the caffeine, I tell myself, and strain to recall the details of my last paying job.

Hmm...let's see now, was it 1995? When I worked for that law firm in California while Francis was assigned to the Naval Postgraduate School? Seriously? I can't put a job from almost two decades ago on my resume! I'll be a laughing stock!

I realize that, since marrying my Navy husband in 1993, I have nothing to put in my resume for "work experience" except a few short-lived legal jobs between military moves. Recognizing that my Vente Skinny Vanilla Latte has nothing to do with my trembling hands, I press on, trying my best to make 20 years as a stay-at-home military mom read like a thriving professional career.

As I fill my work experience gap with various volunteer and freelance jobs I've had through the years, I "tsk" at how unfair the working world can be to military spouses. For most of us, managing our families through multiple moves, hardships, deployments, and constant change is the

most challenging "work experience" we've ever had. Despite the bonbons-and-soap-operas stereotype, any SAHM who has successfully managed a three-child-and-one-sloppy-labradoodle household -- and all the deployments, broken hot water heaters, clogged gutters, orthodontist appointments and parent-teacher conferences that come with it -- is most-definitely worthy of gainful employment.

I resist the urge to add the cutesy cliché "Domestic Engineer" in hopes that potential employers will respect me for putting my own career aside to help my husband serve his country. Instead, under the heading "REMARKS" I write, "Despite gaps in my job history, I have always exemplified hard work and dedication, whether as a lawyer, writer, volunteer, mother or military spouse," pounding the period button with a self-righteous poke.

I've been working hard for 20 years at the uniquely challenging job of being a military spouse, and perhaps that's the kind of experience that just can't be described on paper. Finished with my resume and my latte, I close my laptop with a steady hand, and hope that there are employers out there who won't mind the gap.

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

# Health Watch

## KAFB Mammothon

### Oct. 10

### 7:30 a.m. - 2 p.m.

As Breast Cancer Awareness Month is observed in October, Keesler Medical Center is preparing to host its third annual "Mammothon," 7:30 a.m. to 2 p.m. Oct. 10. Walk-in cancer and preventive health screening and information for all ages and genders are provided. Services offered include:



- ~ The mammography clinic will offer walk-in mammograms to all patients 40 years old and older who are due for annual screening.
- ~ Keesler oncologists will provide walk-in clinical breast exams.
- ~ Walk-in pap smears and clinical breast exams will be available from the women's health staff.
- ~ Men and women will be able to obtain walk-in pre-operative planning and scheduling for colonoscopies from the general surgery staff.
- ~ The urology clinic is offering information on prostate and bladder cancers and the dermatology clinic staff will provide melanoma prevention information.
- ~ The family health clinic will schedule a dedicated day of well-woman exams.
- ~ The ophthalmology and optometry clinics will offer walk-in vision and glaucoma screening.
- ~ Hearing screening will be available from the ear, nose and throat clinic staff.

In addition, the medical center's Don Wylie Auditorium will be filled with cancer education and preventive health opportunities including flu shots, screening for vascular disease screening by vascular surgeons as well as blood pressure and glucose screens. Information on genetic risk for cancer, smoking cessation, nutrition counseling, intoxicated driving prevention, and domestic violence and sexual assault prevention will also be available. The event is open to anyone eligible for care at Keesler. Appointments aren't required. The mammography clinic is on the first floor in room 1A219 near the A Tower entrance.

### Energy Savings Tip:

Insulate the first six feet of the hot and cold water pipes connected to the water heater. It'll keep your comfort high and your energy bills low. While you are at it, remember to use an insulation wrap to help your old water heater heat in more effectively. Once properly insulated you can reduce your water heater temperature setting from 140 degrees to 120 degrees. This action will save you money while keeping water hot enough for showers and cleaning dishes.

# NCBC Helping Hands

**DIAMONDHEAD COMMUNITY BAND-STAND** - Approximately four volunteers are needed to construct a 16' in diameter wooden Victorian bandstand from plans provided. Point of contact for more information is Harold Dawley, 228-437-4210 or Hdawley@bellsouth.net for more information.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 if you are interested in volunteering.

**DELISLE ELEMENTARY** - DeLisle Elementary School, on Menge Ave, (exit 24) in Pass Christian, is holding their annual Fall Festival, Oct. 10, 4:30 - 7 p.m., and in need of volunteers to help with games and other festival duties. Volunteers are welcome to be in uniform or civilian attire. To volunteer, please call Tara at 228-424-6738 or email: delislepto@gmail.com.

**HELP FOR VETERANS** - The annual Vet-

erans Stand Down will take place at 9 a.m., Oct. 16 at Hiller Park in Biloxi. Fleet and Family Support Center (FFSC) is collecting back packs to be distributed at the stand down. Please check around your homes and see if you have any gently used back packs, gym bags or messenger bags that you can spare for area veterans. Donations of hamburgers, hotdogs, buns, chips, travel size toiletries are also needed. Donations may be dropped by FFSC, attention: Susan Smith.

**DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

**GULFPORT SCHOOLS 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

**HELP SENIORS AND DISABLED CITIZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

**NAVY-MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

**USS ALABAMA ALWAYS LOOKING FOR 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. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

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

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindley@navy.mil. Check out the new and improved website at: [https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport.html](https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html)

## Seabee Memorial Chapel

### Religious Services Sunday:

Catholic Mass: 9:30 a.m.  
Protestant: 10:30 a.m.  
Weekday Mass:  
Tuesday: 11:15 a.m.



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

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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

## What's happening at the Chapel?

### Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

### Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

### Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

### Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

### Meetings:

*Chapel Council meetings*  
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

*Quarterly "State of the Chapel" meetings*  
The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

**OCTOBER  
10-16**



**Program Telephone Numbers & Hours**

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

**Are you Ready to Rumble @ the BEEHIVE?**  
Thursday Night Football Action – FREE SNACKS!

**Outdoor Recreation**

**A-LINER TALLADEGA RACE SPECIAL!**

With the Purchase of Talladega 500 ticket/s from ITT, Navy Outdoor Recreation will give you a 25% discount off a two day A-Liner. For more information please contact, 228-871-2127

**Fitness**

**MWR COMBINE  
CHALLENGE!**

October 16  
1700 – 2000

**FALL POOL HOURS**

Beginning 10/6  
M-F, 0800-1700  
Sat & Sun  
0800-1600



- Oct 10, 6:00p (departure), TRAIL OF TERROR Haunted Trail, \$13 Admission
- Oct 11, 12:00p (departure), Cruisin the Coast Car Show, FREE Shuttle
- Oct 13, ALL DAY, 239th NAVY Birthday!, FREE Cake
- Oct 15, 6:00p, JENGA Night!, 1st place PRIZE
- Oct 16, 6:00p, AUTO SKILLS 101



**ANNUAL  
FRIGHT NIGHT**

Friday, October 24, 2014  
From 6:00-8:30pm  
at LADD Circle

Bring the family for a night of FREE Halloween fun!  
Parking on the Grinder

- Haunted Maze
- Hagsride
- Trick or Treat
- Children's Costume Contest
- Music
- Children's Games & Activities
- Food Vendors

For volunteer opportunities, call Kirk Kelly @ 822-5172  
or Danny Calhan @ 871-2669

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

**Information, Tickets & Travel**

CATCH ONE OF THE FINAL RACES OF THE 2014 SEASON

October 18 & 19

2014 Geico 500  
2-day package\* ONLY  
\$72.00  
Regularly \$170.00  
\*Package seating in the Tri-Oval Tower  
Call ITT at 228-871-2231  
Single Day Grandstand Tickets & Pit Passes Available

FREE Fun!

Heard the Latest BZZZZZ!

**FAMILY READING TIME**  
on Saturday!  
10:30a - 11:30a

**OCTOBER 18  
NOVEMBER 15  
DECEMBER 20**

AT THE LEARNING RESOURCE LAB (ITT)

**FREE MOVIES  
AT THE TRAINING HALL!**

- Oct 10 - 6:00 PM, INTO THE STORM; 8:00 PM, THE PURGE: ANARCHY
- Oct 11 - 2:00 PM, GUARDIANS OF THE GALAXY; 5:00 PM, DAWN OF THE PLANET OF THE APES; 7:30 PM, LUCY

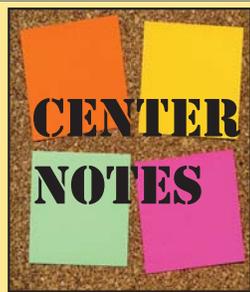
**NAVY 239TH BIRTHDAY!**

- Oct 12 - 2:00 PM, MIDWAY; 4:30 PM, PT 109; 7:30 PM, U-571

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"

October 9, 2014

Seabee Courier



**SUPPORT**

**FamilyReadiness 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** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

**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** 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](mailto:Gulfport@focusproject.org)

**Officer's Spouse 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](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

**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](http://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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**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 MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

**VFW Post 3937 Long Beach** - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

**Ladies Auxilliary to the VFW 3937 Long Beach** Are you eligible? The Ladies Auxilliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

**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 information.

**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, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

October 9, 2014

**October is Fire Prevention Month**  
 During Fire Prevention Week (Oct. 6 - 10), the Naval Construction Battalion Center (NCBC) Gulfport Fire Department would like to extend an invitation to all departments and commands to contact us for fire extinguisher training and a review this of year's National Fire Protection Association theme, "Working Smoke Alarms Save Lives." The training promises to provide interesting facts about smoke detectors that many people aren't aware of, but that could possibly save a life! We are available to provide training at your work center between 8 a.m. and 3 p.m., Monday through Friday. Although we are highlighting training during Fire Prevention Week, the training may be conducted any time in October. Work site training should take approximately 30 minutes, depending on the number of people in attendance. Please contact Inspector Ducote at [william.ducote@navy.mil](mailto:william.ducote@navy.mil) and schedule your training today!



From BBC page 8 floor plans, photos (where available) and an area map. This section also includes a complete list of community amenities available to residents, such as community centers, fitness facilities, and playgrounds.  
**Community Life** - BBC strives to provide quality housing and enjoyable communities for all of our residents. In the 'Community Life' section of the website you can find the latest information about what is happening in the housing community, including details on upcoming events and activities. This section also

features an overview of LifeWorks, BBC's resident relations program, and even a few activities for our youngest residents in the Kids Corner.  
**Resident Resources** - In the important 'Resident Resources' section, you will find all the information you need about living in housing at NCBC Gulfport. From policies and forms, to directions on how to submit a service request and community schedules for trash/recycling pick-ups and lawn care, this section has it all.  
 You'll also find extensive home, community and seasonal safety information

as well as a detailed overview of housing utilities and related energy conservation programs.  
 For those still getting to know the local community, the 'Area Resources' page features a list of important contacts and links for everything from healthcare facilities to public transportation and school information.  
 If you currently live in housing—or are considering it—be sure to visit [www.ncbcgulfporthomes.com](http://www.ncbcgulfporthomes.com) and stay in-the-know about every aspect of our community, from how to move in to how to move out and everything you need in between.

Seabee Courier