

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 55 No. 37

Naval Construction Battalion Center, Gulfport, Mississippi

September 24, 2015



More than 1,100 people came to the Naval Construction Battalion Center Gulfport, Sept. 19, for the 20th Annual Seabee Volkslauf Mud Run. The fun filled muddy day helped raise money for the Seabee Ball. Thanks to everyone who partici-

pated, run organizers and all the volunteers who made the event possible. (U.S. Navy photo by Rob Mims/Released)

More **MUD RUN** photos on page 4 and NCBC and MWR Facebook sites

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

SW2(SCW) Iesha Chong

BUCN Alexandria Marek

BUCN Elizabeth Mills

BUCN Samantha Opyoke

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code N00P, Gulfport, MS 39501. Phone, 228-871-3662, email: seabecourier@navy.mil.

Carter: DOD provides 'Unconditional' Support for 'Lean in Circles'

By Lisa Ferdinando
DOD News, Defense Media Activity

The Department of Defense (DOD) is providing "unconditional" support for "Lean In Circles," or peer-to-peer mentoring groups, to help in empowering women and to propel them into leadership roles, Defense Secretary Ash Carter said Monday.

Carter sat in on a Lean In Circle at the Pentagon Monday with Sheryl Sandberg, the best-selling author of "Lean In: Women, Work, and the Will to Lead." Sandberg is the founder of LeanIn.Org and the chief operating officer of Facebook.

More than a dozen women of various ranks from across the services took part in today's circle, including Air Force Secretary Deborah Lee James, Army Brig. Gen. Patricia Frost and retired Army Gen. Ann Dunwoody, the first woman in the U.S. military to achieve the rank of four-star general.

DOD Support for Circles

The Defense Department, Carter said, will provide space and time for service members and civilians to participate in the circles. The meetings are voluntary and open to everyone. The secretary added that he highly encourages everyone to "take advantage of DOD spaces made available before, after or during work hours" for these meetings, whether in the Pentagon or around the globe.

The circles are an "investment in our people and our future," he said, explaining that the meetings boost morale and productivity and help to build diverse leadership.

"Our people make us the best; to

stay the best, we need to keep up with current trends in talent management," the secretary said. "These circles have a proven record of empowering women throughout our ranks, and giving men a way to lean in also and support their female colleagues and improve themselves."

Women 'Mission Critical' in Military

The participants in today's circle talked about "institutional barriers" in the military, Sandberg said, noting a "leadership gap" that she said exists in every industry in the United States along with an "unconscious bias" in dealing with gender and race.

"Nine percent of our generals are female; less than 5 percent of Fortune 500 CEOs are female," she said. A problem, she added, is that women often are placed in roles, such as support jobs, that are less likely to get promoted into CEO or general officer positions.

"The good news is that we can change this," she said.

Having women in the top roles in the military is "mission critical" in building the force needed to defend the United States and its values around the world, Sandberg said.

The military is the largest employer in the nation, and historically has a leader in social change, Sandberg noted. "If the United States military can get this right, other industries will follow, and today is part of that," she said.

"I have great admiration for the women and men who serve in uniform or are part of the Department of Defense civilians, she said. "I have special admiration for the women,

because you fight for equality with every step you take every day you come to work. A more diverse force is a stronger force."

Important Discussions

Frost, the deputy commanding general for operations at U.S. Army Cyber Command, said she holds an informal "fitness group" Lean In Circle. The discussions allow her to hear the challenges and concerns of members and get the "pulse" on some of the things going on in her command, she said.

Having "open conversations" is important in moving women forward in the military, the general said. While the circles give women a chance to talk about their challenges, she added, it also benefits men.

"I think we really have had a success story when it is men and women, and we are discussing how women can mentor men about women," Frost said. "I don't know that men know some of the biases that they have, and I just don't think they see it."

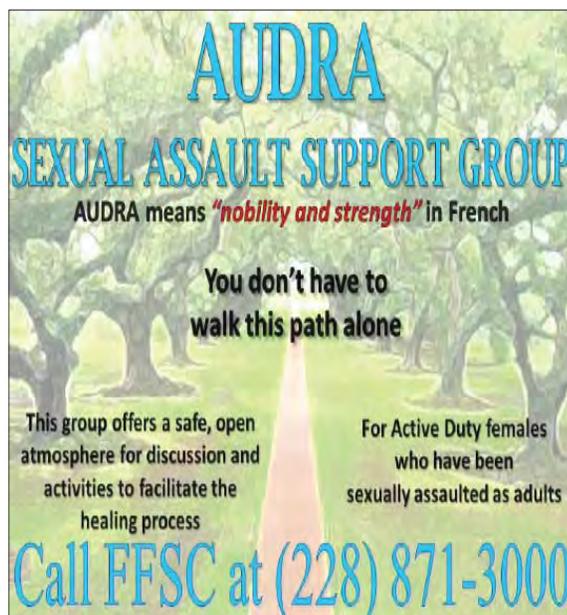
Air Force Master Sgt. Heather Morales, who has a Lean In Circle at the Pentagon, said today's discussions focused on what is holding women back in the military and some of the things the women were experiencing at their bases or had experienced throughout their careers.

"It's very important to have these discussions, and especially at this level -- to have the secretary of defense and the secretary of the Air Force engaged to solve these issues -- because many of the problems that exist, some are related to biases that people don't even know that they have," she said.



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; 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

Buzz on the Street



By SW2(SCW) Iesha Chong and
BUCN Elizabeth Mills
NCBC Public Affairs

“How do you feel about the constantly fluctuating weather on the Miss. Gulf Coast?”



“It’s a pain. Fluctuating weather causes sickness. The military cannot afford to have everyone sick.”

BM2 Kameron Carey
NCBC Gulfport
Hometown: Houston, Texas



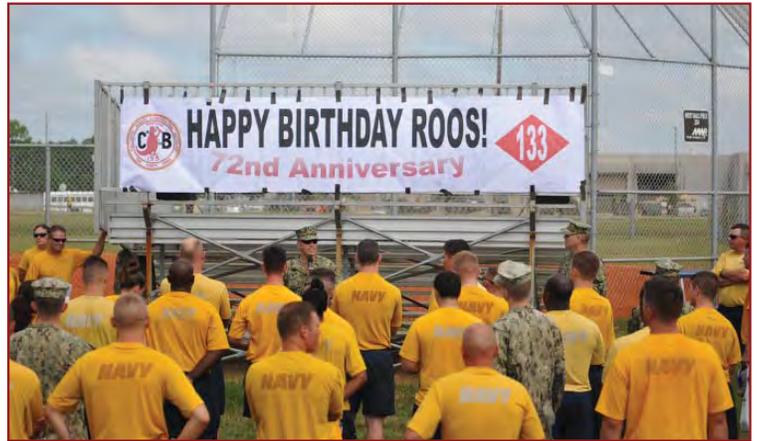
“I like it. It changes things up.”

Brittany Welch
Fitness Center
Hometown: New Orleans, La.



“I am a hunter, so the weather change is a great advantage.”

Kevin Byrd
NCBC School Liaison
Hometown: Long Beach, Miss.



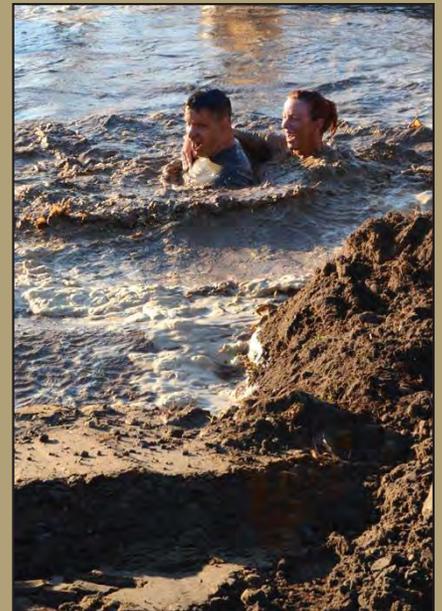
The Runnin’ ‘Roos of Naval Mobile Construction Battalion (NMCB) 133, celebrated their 72nd birthday with sports competitions, motivating speeches and a BBQ on board NCBC Gulfport, Sept. 17. The unit was commissioned Sept. 17, 1943 as Naval Construction Battalion (NCB) 133. The Kangaroo symbol and “Kangaroo Can Do” slogan were chosen as the battalion was to be deployed to Australia, however the first deployment was actually at Naval Air Station, Honolulu. (U.S. Navy photo/Released)



Maj. William McLaughlin, commander, 366th Training Squadron, Detachment 6 speaks to guests during a ceremony honoring the United States Air Force 68th birthday, Sept. 18. The birthday celebration began at 5 a.m. with the Air Force Birthday 6-mile Tri-Service Challenge which was won by the USAF team. After the trophy presentation, a ceremonial cake was served. The United States Air Force was created in 1947, as a separate branch of the armed forces. (U.S. Navy photo by Steelworker 2nd Class Iesha Chong/Released)



Janice Baker, Navy Lodge manager, puts the final touches on decorations in the foyer of the Navy Lodge on board the Naval Construction Battalion Center, Gulfport, Sept. 21. Baker and her team have extended an invitation to everyone to stop by and help them celebrate National Hospitality Week. The annual celebration was created as a morale-boosting means of showing appreciation for the great job done by Navy Lodge employees. (U.S. Navy photo by Rob Mims/Released)



Sept. 19, 2015

U.S. Navy photos by:
Rob Mims and Builder Constructionman Elizabeth Mills, NCBC Public Affairs



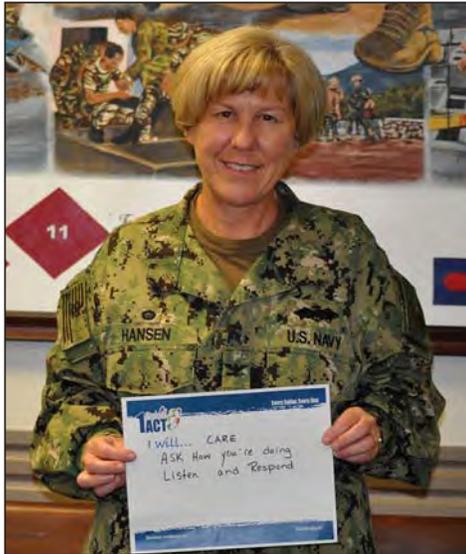
Suicide Prevention

By SW2(SCW) Iesha Chong
NCBC Gulfport

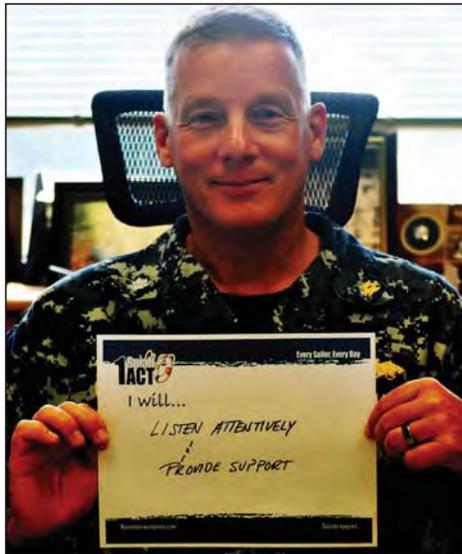


September is Suicide Prevention Month and is intended to raise suicide prevention awareness. This year, suicide prevention month is focusing on a new message with its Every Sailor, Every Day campaign, "1 Small ACT." The message promotes

simple, everyday actions that can ultimately save lives, using Navy's "ACT" (Ask, Care, Treat) bystander intervention model. NCBC Gulfport members were asked, what 1 Small ACT could they do to save a life ...



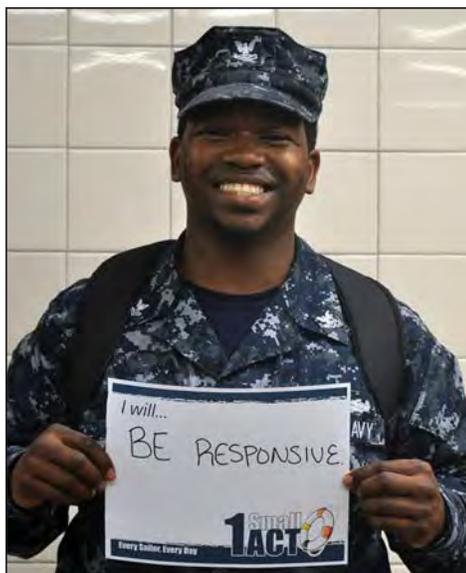
Capt. Cheryl Hansen
Commanding Officer NCBC Gulfport
I will ... CARE - ASK HOW YOU'RE DOING
LISTEN AND RESPOND



Cmdr. Anthony Conley
Executive Officer NCBC Gulfport
I will ... LISTEN ATTENTIVELY AND
PROVIDE SUPPORT



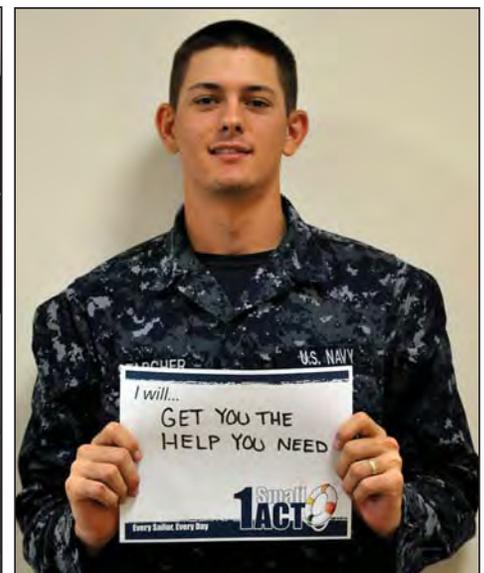
CMDCM Mark Thomas
Command Master Chief NCBC Gulfport
I will ... BE THERE!



CS2 Kwaski Burns
Colmer Dining Facility, NCBC Gulfport
I will ... BE RESPONSIVE



CS3 Shantil Scott
Colmer Dining Facility
I will ... NOT JUDGE!



**Builder Constructionman Recruit
Richard Starcher**
Naval Construction Training Center student
I will ... GET YOU THE HELP YOU NEED

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net for confidential, free support, 24/7

NMCB 1 Seabees in action



Builder 3rd Class Joshua Donahoe, assigned to Naval Mobile Construction Battalion (NMCB) 1, positions a concrete truck hose during a concrete placement at the Explosive Ordnance Disposal Mobile Unit 5 (EODMU5) complex on Naval Base Guam, Sept. 18. Seabees from NMCB 1 are placing concrete slabs for a storage warehouse to be used by EODMU5. (U.S. Navy photo by Ensign Abigail Chek/Released)



Utilitiesman Constructionman John Cotton, assigned to Construction Civic Action Detail (CCAD) Marshall Islands with Naval Mobile Construction Battalion (NMCB) 1, levels dirt prior to compacting for a block building project in support of U.S. Army Garrison Kwajalein Atoll public works department on Kwajalein, Sept. 18. CCAD Marshall Islands is providing humanitarian aid to the Republic of the Marshall Islands. (U.S. Navy photo by Utilitiesman Constructionman Kelsey Kyllberg/Released)

PWD Yokosuka recognizes NMCB 5's efforts

By James Johnson
NAVFAC Far East Public Affairs

Naval Mobile Construction Battalion (NMCB) 5 Yokosuka Detachment earned praise from Public Works Department Yokosuka leaders after completing a seven-month deployment, Yokosuka, Japan, Aug. 28.

The detachment served at Fleet Activities (FLEACT) Yokosuka, Naval Air Facility (NAF) Atsugi and the Negishi Housing Area.

"Working behind the scenes with little to no recognition, the Seabees have had a tremendous, positive impact at Fleet Activities, Yokosuka," said Cmdr. Ben Miller, public works officer. "Their willingness to take on several quality-of-life projects at the beginning of their deployment is a testament to the outstanding contribution Seabees provide to the fleet and their families. I thank the Seabees of NMCB 5 for everything they have done and I welcome the next motivated group of Seabees scheduled to arrive at our installation."

The largest project the Seabees took on is the \$497,000 Briggs Bay seawall on board FLEACT Yokosuka. The 1,163-foot-long, eight-foot-high structure replaces an older wall and is designed to protect the shoreline from coastal erosion and damage from storm surge. The wall is constructed of concrete masonry unit blocks on a concrete foundation and is finished with stucco and exterior paint. NMCB 5 Sea-



Naval Mobile Construction Battalion (NMCB) 5 Seabees demolish the existing Briggs Bay Wall and install fall protection barricades on board Fleet Activities Yokosuka, Japan, May 21. (U. S. Navy photo/Released)

bees did much of the work in challenging conditions during the hot summer months. During this time they experienced no lost-time accidents.

When the FLEACT Yokosuka Qualified Recycle Program (QRP) faced an unusually high number of personnel vacancies, NMCB 5 stepped in.

"The Seabees volunteered to assist the QRP in sorting, classifying and otherwise processing material to be recycled," said Brad Stevenson, QRP manager. "They were a tremendous help with the daily operations."

They sorted and processed four tons of electrical cords, worth approximately \$12,000 to the QRP, along with 500 gallons of used cooking oil.

The detachment also brought the recycling program home, implementing a plan to collect scrap

metals at their workspace. They gathered aluminum cans, nuts, bolts and other unwanted metals for the QRP.

Other work included renovations to the security office and weather protection shed at NAF Atsugi, and installation of residential water heaters at the Negishi Housing Area.

The deployment also provided NMCB 5 opportunities for community outreach. In April, the Seabees participated in a Science, Technology, Engineering, Arts and Math (STEAM) event at Yokosuka Middle School. Using "We Build, We Fight," as a theme, they taught students how to build a six-foot wall, install light fixtures and perform a tactical one-man drag.

"I can't say enough about our Seabees' outstanding works and great things they've done here in FLEACT Yokosuka, NAF Atsugi, Ikego and Negishi," said Lt. j. g. Hadi Mirsadeghi, NMCB 5 Detail officer in charge. "We've spent 18 months in homeport training for this and we came 100 percent ready and prepared to execute the command's mission, to construct and build."

NMCB 5 returns home to Port Hueneme, Calif., after deployment to the Pacific, in which the battalion was headquartered in Okinawa, Japan, and sent Seabees to work 41 construction projects in 12 countries, supporting U.S. military infrastructure overseas and maritime security and stability operations.

Camp Shields holds Chief Pinning Ceremony

By MC1(SW) Michael Gomez
NMCB 3 Public Affairs

OKINAWA, Japan - Naval Mobile Construction Battalion (NMCB) 3 celebrated the promotion of four, new Chief Petty Officers (CPO) Sept. 16, at Camp Shields, Okinawa, Japan.

NMCB 3's newest chiefs were joined by ten other newly promoted chiefs from Commander, Fleet Activities Okinawa, Patrol Squadron 47, Commander, Fleet Air Forward GSE Detachment, Navy Munitions Command EAD, and Naval Facilities Engineering Command.

The chiefs' pinning ceremony is a tradition unique to the Navy, which dates back to 1893 when the chief petty officer paygrade was created. The ceremony signifies a new position of leadership and responsibility for the Navy.

"The feeling is surreal and amazing," said Chief Utilitiesman Darwin Jay Naigan. "My responsibilities as a new chief is to mentor, train, and lead Sailors to be successful in their career and in life."

Chief's responsibilities are to be both technical experts and naval leaders.

"We are expected to have the all the answers," said Chief Yeoman Tyron Fedderman, one of the newly pinned chiefs. "As a chief your influence is far reaching, every decision you make affects all the people around you."

Ready to continue the CPO legacy, these new chiefs hope to pass on Navy leadership, heritage and tradition to their junior Sailors.

"It's all about the Sailors, it's our turn to give back to our Sailors," said Chief Builder David Combs.



Left: Newly pinned Chief Builder David Combs assigned to Naval Mobile Construction Battalion 3, receives his collar devices. Below: Chief Builder James Griffith, walks through side boys during the 2016 chief petty officer pinning ceremony at Camp Shields. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael Gomez/Released)



WE BUILD ★ WE FIGHT

SEABEE Online

United States Navy

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

Energy \$avings Tip: About once a year, drain one gallon of water from the faucet at the bottom of your water heater. This gets rid of the sediment in the water which reduces the energy efficiency of your water heater.

Back in Time: Seabee history - Vietnam Era



Seabees fit together the pieces of the 210-by-24-foot timber bridge across a river on Route 1 between Phu Loc and Lang Co, South Vietnam, in 1967. The members of Tango Detail of the Naval Mobile Construction Battalion (NMCB) 74 were assigned to the 3rd Naval Construction Brigade. (Photo courtesy of U.S. Navy Seabee Museum/Released)

Sept. 20

1965: NMCB 5 main body departs Port Hueneme, California for Camp Hoover, Da Nang, Republic of Vietnam (RVN).

Sept. 21

1950: During the Inchon offensive in Korea, a detachment of Seabee volunteers from Amphibious Construction Battalion (ACB) 1 carried off an exploit typical of the legends that have sprung up about Seabees. Air observation reported eight locomotives trapped by broken rail lines in a switch yard at Yong Dong Po, eight miles above Inchon. A group of Seabees under a chief petty officer volunteered to go behind enemy lines and attempt to capture the engines. The Seabees sneaked down the line past

enemy troops and seized the locomotives. However, when they reached the switch yard, they found the Kirin Brewery alongside the track. After thoughtful consideration, the Seabees decided to liberate not only the locomotives, but some of the beer stacked in the brewery. In quick time, the men had 15 cases of beer loaded aboard the locomotives. They then fired up the engine boilers and began the dangerous trek back to their lines. Along the way they had to repair broken track while under enemy fire. Even the United States Marines began shooting at the trains until they realized they were manned by Seabees. However, in true Seabee fashion, the men of ACB 1 brought

back the liberated locomotives intact, as well as the liberated beer, not so intact.

Sept. 22

1965: NMCB 3 was relieved by NMCB 5 in RVN.

Sept. 23

1965: Main body of NMCB 3, after being relieved by NMCB 5, returned to homeport via six Military Air Transport Service (MATS) aircraft.

Sept. 24

1967: The first flight of NMCB 128's advance party arrived in Da Nang, RVN.

Sept. 25

1967: Advance Party of NMCB 133 departed Da Nang, RVN for CBC, Gulfport, Miss.

Sept. 26

1967: NMCB 10 headquarters unit arrived at Gia Le, RVN.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Housewife Zone

You are about to enter another dimension, a dimension of not only dust and dirt, but of lost minds. A journey into a chaotic, lawless land, bound only by your imagination. Next stop ... The Housewife Zone.

Consider if you will, Lisa Molinari. A Navy wife and mother of three, who, like many military spouses, works from her home. She wakes on Monday morning, with a sense of dogged determination . . .

After her husband, Francis, leaves for work and the kids get off to school, she wipes the kitchen counters, empties the dishwasher, and feeds the dog. She fills a bucket with disinfectant and mops the mudroom, kitchen, and bathrooms. She vacuums the bedrooms, family room, living room, and sun porch, sucking the fuzz from corners with the crevice tool. She dusts the living room thoroughly, to include the tedious nooks and crannies of

her husband's military coin display racks.

She eats lunch at her desk, while answering necessary emails with thoughtful details and accurate punctuation. She waters the garden, weeds the beds, and sweeps the porch while throwing the tennis ball for the dog. She listens for the buzz of the dryer, completing three full loads during the course of the day.

By the time Francis arrives home from work, the house is spic and span. She serves her family a delicious dinner of marinated flat iron steak sautéed with shallots and mushrooms in a red wine reduction, and a side of caprese salad using tomatoes and basil fresh from her garden.

"I'm a complete failure," Lisa says, flipping a morsel of gristle to the dog.

"Hu?" Francis responds, shoveling the last of the mushrooms onto his fork while still enjoying the pleasant scents of Pine Sol and beef drippings.



Lisa slumps in her chair with a heavy sigh. "Ever since I started working from home as a writer, I live in some kind of crazy mixed up dimension. I feel bad if I don't get my writing done because I spent too much time cleaning and cooking. But if I spend the day writing, I feel like I'm a lousy housewife. I can't win."

"Yeah, that's pretty messed up," Francis said, muffling a satisfied belch with his napkin.

Lisa watches her husband shuffle off to his lounge chair, picking crumbs off his shirt and eating them like some kind of primate. She was envious. Thanks to the military, Francis lives within the comfortable confines

of the world with clear expectations. The Navy dictates what he wears, his hairstyle, what time he leaves the house, what he does all day, and even how much body fat he has.

Lisa, on the other hand, lives in the upside down world of the housewife (or house-husband, as it were), where she has a million things to do, but no one tells her when, where, or how to do them. In this vast dimension, Lisa's actions are bound only by her imagination.

If she wants to wear pajama pants and her son's old football camp T-shirt until three in the afternoon, no one will stop her. If she feels like googling all her old high school boyfriends for two hours while she's on deadline, that's her prerogative. If she finds apple fritters on the day-old rack at the Stop & Shop, no one will know if she buys them, takes them home, and attempts to consume all four of them for lunch

with a milk chaser while watching DVRed episodes of "Naked and Afraid."

Not that she's ever done anything like that, of course.

And in the most bizarre twist of irony, now that Lisa works from home, she also feels guilty if she does too much housework.

This harrowing tale has no moral, no message, no prophetic omen. Just a simple caveat to military spouses everywhere: Self-discipline, time management, and balance are essential weapons for survival in ... The Housewife Zone.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinarIWrites."*

September is National Preparedness Month

Power outages strike without warning! Be prepared with a well-stocked emergency kit. Do you have your emergency kit ready? Be Ready Navy! Learn more at <https://www.ready.navy.mil>



Live Our Values: Step Up to Stop Sexual Assault!

Reducing the threat of sexual violence from within our ranks continues to be an All Hands effort - focused on our collective effort to provide safe environments for our Sailors at all levels. The Navy is committed to responding to and providing compassionate support for victims, reinforcing the importance of prevention and bystander intervention, and creating an environment of true dignity and respect for all our shipmates.



Focus on Education

Education Notes

Prepare Your Relationship to Weather Storms
Still time to enroll ... FOCUS (Families Overcoming Under Stress), will host a workshop at 11 a.m., Sept. 28 at FOCUS headquarters, 304 John Paul Jones, Room 405 (East of Anchors and Eagles). For more information, call

228-822-5736.
Command Financial Specialist (CFS)
A CFS training and refresher course for E-6 and above is scheduled for Oct. 13 - 16, 8 a.m. to 4 p.m. at Fleet and Family Support Center (FFSC) Gulfport. Contact the FFSC at 228-871-3000

to register.
CPR/AED Classes
NCBC Fire and Emergency Services is offering Cardio-pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes to organizations on board the Center. For more information, call 228-871-2414.

End of FY dollars available for Tuition Assistance - get those requests in NOW!

By Ed Barker
Naval Education and Training Command Public Affairs

Sailors planning to use Tuition Assistance (TA) for courses should submit their requests as soon as possible, according to an interview with the Navy's senior Voluntary Education (VOLED) managers on Sept. 10.

Ernest D'Antonio, VOLED director for the Naval Education and Training Professional Development and Technology Center (NETPDTDC), said TA is fully funded for this fiscal year and his team is working hard to ensure TA requests that meet policy requirements get processed as quickly as possible.

"We are finishing up TA requests for term starts in September," said D'Antonio. "Provided a Sailor meets all Navy eligibility requirements, we are authorizing TA requests based on term start dates."

According to Lt. Cmdr. Mark Wadsworth, NETPDTDC VOLED Operations director, beginning 30 days in advance of the term start is not too early.

"Your TA request must be authorized by the VOLED team before the term start date, and submitting your application as early as possible gives us time to work with you to resolve problems if there's an issue with the TA application," Wadsworth said. "Annual TA funding and credit hour caps reset Oct. 1, and FY16 TA applications can and should be submitted in advance."

Wadsworth added that if a Sailor owes the Navy

money from a failed course, a voluntary withdrawal from a course, or a grade earned that is below policy requirements, or if a Sailor needs to report a grade for a completed class, the Navy College Offices or the Virtual Education Center will work with Sailors to get those issues resolved.

D'Antonio also stressed that getting TA applications in early allows time for the Sailor's command to review and approve the TA application. Sailors can check the status of an application online.

"They can check whether they have submitted their requests correctly, whether it's been submitted to their command approver and if the request has been funded by Navy VOLED personnel," said D'Antonio. "If TA requests are received by the VOLED team on or after the class begins, the TA requests will be denied in accordance with policy guidelines, putting Sailors in a potentially tough financial situation if the course is not dropped; that's why early TA submission coupled with a well-defined education/degree plan is strongly recommended."

Navy VOLED contact and other information can be found on the Navy College Office Web page, along with the My Education portal: <https://www.navycollege.navy.mil/> or toll-free at 1-877-838-1659; DSN 492-4684 or Commercial 757-492-4684.

For more information on the Naval Education and Training Command, visit the NETC website: <https://www.netc.navy.mil>.

October: Fire Prevention Month

From NCBC Fire and Emergency Services

According to the National Fire Protection Association, there were 1,298,000 fires reported in the United States in 2014. These fires caused 3,275 civilian deaths, 15,775 civilian injuries, and \$11.6 billion in property damage.

The first National Fire Prevention Week (FPW)

was in 1925, and has become a valuable tradition to educate the public for fire prevention practices.

The FPW 2015 theme is "Hear the Beep, Where You Sleep ... Every Bedroom Needs A Working Smoke Alarm."

Fire Prevention Week on base is Oct. 5-9, but there will be training events throughout the month.

Everyone is invited to stop by the locations when they are posted and take advantage of some great training and information!

If your organization wishes to schedule training, please contact the Fire Prevention Office at 228-871-3083.

For more information, visit: <http://www.nfpa.org/safety-information/fire-prevention-week>.

Fire Prevention Training Schedule

Oct. 5
8:30 a.m., Fire Prevention Week Proclamation at Fire Dept. with CO and Sparky; 10-11 a.m., MWR, Bldg. 352; 1 - 2 p.m., PSD, Bldg. 118; 4 - 5 p.m., In conjunction with Balfour Beatty, Woodlands II area, Eagle Drive, Fire Safety House and Sparky

Oct. 6: 8 - 8:45 a.m., NEX; 9 - 10 a.m., NMCI, Bldg. 203; 10 - 10:30 a.m., IT, Bldg. 329; 11:30 a.m. - Noon, Bldg. 306A; 3:30 - 4:30 p.m., YAC (Fire Safety House)

Oct. 7: 8:30 - 10 a.m., CDC, Sparky and Fire Safety House; 10:30 - 11:30 a.m., Navy Lodge; 12:30 - 1 p.m., MCOOC, Bldg. 217; 4 - 5 p.m., Liberty Center

Oct. 8: 7:30 - 9 a.m., Fitness Center; 10 - 11 a.m., Fleet and Family Support Center, Bldg. 30; Noon - 12:30 p.m., Bldg 122; 4 - 5 p.m., Liberty Center

Oct. 9: 7:30 - 9 a.m., Fitness Center; 10:30 - 11:30 a.m., Navy Lodge

Oct. 13: 9 - 10:30 a.m., Bldg. 465; 12:30 - 1 p.m., Lakeside

Oct. 14: 7:30 - 8:30 a.m., Rhodes Hall; 9 - 10:30 a.m., Bldg. 428, 429; Noon - 1 p.m., Public Works Department, Bldg. 274

Oct. 20: 7 - 8 a.m., NCTC, Bldg. 345, 346; 9 - 9:30 a.m., Security

Oct. 27: 9 - 9:30 a.m., Security

Oct. 30: Fright Night



All locations will have fire extinguishing training and discussion of NFPA's Fire Prevention Week Theme, "Hear the Beep, Where You Sleep"

NCBC Gulfport School Liaison Officer Kevin Byrd
MWR, Building 352, 1706 Bainbridge Ave.
Phone: 228-871-2117, email: kevin.r.byrd@navy.mil

NCBC Helping Hands

BILOXI VA – Volunteers are needed to help our Oct. 6 for the Cruisin' The Coast Salute to Our Veterans at MGM Park in Biloxi from 10 a.m. – 2 p.m. Volunteers will meet at MGM at 9:30 to escort patients around to view cars. Point of contact is Susan Smith, 228-871-3640.

SAUCIER VOLUNTEER FIRE DEPARTMENT HAUNTED TRAIL/HAYRIDE – Volunteers are needed to help with setting up, parking, concession duties and haunting at "Haunted Hollow" haunted trail and hayride in Saucier at 7 p.m. Oct. 10, 16, 17, 23, 24 and 30. A portion of the proceeds support the Saucier Food pantry and Wounded Warrior Project. If you can help, please email: saucierfiredept@gmail.com.

VETERAN'S SPOUSE – The spouse of a military veteran needs assistance with roof repairs to her Gulfport home. Point of contact is Susan Smith, 228-871-3640.

CASA – Volunteers are needed to help Court Appointed Special Advocates for Children (CASA) at CASA's Annual Superhero Run, Oct. 24 at 8 a.m., at Tradition which is located at 12500 Village Avenue East in Biloxi. Point of contact is Rhonda Collins, 228-865-7078 or Signey@casaharrisoncounty.org.

CRUISIN' THE COAST - Be a part of "America's Largest Block Party" Oct. 5-11 when thousands of classic, antique and hot rod vehicles arrive in South Mississippi for Cruisin' The Coast. Dozens of volunteers are needed in Gulfport at Centennial Plaza to assist Host Car Club volunteers with directing traffic, parking vehicles, hospitality and being an ambassador

of good will, fun and South Mississippi. Cruisin' The Coast will provide reserved parking for volunteers, a "Staff" t-shirt, lunch for the first shift and all the fun and fabulous vehicles you can handle. This is a unique opportunity to be a part of one of the largest collector car events in the nation. For more information, contact Craig at 228-385-3847. Cruisin' The Coast is a non-profit organization.

NATIVITY SCHOOL BILOXI - Volunteers are needed to assist Nativity School in preparing and holding their school carnival Oct. 16-18. Duties include: setup, working booths, serving food, moving equipment, after event tear down. Point of contact is Christina Lapasinski, 228-872-3484.

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.

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.

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.

BUILD HANDICAP RAMPS - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

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.

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.

Women's Bible Study

Wednesdays, Noon - 1 p.m. - Seabee Memorial Chapel

Please bring yourself and a friend and join us at the Chapel of Choice for food, fellowship and learning from THE WORD!

Fitness Center Hours

Effective Oct. 1

Monday - Friday: 4:30 a.m. - 9 p.m.

Saturday - Sunday: 7 a.m. - 7 p.m.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis



9/25-10/1

MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin Ofc	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison Officer	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	822-5103	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

FORE!

SEABEE CLASSIC GOLF TOURNAMENT

IN CELEBRATION OF THE NAVY BIRTHDAY

MWR

4-Person Team Scramble Format
FRIDAY, OCTOBER 9th 2015
 Bay Breeze Golf Course
 Keesler AFB

Hole in one: \$30,000
(Only applies to specific hole)

Prizes for 1st and 2nd Longest Drive & Closest to Pin

\$25 PER PERSON UNTIL SEPT 18TH
\$30 PER PERSON AFTER SEPT 18TH

SIGNUPS END ON OCTOBER 2nd

7:00 AM – REGISTRATION
 8:00 AM – SHOTGUN START

INCLUDES: 18 HOLES OF GOLF, CART, PRIZES, RANGE BALLS, AND LUNCH
OPEN TO ALL HANDS

SIGN UP AT ITT OR FITNESS CENTER!
CLUBS MAY BE RENTED THROUGH THE BAY BREEZE PRO SHOP OR OUTDOOR REC. DRESS CODE – NO DENIM, NO METAL SPIKES, SHIRTS MUST HAVE COLLARS AND SLEEVES FOR MORE INFORMATION CALL JOSH AT ITT: 228-871-2231

SPLASH-N-DASH

CAPTAINS CUP EVENT

MWR

NAVY FITNESS

OCTOBER 10th @ 0800
LOCATION: NCBC FITNESS POOL & OUTDOOR TRACK
REGISTRATION : SEPT 1ST - OCT 6TH @ FITNESS CENTER

First 100 PARTICIPANTS WILL RECEIVE A TSHIRT!!!

FOR MORE INFORMATION, CALL 228-871-2668

250m SWIM
2.5km RUN



Regular movie showings Thursday- Sunday of every week!
Showing this weekend: Fantastic Four, (Balfour Beatty Resident Appreciation Night w/ Free Admission) War Room, American Ultra, Tomorrowland, (Free Showing) War Room, Straight Outta Compton, The Man from U.N.C.L.E.(\$1 SUNDAY SHOW).
For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times.



NEW FITNESS HOURS, EFFECTIVE OCT. 1, M-F 0430-2100, SAT&SUN 0700-1900.
All Month – Yoga, PIYO, Water Aerobics, Functional Fitness, Zumba and NOFFS workouts available. Check out the MWR Facebook page for details – www.facebook.com/ncbcmwr
Register 10/1-11/21 @ Fitness for Turkey Shoot-Out Racquetball Tournament on 11/21
9/26 @ 8a – Stand UP Paddle Board Class
All Month – Private Swim Lessons, (FREE FOR ACTIVE DUTY) - \$45 for 4x30 min sessions.
Call the Fitness Center at 228-871-2668 for more information.



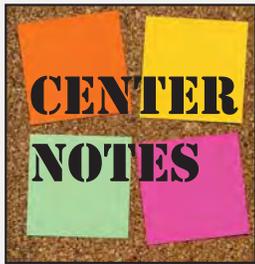
Auto Skills Center – Free Tire Rotation & Balancing every Thursday for the Month of September – By appointment only. Take advantage of the longer days with our new Summer Hours: W-F 12-8 p.m. & Sat 9 a.m.-5 p.m. Sell your vehicle, boat, or trailer at the MWR Resale Lot – great rates and high exposure! Call for details 228-871-2804.

9/26 - All Day, Pick 'Em College Football,
9/27 – NFL on the Big Screen & Humane Society
9/29 – Tournament Tuesday – Madden '16, Prize to 1st Place!
For more information, call Liberty @ 228-871-4684.



September 24, 2015

Seabee Courier



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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.
NMCB 11 FRG invites 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 Activities 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 Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG Presi-

dent 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
Gulfport 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 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.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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at 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, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 for info.
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 Auxiliary to the VFW 3937 Long Beach Are you eligible? The Ladies Auxiliary 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 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 happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, 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.seabee-museumstore.org or call the gift store at 228-871-4779.

September 24, 2015

Celebrating the Navy's Birthday!
Seabee Classic Golf Tournament
Oct. 9, Bay Breeze Golf Course, Keesler AFB
4-Person Teams, Scramble Format
\$55 per person
Sign ups end Oct. 2

Registration: 7 a.m.
Shotgun Start: 8 a.m.
Includes: 18 holes of golf, cart, prizes, range balls, and lunch
Sign up at the Fitness Center or ITT
Open to All Hands!

240th United States Marine Corps Birthday Ball Celebration
The USMC Birthday Ball Celebration is scheduled for Nov. 7 at the Golden Nugget Casino, 151 Beach Boulevard, Biloxi, Miss. Cocktail hour begins at 5 p.m. and tickets are \$100 each. Purchase tickets and RSVP no later than Nov. 1 (the earlier, the better, for discounted hotel rates). Uniform is: Marines: Blue Dress A or B, Army: Army Blue (Bow tie), Navy: Dinner Dress Blue or Dinner Dress Blue Jacket, Air Force: Mess Dress and Civilian: Black Tie. For more information, please contact 1stSgt Chamberlain (I&I Gulfport) at 4901 3rd Street, Building 114, NCBC, 228-871-3104 Office / 901-361-2293 cell or jeffrey.chamberlain@usmc.mil.



Ending Oct. 1
Feds Feed Families Food Drive
Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Chapel, Housing, all quarter-decks.
Goal:
10,000 pounds of food
Collected to date:
13,730 pounds of food!
NCBC has exceeded the goal! Way to Go!

Seabee Courier

RACE ENGINES, DIRT BIKES, ATVs, 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

- Motivated to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance
Email us at: IDVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.


GULF COAST USO

901 CBC 3rd Street, Building 114
228-575-5224
Free services: FAX, Send and 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.