

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 47 No.21

Naval Construction Battalion Center, Gulfport, Mississippi

November 18, 2010

Seabee Center helps Veterans stand up during annual Stand Down

By MC3(SCW) Michael Wright
22 NCR Public Affairs

Since the inaugural 'Stand Down for Veterans in 1988,' the Department of Veterans Affairs and a host of military veterans have worked hard to provide services for homeless veterans throughout the United States. Every year major cities across the country host a one to three-day event, specifically designed to give back to veterans. The term stand down refers to an order that soldiers receive to temporarily cease combat operations and observe a period of rest and recovery.

This year, the Department of Veterans Affairs in Biloxi, served as the stage for this event. In attendance, were hundreds of retired veterans and active duty military service members all ready to give of their time and resources to give a hand to their brethren.

Sailors from commands on board the Naval Construction Battalion Center (NCBC) and Airman from Keesler Air Force Base came to show their support and assist in any way possible. Also present at the stand down were hundreds of appreciative volunteers from the community. Services such as haircuts,

See STAND DOWN page 3

Leading from the front, celebrating service



Lt. Cmdr. Terry Knapp, Naval Construction Training Center executive officer, leads more than 200 Navy, Army and Air Force students during the 2010 Gulf Coast Veterans Day Parade in Biloxi Nov. 13. More than 165 members from Naval Mobile Construction Battalion (NMCB) 1, NMCB 133 and the Mississippi Gulf Coast First Class Association, along with the "Bee Float, also participated in the event deemed one of the largest in its history. The Grand Marshall for this year's parade was Apollo 13 astronaut, Fred Haise, Jr. (U.S. Navy photo by Rob Mims/Released)

For more PARADE coverage see page 19

Take a look Around the Center
Page 3

NMCB 7 shifts focus
Page 6

AFRH holds grand opening
Page 18

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Navy Legal



Immigration: Two options for the foreign spouse

By Lt.j.g. Wenhong You, JAGC
 NLSO Central – BROFF Pensacola

Approximately 22 percent of all U.S. service members are currently serving abroad. For many service members, serving abroad gives them the opportunity to meet that special someone. However, when their tour is over and they have to return home, the question becomes how to bring their foreign spouse back to the States.

In order to have their foreign spouses immigrate to the U.S., service members must work with the Department of Homeland Security's U.S. Citizenship and Immigration Service (USCIS). There are two main ways that foreign spouses can immigrate to the U.S. Before choosing one, the service members must ask themselves what is more important: seeing their spouse as soon as possible or saving time and money.

For the service member who wants to see his or her spouse ASAP, then he or she needs to file the I-129F Petition for Alien Fiancé(e). Once approved, this petition results in a K-3 foreign spouse visa, which usually takes eight months to process. However, this is a non-immigrant visa, which means the spouse cannot work in the U.S. Also, the service member has to later

adjust the spouse's status to that of a lawful permanent resident, known informally as a Green Card-holder. In order to adjust the spouse's status, the service member must use the USCIS's Form I-485, which requires another filing fee and takes an additional six - 12 months to process.

For the service member who wants to do everything at once and can wait a little longer, then he or she can file the I-130 Petition for an Alien Relative. This petition grants an IR-1 visa (or CR-1 visa if the marriage is less than two years old). The IR-1/CR-1 visa does take a little longer on the front end, usually two - three months longer than the K-3 visa. However, the benefit is that as soon as the spouse reaches the U.S., he or she is considered a lawful permanent resident, has a Green Card, and can start working. It also saves the client from having to spend time and money on adjusting the spouse's status to that of an immigrant.

If you have more specific questions concerning this topic, please feel free to call and set up an appointment with your Gulfport Legal Assistance Office at 228-871-2620.

This article is not intended to substitute for the personal advice of a licensed attorney.

NLSO Gulfport to offer special immigration, citizenship appointments

The Naval Legal Service Office (NLSO), frequently sees service members with questions about immigration and citizenship issues.

In order to better assist service members and dependents in the Gulfport area with their immigration and citizenship issues, the NLSO has arranged for Immigration Services Officers from the local U.S. Citizenship and Immigration Services (USCIS) office in Metairie, La. to come onboard NCBC Gulfport to provide one-on-one appointments Dec. 2. They will be here to answer whatever questions you may have regarding a pending or future citizenship petition, visa application, or immigration problem.

These Immigration Services Officers are not from the Immigration and Citizenship Enforcement Agency (ICE), the agency responsible for investigation and criminal and civil enforcement of the federal laws governing border control, customs, trade, and immigration.

Service members or their dependents can make an appointment to see an Immigration Service Officer for a n appointment Dec. 2 which will last 20 minutes. Depending on the level of demand for these appointments, future appointment days will be announced. Call the NLSO at 228-871-2620 to schedule an appointment or for more information.

Command Action Line

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, E-mail: CNRSE_HOTLINE@navy.mil.

MCPON sends 2010 Veterans Day message

Special from Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West

"Veterans, Shipmates and Navy Families,

Veterans Day is a day we set aside to pay tribute, honor and remember the men and women who have served in our nation's defense.

Our veterans have honorably served and sacrificed throughout the world when our nation called, and many have paid the ultimate sacrifice, and it is with eternal gratitude that we take the time this day to honor the memory of our fallen while bringing alongside and thanking those heroes still among us.

Our veterans are woven into the fabric of our great nation we call America. They lend the character and the core values they developed while in uniform to the communities in which they live and work, and we should take advantage of every chance we have to talk to, learn from and thank them for their devout patriotism.

I recently attended the Gulfport Armed Forces Retirement Home grand re-opening Nov. 9, and it was an honor and privilege for me to attend this event and bring our veterans home after it was severely damaged by Hurricane Katrina five years ago. Service to our nation has bound us together, and we must continue to draw on our veterans' experiences and value their dedication to our country and our way of life while strengthening and forging the future for our next generation of warriors and veterans.

Take the time to thank our veterans this Veterans Day, they certainly have a story to tell and we all need to listen, but once the holiday is over, keep them in your thoughts, remembering their service and sacrifice that laid the foundation to which our service members today build upon. I would also like to say 'thank you' to the service members in uniform today, many in harm's way, for your continued service to our great nation.

Happy Veterans Day and HOOYAH!"

Sailor's Creed

I am a United States Sailor,
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,
 I am committed to excellence and the fair treatment of all.

From **STAND DOWN** page 1 messages and shaves were offered, while organizations such as the Gulf Coast Center for Non-Violence, the Humane Society, the Coastal Family Health Center, the Harrison County Health Department and the Seabee Center provided Veterans with essentials such as food, water, toiletries, backpacks and clothing. Above all, they gave Veterans a sense of fellowship and hope. Construction Electrician Construc-

tion Apprentice Rodney Peters, from Naval Mobile Construction Battalion 133, was extremely happy to be a part of this year's event. "It feels like a huge accomplishment standing out here and helping my military family in any way possible," said Peters. "These men and women were protecting our country and standing the watch before I could even write my name. I will continue to volunteer and help retired Vets in any way possible."



Top: Volunteers and veterans gather at the Gulf Coast Stand Down for Veterans held at the VA Gulf Coast Veterans Healthcare System in Biloxi, Nov. 5. Personnel from NCBC and Keesler Air Force Base worked with volunteers from various groups including the American Red Cross, Mississippi Gulf Coast Community College, and the Salvation Army in order to donate food, clothing and many other essentials.

Above: Chief Gunner's Mate Remon Peterson, assigned to the 20th Seabee Readiness Group, assists a homeless veteran at the Gulf Coast Stand Down for Veterans Nov. 5. (U.S. Navy photos by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

STAND DOWN FOR VETS



Police Lt. Dominic Puzo, assigned to the security department of NCBC Public Safety, and military working dog, Alisja, perform a routine search of Naval Mobile Construction Battalion (NMCB) 26's carry-on baggage at the Training Hall on board NCBC, Nov. 8. NMCB 26 has completed the mobilization process here and is preparing to deploy to Central Command's area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

Senior Chief Intelligence Specialist (SW/AW) Jason Scott presents a flag box to Gerald Simmons (left) and Darryl Simmons of Integrity's Sport Shack in Long Beach Nov. 8. While on their recent six-month deployment to Afghanistan, 22 Naval Construction Regiment's (NCR) Chief Mess built a fallen warrior memorial and the company provided the brass name plates for the memorial free of charge. To say thank you, the Chief's Mess had a flag flown in their honor. The flag was encased in a flag box complete with a certificate centered between two 22 NCR Chief's Mess coins. (U.S. Navy photo by MCC Jeffrey J. Pierce/Released)



Master-at-Arms 2nd Class Rodolfo Gallardo, assigned to NCBC Security Department, uses a radar gun to clock a driver passing through Magnolia Housing. Speeding in housing is on the rise and Security Forces are cracking down due to an increase in accidents. Housing area speed is limited to 10 m.p.h. (US Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)

Speeders take heed!

Naval Construction Training Center (NCTC) students bring the 2010 Domestic Violence Awareness Month Hope Campaign sponsored by the Fleet and Family Support Center to a close by displaying the 1,520 signatures obtained for the "Pledge of Hope." Individuals who signed the "Pledge of Hope" made a commitment to "stand with others to create a world free from domestic violence by grounding [their] relationships (of all kinds) in love, respect and understanding." The pledge was one of several activities that highlighted the campaign during October. (U.S. Navy photo by Paula Ingram/Released)



Around the Center



NCTC heads back to elementary school

By CM2 Kristopher Waite
NCTC Public Affairs

Members of Naval Construction Training Center (NCTC) spent the morning at Pass Road Elementary School in Gulfport for Career Day Oct 2.

The school command sent three staff members out to the event. Equipment Operator 1st Class Jonathan Fulton, Construction Mechanic 3rd Class Paul Case and Construction Mechanic 3rd Class Robert Connell all enjoyed the morning with the kids. NCTC also transported three units of Civil Engineering Support Equipment (CESE) to the school: a Caterpillar 924G Front end Loader, a Caterpillar 120 Motor Grader and a MTVR Wrecker.

The day began early at 6 a.m. as all of the members of NCTC's Transportation Division gathered at the office and lined up the equipment for the convoy to Pass Road Elementary. When everything was in order, the troops from NCTC headed down Pass Road with Construction Mechanic 2nd Class Kristopher Waite and Construction Mechanic 2nd Class Donald Williams driving safety vehicles at the front and rear of the convoy.

At 7 a.m. the first wave of chil-

dren arrived with huge eyes and smiling faces at the sight of the equipment and Seabees waiting for them.

"It made my heart warm as I scanned the class for the smiles," Connell said.

The kids loved climbing up on the equipment and blowing the horn. The Seabees were joined shortly by the National Guard who flew a helicopter in and landed it in the field with the Seabee equipment.

The kids enjoyed all of the equipment and had to be pulled from the display by their teachers. Several classes had their pictures taken with the equipment and the 'Bees.

NCTC Transportation department head William Bailey also came out to see the Seabees perform some simple operations of the equipment for the kids.

"It sounded like a fireworks show," said Fulton. The kids kept on with the oohs and ahhs."

In the early afternoon, the NCTC convoy headed back to the Seabee Center, with the smiles on their faces as big as the kids they had just shown the equipment to.

"Knowing that some of the kids have parents that are deployed overseas and that they



Students at Pass Road Elementary School in Gulfport check out the equipment brought to the school by Naval Construction Training Center (NCTC) for Career Day Oct. 29. The Seabees spent the morning at the school explaining to the children about the work that Seabees do as members of the Naval Construction Force. (U.S. Navy photo/Released)

were so happy to see our uniforms and equipment made me realize just how important it is that we make our presence at as many community service events we can," said Fulton.

Fun and a great time was had by both the Seabees and the stu-

dents of Pass Road Elementary.

Next year can't come fast enough for these Seabees who had one of their greatest days in the military.

"NCTC Gulfport will continue to support this event every year as long as the mission allows,"

said Waite. "It's as important to us as service members as it is to the children who come see us."

The feelings of the group were summed up by Case who said, "This has got to be the best community service project that NCTC does."

Postal Service announces holiday mail deadlines for service member mail overseas

... The Military Postal Service of the DoD has set deadlines for mailing holiday packages to members of the U.S. armed services located overseas. Deadlines are: Space Available, Nov. 28; Parcel-Airlift Mail, Dec. 4; Priority and First-Class Letters or Cards, Dec. 11. Because of security restrictions, mass-mailing operations such as "Operation Dear Abby" or "Any Service Member" cannot be used. Electronic web sites or e-mailed greeting cards are suggested as an alternative.

Ad
Space

Ad
Space

NCBC Gulfport MWR welcomes you to the

15th Annual

Christmas Tree Lighting Ceremony

Friday,

Dec. 10, 2010

6:30 p.m. - 9:30 p.m.

Youth Activities Center

Come enjoy a "Whoville" celebration with a viewing of "How the Grinch Stole Christmas", hot cookies and milk, Christmas Carolers, DJ, and finally a visit with Santa Claus!

THE GRINCH
THE PERFECT CHRISTMAS GIFT



For more information please contact 871-2251.

'Tis the season, ties Center, we will be showing games, a DJ, carol- and the MWR Christ- building 335. This "How the Grinch ers, and of course mas Tree Lighting year we have Stole Christmas" on Santa. And, we has been set for planned a "Grinch" the MWR portable have it on good au- Dec. 10 from 6:30 themed event where theater and serving thory to expect a p.m. - 9:30 p.m. at we will welcome cookies and milk. few "snow flurries" the Youth Activi- all to Whoville. There will be in the forecast.

NMCB 7 shifts from Southern Partnership Station mission to Continuing Promise

By MC1 Jeffery Tilghman Williams

High Speed Vessel Swift Public Affairs
Naval Mobile Construction Battalion (NMCB) 7 Seabees shifted from Southern Partnership Station (SPS) 2010 to Continuing Promise 2010 Nov. 5 to finish a project delayed by the movement of Hurricane Tomas in the Caribbean.

The 17 Seabees were part of the joint-forces crew embarked aboard High Speed Vessel Swift (HSV) 2 and were scheduled to conduct training and participate in subject matter expert exchanges with partner nations in South America.

Instead, they will deploy to the Republic of Suriname to complete a ten day rehabilitation project at a local girls' boarding school and library begun by another NMCB 7 detachment embarked aboard USS Iwo Jima (LHD 7), which is now steaming to Haiti to offer humanitarian assistance.

"We were scheduled to complete a roof repair project in Concepcion, Chile, but unfortunately we won't have the proper amount of time, so we're continuing our sup-

port efforts in Suriname," said Chief Steel Worker (SCW) Gene Murphy, NMCB 7 team leader. "This is just another example of our 'Can Do' spirit, because we're committed to supporting Navy efforts in the region by joining Continuing Promise."

The Seabees rehabilitation efforts will include installing a fire escape, electrical system repair, renovating a bathroom, and building bookshelves. The deadline for the project is Nov. 14.

"This is an important job, and the deadline we have is critical, because the young girls who live at this boarding school will be homeless if we don't meet our deadline," said Equipment Operator 2nd Class (SCW) John Rivera. "But they can count on us making sure it all works out."

"This is a testament to the flexibility and capability of the men and women of NMCB 7," said SPS 2010 Mission Commander, Cmdr. Mark Becker. "When called upon to adjust their mission, they were ready and able to move at a moment's notice. My hat's off to them."

Continuing Promise is an annual humanitarian civic assistance operation that provides opportunities to establish new partnerships with other nations, non-government organizations (NGOs), and international government organizations while learning from host nations and civilian experts.

SPS 10 is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America. The mission's primary goal is information-sharing with navies, coast guards and civilian services throughout the region.

Commander, U.S. Navy Southern Command (COMUSNAVSO) is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. Maritime Security Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.



Chief Master John Kinkela, a civilian mariner assigned to High Speed Vessel (HSV) 2 Swift, keeps a watchful eye as equipment assigned to U.S. Naval Mobile Construction Battalion (NMCB) 7 is being loaded off the ship as the battalion gets ready to shift from Southern Partnership Station (SPS) 2010 to Continuing Promise 2010 to finish a project delayed by the movement of Hurricane Tomas in the Caribbean. Continuing Promise is an annual humanitarian civic assistance operation that provides opportunities to establish new partnerships with other nations, non-government organizations (NGOs), and international government organizations while learning from host nations and civilian experts. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ricardo J. Reyes/Released)

'First and Finest' of NMCB 1 extend invitation to all - 'join the club'

By CM3 Michael Logan
NMCB 1 Public Affairs

Over the past couple of months, members of Naval Mobile Construction Battalion (NMCB) 1's running club have been hitting the pavement with a variety of events. From Ironman to 5k races, the participants from the "First and Finest" enjoy the challenges each race has to offer.

Ensign Jeremiah Smith and Construction Mechanic 3rd Class Michael Logan participated in the Half-Ironman Augusta held in Augusta, Ga., where Smith finished with a

time of 5 hours 30 minutes, while Logan finished in 6 hours 7 minutes.

Another area event with battalion participation was the Paddle - Pant - Pedal Triathlon in Long Beach where Logan and his race partner, Jared Cristman, took first place for the two-man relay team. Other members of the Battalion's running club - Ensign John Crew, Construction Electrician 1st Class Wesley Malone, Steelworker 2nd Class Patrick Heppner and Steelworker Constructionman Sean Hatchett, along with Logan participated in the Jazz Half

Marathon held recently in New Orleans. The Ensign had the best time in the group finishing in 1 hour 31 minutes, and was soon followed by the other group members with times ranging between 1 hour 35 minutes and 1 hour 50 minutes.

NMCB 1 started a running club at the beginning of their homeport to help enhance fitness at a battalion level. The running club is open to any and all that wish to participate. Upcoming events include the Mississippi Coast Marathon Nov. 27 at Stennis Space Center and a 50k Trail Run coming up in March 2011.



Jared Cristman (left) and Construction Mechanic 3rd Class Michael Logan of Naval Mobile Construction Battalion (NMCB) are pictured with their 1st Place trophies at the Paddle, Pant, Pedal Triathlon in Long Beach, Miss. (U.S. Navy photo/Released)



NMCB 1 Running Club members (left to right), Construction Mechanic 3rd Class Michael Logan, Construction Electrician 1st Class Wesley Malone, Ensign John Crew, Steelworker Constructionman Sean Hatchett and Steelworker 2nd Class Patrick Heppner are pictured after the Jazz Half Marathon in New Orleans. (U.S. Navy photo Released)

NMCB 133, NMCB 1 take part in Gpt ISD Fall Fest

By RP2 Kirk Cogswell
NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 and NMCB 1 participated in the Gulfport Independent School District's Fall Festival Oct. 16.

The Battalions teamed up on the crisp fall day to volunteer their time, equipment and positive attitudes to make it something to remember for the community.

The event began with a parade consisting of marching bands, cheerleading squads, drill teams, the entire homecoming court and Naval Construction Battalion Center's (NCBC) Seabee float. The float was followed by approximately 10 Seabees who drove their personally owned trucks carrying students and an adult supervisor in the back.

A World War II era U.S. Army Jeep was driven in the parade by Utilitiesman Constructionman Patrick Vantine of NMCB 133. All students riding in the parade were armed with plenty of beads and candy to throw to the onlookers who lined the streets.

The parade began in downtown Gulfport and ended up at Milner Stadium where the



Parents, students and volunteers from the Gulfport community participate in the Independent School District's "Fall Fest." Seabees from Naval Mobile Construction Battalion (NMCB) 1 and NMCB 133 volunteered their time to help with the event and sponsor Gulfport's West Elementary and Central Middle School through the "Adopt a School Program." (U.S. Navy photo by Utilitiesman Constructionman Drew Verbis./Released)

students, parents and faculty enjoyed events that appealed to all age groups. Cake-walks, face painting, pottery making, numerous inflatable playhouses, and even a rock climbing station were among the offerings of entertainment and adventure. All this took place on a clear day under a cloudless sky with the smell of free hamburgers and hotdogs radiating from the outdoor smoker.

Through the "Adopt a School" program, both Battalions have become very familiar with Central Middle School and West Elementary. Seabees regularly serve as role models, mentors, hall monitors, and reading and math tutors at both schools. All volunteers who attended Saturday's event were given bright orange t-shirts stating this year's festival theme of "Drug Free."

NCBC Marquee Message Procedure . . .

The electronic marquees located at the Pass Road and Broad Avenue gates are not in operation at this time. Until they are repaired, the Fleet and Family Support Center, Fitness Center and the Seabee Heritage Center marquees are available to display your messages. Please email your requests at least five days prior to the date you want the message posted. Make sure the message is no more than 15 words to allow for placement on the marquees. There are space restrictions unique to each marquee, so the messages will be broken down to fit on the marquees properly.

We try to accommodate all requests, though not all messages are guaranteed to be posted. Postings are at the discretion of the Public Affairs Office. For more information or to submit requests email bonnie.lindley@gerr@navy.mil or robert.c.mims@navy.mil.



Builder 2nd Class Donald Jones, assigned to Naval Mobile Construction Battalion (NMCB) 11, stands in ranks beside Royal Cambodian Army engineers during a dedication ceremony at Hun Sen High School. NMCB-11 spent nearly a month replacing water well pumps in villages throughout the surrounding area and built new restrooms at the school during Cooperation Afloat Readiness and Training (CARAT) Cambodia 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jason Tross/Released)

NMCB 11 Seabees build relationships in Cambodia

By MC2 Jason Tross
CTG 73.1 Public Affairs

A team of U.S. Navy Seabees from Naval Mobile Construction Battalion 11 (NMCB 11) partnered with Royal Cambodian Army (RCAF) engineers here over the last month, going beyond the original project to build a variety of facilities for children at Hun Sen High School.

"We came here to build a head facility at the school to double the capacity for latrines and repair their only well," said U.S. Navy Builder 2nd Class Donald Jones, project leader for the Engineering Civil Action Project.

"The new building is about 140 square feet. It's got a latrine system with a leach field. They don't have much of a septic system around here because of the soils; most of the time waste just drains where it does. Our new latrine and leach field will really help because it will last a long time," he added.

Nearly a month after arriving, Jones, his 17-man Seabee team and 15 RCAF engineers went far beyond the basic requirements of their mission. They added a full-size cement basketball court with

brand new hoops, nets and basketballs, retrofitted the school's entrance gate and even repaired water pumps for wells in the surrounding areas, restoring water services for residents in three villages.

"This school [Hun Sen High School] only had one hand-operated well and it wasn't working," said Lt. j.g. Raul Cuevas, officer in charge for NMCB 11. "After we retrofitted the one here, some of the local people told us about wells in the surrounding area that hadn't been working for years. So we just got some additional materials and fixed three out in town. Most of them just needed to be retrofitted or re-drilled since some were too deep or too shallow. Now they're done right and bringing water where it hasn't been in a long time," he added.

Just as the engineering teams were finishing up work last week, they learned students were also crossing a very dangerous bridge made of three logs laid over a drainage canal en route to school. Jones and his team used leftover tresses and cement to improvise a

See NMCB 11 page 27

Buzz on the Street



By E03 Mikayla Mondragon

How will you be celebrating the Thanksgiving holiday?



"Going to try and head home to spend time with family and friends."

UT2 Cody Gallant
NMCB 1

Hometown: Columbus, Ohio



"I'm driving up to see my mom and dad. Eating lots of food and taking lots of naps."

Don Griffith

Base Comm. Office (BCO)
Hometown: Long Beach, Miss.



"I've got duty, but I will try to spend as much time with family and friends as I can. I will also be getting ready for my birthday party."

EOCA Tammi Pratt

20TH SRG
Hometown: Jackson, Mich.

New 'Bee on watch at Fitness Center

By Tony Halcin

NAVFAC SE Public Works Department

The idea of using a Seabee symbol for the new Fitness Center originated during one of the many site visits while the facility was under construction. The conversation evolved into, "How about a model Seabee like we have on the grinder and hang it right here in the lobby?" What better place for all to see the symbol that represents the mission of this base?

There was news within the Seabee community of a fiberglass mold that was purchased by the Seabee museum in Port Hueneme, Calif., and was being used to fabricate a replacement for the old Bee in Pearl Harbor, Hawaii. The first Seabee that came out of the mold was phenomenal. The request went out to our Pacific shipmates to produce one for our gym.

That request went to Senior Chief Builder Tony Chance of Naval Facilities Engineering Command (NAVFAC) Hawaii Self Help in January 2010 and the process was under way to construct the Gulfport Seabee. A complication in the fabrication came up when we told them that this Seabee had to be constructed to be suspended rather than resting in a pedestal. Utilitarian 1st Class Daniel Dellamonica and Steelworker 2nd Class Jessica Majoy took it in stride and spent over 1,650 combined labor-hours to complete the 160 pound fiberglass Seabee. The entire model was constructed with three different layers of fiberglass that required substantial curing time between layering of fiberglass. Then a seven color paint scheme utilizing a two stage urethane automotive spray paint system was applied. The wings were custom fabricated of 3/8" aluminum round stock by hand on an anvil.

This being the first Seabee to leave Hawaii meant additional logistical challenges for all involved! After several delayed completion dates and a failed attempt to find a commercial carrier to ship it within our budget, we turned to our FISCJ Det Gulfport



Naval Facilities Engineering Command Southeast (NAVFAC SE) Public Works Gulfport employees Mike Newkirk and Tom Lucas suspend the new 160 pound fiberglass Seabee in its location at the NCBC Fitness Center, Oct. 27. The 'Bee was constructed by the NAVFAC Hawaii Self Help department and shipped to Gulfport form Hickam AFB, Hawaii. (U.S. Navy photo/Released)

Support personnel who recommended us to try shipping through Defense Logistics Agency (DLA) Pearl Harbor. That was the ticket that brought it all together. The Seabee left DLA Pearl Sept. 22 from Hickam AFB, then was flown to McCord AFB and trucked to Gulfport, where it arrived Oct. 7.

We can't thank the men and women at NAVFAC Hawaii Self Help enough who constructed the bee and DLA Pearl Harbor who shipped it to us. The Seabee was suspended in its final position by NAVFAC SE Public Works Gulfport personnel Oct. 27, and will be a great reminder for Seabees of all generations of our proud heritage!

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NCBC FRAMES...
PERSONNEL SPECIALIST
3RD CLASS
KENNETH GATES
20TH SRG

FF: WHAT SINGLE EXPERIENCE DURING YOUR CAREER STANDS OUT THE MOST, AND WHY?
PS3: AFTER 'A' SCHOOL TRAINING, I MET MY COMMAND IN BAHRAIN, WHERE I OBTAINED A LOT OF KNOWLEDGE ABOUT THE NAVY AND ADVERSITY.

FF: WHAT HAS BEEN YOUR BIGGEST MOTIVATION THROUGHOUT YOUR CAREER?
PS3: THE HIGHER I MOVE UP IN RANK, THE MORE LEADERSHIP ROLES I CAN FULFILL AND EXPERIENCE IN THE NAVY.

FF: WHAT ADVICE WOULD YOU GIVE TO FUTURE SEABEES/SAILORS?



PS3: IF YOU LIVE UP TO THE NAVY CORE VALUES OF HONOR, COURAGE AND COMMITMENT, THEN YOU ARE ALREADY BEING THE BEST SAILOR YOU CAN BE.

FF: WHAT IS YOUR FAVORITE THING ABOUT WORKING THE SEABEES?
PS3: EVEN IN A SMALL COMMUNITY SEABEES MANAGE TO ACCOMPLISH MAJOR TASKS THROUGH TEAMWORK WORLDWIDE.

FF: WHAT DO YOU HOPE TO GAIN FROM BEING IN THE NAVY?
PS3: TO BE AN EFFECTIVE LEADER BOTH PERSONALLY AND PROFESSIONALLY.

By MC1(SCW) DEMETRIUS KENNON

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Drive with reason this holiday season



Seabee wins free pass to NASCAR championship race



Naval Construction Battalion Center, Gulfport, morale, welfare and recreation (MWR) director Michele Shaffer informs Equipment Operator 2nd Class Aaron Ambers, assigned to Naval Mobile Construction Battalion (NMCB) 74, that he has just won a sweepstakes prize in the MWR sponsored event, "Ford Operation Drive One," which includes a three night stay in a hotel, tickets for two to attend the 2010 Ford 300 and 400 NASCAR Sprint Cup series Chase for the Championship races in Miami, Fla., as well as a \$300 gift card and a one out of six chance at winning a 2011 Ford Mustang. The grand prize is an opportunity to have country music singer Toby Keith perform at the military installation of the winner's choosing. Ambers' wife and former NMCB 74 family readiness group president Cameron Ambers entered her husband into the sweepstakes earlier this year and will accompany him to represent the entire Navy's active duty force this weekend. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

Senior Enlisted Continuation Board notifications underway

From Navy Personnel Command Public Affairs

The board results have been approved by the chief of naval personnel, and Navy Personnel Command (NPC) is notifying commanding officers of Sailors who have not been selected for continuation.

Once notifications are complete, all results will be posted on BUPERS Online at <https://www.bo1.navy.mil> where individuals may check their results personally, similar to advancement results.

“Commands have been directed to notify the Sailors not being continued and report back to us that it’s been completed; we’ll then release the full list on BUPERS Online,” said Capt. Leo Falardeau, Navy Personnel Command assistant commander for career progression.

The Senior Enlisted Continuation Board is a performance-driven review of master chiefs, senior chiefs and chiefs with more than 19 years of service and three years’ time-in-grade. It serves as a force stabilization measure, like Perform to Serve, allowing the Navy to retain the best Sailors.

The Senior Enlisted Continuation Board convened Sept. 20 at NPC. The board reviewed 9,096 active duty, full-time support, and Reserve records including 5,740 chiefs, 2,343 senior chiefs, and 1,013 master chiefs.

For more information visit the Navy Personnel Command website at www.npc.navy.mil.

The NCBC Thrift Shop . . . Cannot accept the following items for donation: computers, monitors, copiers, printers, non-working electronics such as televisions/DVD players/VCRs, undergarments, mattresses and car seats.

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NCTC Top Performers



Builder Constructionman Azzim Williams receives his certificate as the Honor Graduate of Naval Construction Training Center (NCTC) Builder "A" School Class 10730 from Senior Chief Builder James Brooks. Williams will be assigned to Naval Mobile Construction Battalion (NMCB) 11 after completing follow on training. (U.S. Navy photo by Builder 2nd Class Scott Case/Released)



Builder Constructionman Recruit Ricky Squire II receives his certificate as the Military Excellence awardee of Naval Construction Training Center Builder "A" School Class 10730 from Builder 2nd Class Dylan Jay. Squire will be assigned to Naval Mobile Construction Battalion (NMCB) 7 after completing follow on training. (U.S. Navy photo by Builder 2nd Class Scott Case/Released)

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NMCRS volunteers



Chief Equipment Operator (SCW) Michael Ingham and Master Chief Equipmentman (SCW) Chris Redding complete afghans for the Navy Marine Corps Relief Society's Layette Program during a recent deployment to Afghanistan. Redding volunteers with NMCRS on a regular basis and recruited Ingham for the program after teaching him to crochet. The NMCRS is always on the lookout for people who can crochet or knit small afghans to give to attendees of their monthly Budget for Baby Workshops. The afghans are part of the free Junior Sea Bag issues to workshop participants. Active duty, retirees, civilian personnel and family members are invited to volunteer for this program. Interested parties can contact Alice Huffman at 228-871-2610. (U.S. Navy photo by Chief Mass Communications Specialist Jeffrey J. Pierce/Released)

'Bee in the Know . . . Visit <https://www.cnrc.navy.mil/gulfport/index.htm> to find out what's happening on the Center!

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Diversity Committee serves "Soup for the Soul"

Logistics Specialist 2nd Class Di So, assigned to NCBC, prepares to serve chili at the Multi-Cultural Diversity Committee's "Soup for the Soul" fundraiser held at the Seabee Memorial Chapel, Nov. 16. The event's menu includes potato and ham soup, taco soup, Louisiana ham and bean soup, Navy bean soup, Pho soup, chili and more. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)



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Student is A-OK!



Hikari James, third from left, daughter of Naval Mobile Construction Battalion (NMCB) 74 Seabee Lt. Timothy James and Yoko James (far left), is awarded a \$5,000 savings bond through the Navy Exchange's A-OK program, which rewards students from first through 12th grades for receiving all B's or higher during a quarter, Nov. 2. Presenting the bond are Julie Herring, (second from right), NCBC NEX general manager, and Capt. Lou Cariello, (far right) commanding officer NCBC/commander 20th SRG. To enter the next drawing, students can stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Eligible students will fill out an entry card and obtain an A-OK ID, which entitles them to discount coupons for NEX products and services. Since the A-OK program began, NEXCOM has awarded \$504,000 in savings bonds. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

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Spookfest - Fun for All



Kids of all ages came out for Spookfest 2010 held Oct. 29 at the old gym. There was something for everyone . . . trick or treating, costume contests, a haunted house, hayrides, games and prizes and refreshments. The "Sauce Boss" was also on hand mixing music with gumbo. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released

NCBC School Liaison Officer is located in building 352, 1706 Bainbridge Ave., NCBC and may be contacted at (228) 871-2117

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NMCB 18 continues work in Afghanistan



KANDAHAR AIR FIELD, Afghanistan - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 18 build a Southwest Asia (SWA) Hut at Kandahar Air Field. NMCB-18 is a Reserve component battalion operating in the RC South Region of Afghanistan. The Northwest Battalion mobilized through Naval Mobilization Processing Site (NMPS) Gulfport, in March. (U.S. Navy photo by Utilitiesman 2nd Class Vuong Ta/Released)

Seabee Courier Readers . . . We need your opinion. Please take a few moments to fill out a Reader survey on the content of the Seabee Courier. The Courier staff counts on your suggestions, so we can continue to improve our base newspaper. To complete the survey, go to <http://www.surveymonkey.com/s/zpf3tmk>.

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NMCB 74 trains to move, shoot, build, communicate

By MC1 Ryan G. Wilber
NMCB 74 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 74 completed their Field Training Exercise and Final Evaluation Period (FTX/FEP) Oct. 23, at Camp Shelby which tested the battalion across the full spectrum of the NMCB mission areas.

Not only does the successful completion of FTX/FEP go a long way toward certification, it proves that the battalion is ready for their scheduled deployment later this year, as well as to be deployed anywhere in the world and capable of executing any assigned construction mission.

FTX/FEP is not a “stand-alone” exercise, but the apex and culmination of six months of homeport training evaluated by the battalion’s higher echelon command. The demanding 21-day exercise tested the Seabees’ ability to “move, shoot, build and communicate,” a phrase used by NMCB 74 to describe the basics of construction operations.

“I would say that ‘move, shoot, build, communicate’ covers the key aspects of what a naval mobile construction battalion does. As we are getting ready to move into the field we want to exercise our ability to move, exercise our ability to set up a defensive perimeter and defend ourselves,

exercise our ability to perform construction operations and lastly to exercise command and control across diverse operations. As the CO [commanding officer], what I want to see on the exercise as we are coming up here on FTX is our ability to execute each of those and execute them well,” said Cmdr. Richard Hayes, III.

Personnel safety is first priority for Seabees setting up a new camp. Due to the fact that Seabees go ahead of the war fighter, the area often poses many dangers. As soon as the first troops hit the ground the area was systematically swept for potential dangers, such as mines or explosives, and secured against the threat of enemies.

“As soon as you hit the deck your security gets set, because you can do nothing without security. First thing you have to do is provide 360 degree security for the rest of the work to be done,” said Gunnery Sgt. Jason Neale, battalion military advisor.

Much like the “Fighting Seabees” of history, construction operations during FTX are accomplished under constant bombardment and hostile activity. Around the clock aggressors and role-players attempted to penetrate the defense, which meant long hours of watch along the lines and constant vigilance at the entry control point. Each of the battalion’s companies

was assigned an area of the camp to defend and each two-man team assigned a sector of fire to defend. The teams each spent eight hours in the two-man firing positions, called pits, before rotating to their working hours.

“Continuous improvements are always in fighting positions no matter how long you stay there. There is always something to be done, because your ground’s going to start to collapse, your parapet is going to start to deteriorate, your camouflage is going to start to go away. You’ve got to constantly recheck your left and right lateral limits, your aiming stakes, to make sure they’re not getting shifted. There is always something you can do, always,” said Neale.

During this FTX the battalion had a main body site, project detachment, air detachment and bridge detachment; all with their specific tasks and mission for success.

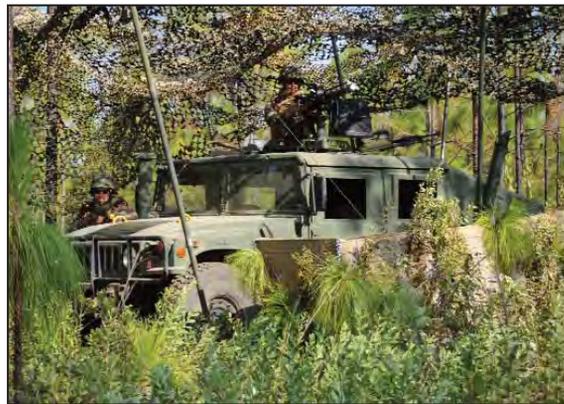
Although at day’s end the battalion succeeds or fails as a whole, each site demonstrated a sense of pride in their personal accomplishments under the hot and dry conditions.

“I like the work, being outdoors, getting dirty. It’s a lot closer to what I initially thought the Seabees were all about; coming out somewhere and setting up camp, building, buildin’ and shootin’ and movin’,” said Builder Constructionman Apprentice Eric Maldonado, a project detachment crew member. “It’s been fun.”

The bridge crew was no less proud of their performance.

“Bridge Det. is awesome. We’ve got like a little family in here. We start. We don’t stop. We just keep pushing through and get it done, said Assistant Bridge Master Builder 3rd Class Nicholas Turner. “We got 240 gunners, we take down people and we build bridges.”

At every camp-site daily operations were accomplished under nearly constant simulated attacks along the lines, mortar rounds and rocket propelled grenades fired into the middle of the camps and numerous chemical, biological, radiological attacks. Under such conditions, an understanding of basic self-aid and buddy-aid and



Steelworker 3rd Class Jason Dalton (left) and Construction Electrician 2nd Class Bradley Hinton, both assigned to Naval Mobile Construction Battalion (NMCB) 74, project detachment, scan their sectors of fire from a High Mobility Multipurpose Wheeled Vehicle during the battalion’s Field Training Exercise. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

the ability to effectively communicate is essential. All Seabees in the battalion are trained in both.

“It [self aid/buddy aid] is a big part [of being a Seabee], since we get put in a lot of situations where they’re not going to have a lot of help around, so they [other Seabees] have to know how to take care of themselves and take care of other people,” said Builder 3rd Class Amber McCrary, medical first responder. “I took a few classes on it [buddy aid], mostly in ECS (expeditionary combat skills) and a few in homeport. Other than that I went with instinct. If I had an injury like that I know what I would want done. I didn’t have time to put quick-clot on it, because I was more worried that a fire fight would start out again. I just rushed them here, to the BAS (battalion aid station).” Before FTX was completed, one major task had to be completed; the camp had to be disassembled, moved tactically to a new site and reestablished in just the same way as the first. All equipment was stowed and loaded on trucks for movement by convoys organized by the battalion’s combat security element. “Everyone camp-wide, battalion-wide, every company touched a part of it [the camp move], taking up were they were there, packing up, getting their people where they needed to be,

getting their gear where it needed to be. It went efficiently, certainly safely and we got everything over here. It was a good move,” said Camp Move Officer-In-Charge Bobby Kendall.

FTX is a demanding exercise for any battalion, but the hardships create opportunities for teamwork and camaraderie that few others can. Squads come together to push through long hours of work and watch, while leaders have the opportunity to demonstrate their concern for their troops. “Honestly, the best thing about being out here is getting to know your guys, because when you’re back at the shop you don’t really get to know them on a personal level. You get to know their strengths and weaknesses, so from that aspect it’s a really good opportunity,” said Construction Mechanic 1st Class Christopher Melio, an Alfa Company squad leader. “Being out in the field you’re doing your number one job [as a leader] that you’re supposed to be doing, which is looking out for the welfare of your guys; hey are you drinking enough water, are you guys doing okay, getting enough sleep, you hungry, do you need food? That’s all you do is take care of them. You get the opportunity as a squad leader to run up and

See FTX page 27



Members of Naval Mobile Construction Battalion (NMCB) 74’s bridge detachment move a 300 pound medium girder bridge ramp in place during the battalion’s Field Training Exercise. NMCB 74 has entered the Final Evaluation Phase of their FTX at Camp Shelby, Miss., which will determine the battalion’s readiness to deploy later this year. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

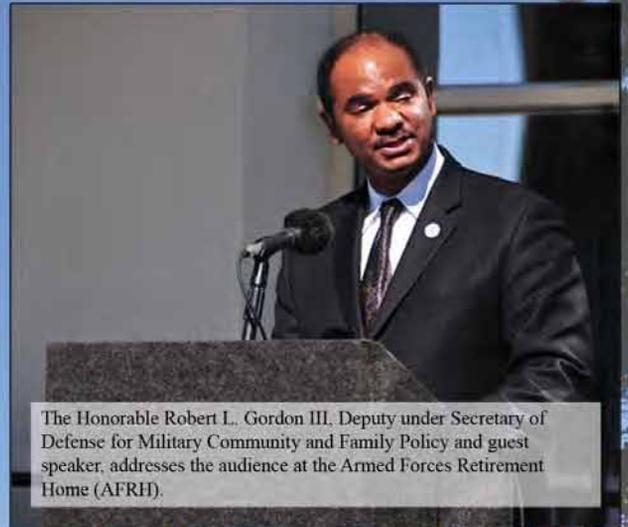
GLORY ON THE GULF

THE AFRH-GULFPORT GRAND OPENING CELEBRATION

Photos by MCC(SW/AW/PJ) Ryan Delcore
MC1(SCW) Demetrius Kennon
MC3(SCW) Michael Wright



The first retirees to return to the new Armed Forces Retirement Home (AFRH) perform the ceremonial ribbon cutting during the grand opening Nov. 9.



The Honorable Robert L. Gordon III, Deputy under Secretary of Defense for Military Community and Family Policy and guest speaker, addresses the audience at the Armed Forces Retirement Home (AFRH).



U.S. Navy Band New Orleans performs at the Armed Forces Retirement Home (AFRH).



A joint military honor guard prepares to present the colors at the Armed Forces Retirement Home (AFRH) during the center's grand opening.



The Sgt. Maj. of the Marine Corps Carlton W. Kent (left), Henry G. Pike, the guest of honor (center), and the Master Chief Petty Officer of the Navy Rick D. West (right) attend Gulfport, Mississippi's Armed Forces Retirement Home's ribbon cutting ceremony.

Coast Veterans Parade

Nov. 13, Biloxi



Parade Grand Marshal, Apollo 13 astronaut, Fred Haise Jr., gives a wave as he rides in a vintage Navy Seabee Jeep. The annual event is being hailed as one of the largest in its history. (U.S. Navy photo by Rob Mims/Released)



Service members from the Mississippi Gulf Coast First Class Association man the 'Bee Float as it leads the members from NCBC during the Veteran's Day Parade. (U.S. Navy photo by Rob Mims/Released)



Local bikers show their support to the veterans and Seabees in the "Veteran's Day Parade" in Biloxi, Miss. (U.S. Navy photo by Chief Mass Communications Specialist Ryan Delcore/Released)



Members of Naval Mobile Construction Battalion (NMCB) 1 salute the reviewing party during the 2010 Gulf Coast Veterans Day Parade in Biloxi Nov. 13. More than 365 service members from Naval Construction Battalion Center participated in the event. (U.S. Navy photo by Rob Mims/Released)



Seabees from Naval Mobile Construction Battalion (NMCB) 133 march in the "Veteran's Day Parade" in Biloxi, Miss. (U.S. Navy photo by Chief Mass Communications Specialist Ryan Delcore/Released)

Keesler Wingmen in right place, right time to save lives

By Steve Pivnick
81st Medical Group Public Affairs

Being at the right place at the right time probably saved Capt. Scott Thallemer's life. The 81st Surgical Operations Squadron surgical nurse was on temporary duty at the University of Maryland R. Adams Cowley Shock Trauma Center Sept. 6 when two fellow nurses saved him from certain death. "I was out running PT with two ICU (intensive care unit) nurses from Wilford Hall Medical Center at about 5 p.m. when, without warning, I went down face first into the street," the captain said.

The next thing he recalled was regaining consciousness as he was being placed into an ambulance.

Since he obviously didn't know what he had experienced, the following was provided by one of the nurses credited with saving his life, Capt. Annemarie Nesbit. The other was Capt. Katie Knott.

Nesbit wrote in a report to her supervisor, "Capt. Thallemer, Cap. Knott and I were all out for a two-mile run. This was not above and beyond any of our capabilities. We had all just met a few days before at the beginning of CSTARS (Center for Sustainment of Trauma and Readiness Skills).

"As we were nearing the end of the run, we were going through a crowded crosswalk. I was just ahead of them moving around some people when I heard Capt. Knott scream, 'Annie!' It was a scream that instantly made you know something was wrong. I turned around and saw Capt. Knott sitting on the ground holding Capt. Thallemer.

"(He) had fallen to the ground, striking his head on the curb. Capt. Knott was just in front of him and she looked back over her shoulder just as he was collapsing. She turned him over and held his head in the critical C-spine position that maintains an open airway. I yelled at a bystander to help me lift him onto the sidewalk.

"At his side we assessed him, called his name to no response and, realizing he had no pulse, started CPR. We maintained this position of holding C-spine and continuous CPR for over 10 minutes. We know this because we asked a bystander to call out the time to us in one-minute increments.

"We were yelling at the top of our lungs for an AED (automated external defibrillator). I felt a lady gawking at me and I looked up directly at her and yelled, 'We are in the Inner Harbor! There are a million restaurants and police all around! Go get me an AED!' She took off and retrieved the public-access AED. By this time he was the worst shade of blue and gray I have seen and foaming at the mouth. I placed the AED; it advised shock. It was at that moment I looked at Capt. Knott and, for the first time in over 13 years as a nurse, I can say I was truly
See LIFE page 30



Capt. Scott Thallemer

Community Notes

SUPPORT

Family Readiness Groups
NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, 228-273-4158, e-mail nmcbonefrg@gmail.com or Secretary Krystin Canipe, 704-726-5751, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes friends and family members to attend FRG meetings the third Monday of each month at 6 p.m. at the NCBC chapel. Children are welcome and baby sitting is provided for children four and under. For e-mail updates, send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at 228-206-0377.

NMCB 74 FRG welcomes all friends and family members to join the NMCB 74 FRG. Meetings are the third Monday of every month at 5:30 p.m. at the Naval Reserve Training building #114. Bring a covered dish to take part in a potluck dinner. Contact FRG President Angela Boyd at 832-579-8422 or Vice President Tanieka Roshell at 414-530-4189. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the second Tuesday of the month at 6:30 p.m. in the Seabee Chapel Fellowship Hall. Baby sitting is provided.

THERE IS NO DECEMBER MEETING. For more information contact FRG President Sarah Edwards or Vice President Robin Coker via email at nmcb11frg@gmail.com. Visit the FRG and Ombudsman website at <http://nmcb11.webs.com/>.

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 baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail hansonkl54@yahoo.com. To

receive updates log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg>
Naval Officer's Spouse Club
The Gulfport Naval Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! Please email noscgulfport@yahoo.com more information. We hope to see YOU soon!

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, Wednesday 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 & 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 more information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

Naval Sea Cadets - Gulfport branch are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide 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 60, room 105. For more information contact Lt.j.g. Bowling at 228-313-9035 or coachcb_yahoo.com; or AGC Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta@navy.mil.

SOCIAL

Miss. Gulf Coast First Class Asso-

ciation is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

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

VFW Post 4526 Orange Grove is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are held the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call Post Commander Bill McNicholas at 228-832-0017 for more information.

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

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at Anchors & Eagles at 7 p.m. For more information contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto WWW.NSVA.ORG for an application.

HERITAGE

The Seabee Gift Store is located in the Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, DVD's and books. Contact the museum at www.seabeeuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more info.

Volunteer Opportunities . . .

Project Homeless Connect – Open Doors Homeless Coalition needs 30 volunteers (military or civilian) to assist Nov. 22 from 8 a.m. to 2 p.m. at the Donal Snyder Community Center in Biloxi with a Project Homeless Connect (PHC) event. The event is a one-day, “one-stop” opportunity to provide people experiencing homelessness with access to a broad range of community agencies, professional services and personal assistance. If you are willing to contribute to or participate in this wonderful effort, please contact Brandi Clarke Open Doors Homeless Coalition at phcgulfcoast@aol.com or call at 228-669-8876.

Build a stage – More than 15 volunteers are needed to help build a portable stage at the Hancock Middle School. For more information, call Judy Turner at 228-697-1386.

Carport Build – Volunteers are needed to help construct a carport for a disabled couple in Saucier. Please contact Gail Preston at 228-209-0503 or email her at crazygailtoo@cableone.net

PT instructors – Two volunteers are needed on an ongoing basis to help out at the Job Corp Center running their PT program from 5 to 6 p.m. Mondays and Wednesday. Male and female volunteers are needed. Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible youth at least 16 years of age, Job Corps provides the all-around skills needed to succeed in a career and in life. For more information, call Lou Anna Claveau 228-870-7238.

Visit https://www.cnic.navy.mil/Gulfport/CNICP_A176357?ssSourceNodeId=2&ssSourceSiteId=Gulfport for all current opportunities.

Navy Seabee Veterans of America Island X-1 Gulfport



Navy Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at

Anchors & Eagles at 7 p.m.

For more information contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto WWW.NSVA.ORG for an application.

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Remember to keep your emergency info current

From NCBC Public Affairs

It is critical to have accurate recall and emergency contact information on all military and civilian personnel in case of a disaster, emergency or mishap.

The emergency information pulled from Total Workforce Management Service TWMS is the starting point for creating Evacuation Orders for personnel. Fulfilling emergency data input requirements is a two-step process which consists of the following:

1. Chain of command notification. In the event of an emergency, personnel must muster with their respective department heads and keep their chain of command informed of their status throughout the emergency.
2. Total Workforce Manage-

ment Service . All base personnel who are attached to a CNI command (UICs CBC-62604, CBC-Security-49368, Pascagoula-68890, CNRSE forward deployed units-09697) are responsible for ensuring that recall and emergency contact information is up to date in TWMS which is located at the following URL: <https://twms.nmci.navy.mil/self-service>. Once you enter the TWMS self service site, use the Personal/Recall Information link and review information for correct base location, building number, home address, e-mail addresses, supervisor's name, work phone, cell phone or pager number, home phone and emergency points of contact.

All personnel (contract, active

duty, non-appropriated fund civilians and appropriated fund civilians) who have questions or encounter problems with TWMS should contact CBC's TWMS point of contact at 228- 871-2954 before attempting to contact the regional TWMS administrator. Contract employee records must be created manually either by someone in the Business Ops Office, or a manager/admin POC in your department who has been granted a TWMS account. Security personnel should contact Kerri Torres. You do not need to have a TWMS account to be able to view your own personal records. Simply access the self service module at the URL listed in the first paragraph. Your CAAC card will identify you at the site.

Installation Antiterrorism Note . . . All personnel should be alert and inquisitive about strangers, especially those seen loitering, taking photographs or notes near the installation's perimeter or gate areas. Be suspicious of items that don't belong in the area and be alert for abandoned parcels. All suspicious activity should be reported immediately to Security at (228) 871-2361.

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Auto Hobby

Stop by between noon and 4 p.m. to let us check your brakes, for FREE, before you travel this holiday season.

Anchors and Eagles

Now a Wi-Fi hot spot! Located in building 303, open Tuesday-Thursday from 2 - 9 p.m. A&E is a full service bar with covered patio for your enjoyment. The rental fee is only \$25/hour so call and book your special event today. Call 228-424-6892 or 228-871-4750 for more information.

Beehive Lounge

Located in building 352 (next to the Grinder), with the best atmosphere and friendliest bartenders around. With low prices and within walking distance to anywhere on base, the Beehive is the place for you and your friends to come and have worry-free fun.

The Grill

The Grill has a new look, so come on down and check it out. Beat the lunchtime rush and place your to-go order by calling 228-871-2494. Stop by every Saturday and Sunday and get a large cup of coffee with any breakfast purchase.

Outdoor Recreation

Join us Nov. 18 at the Grill for our "Thanksgiving Before Thanksgiving Celebration" from 6 - 8 p.m. We will offer a guide to good matches between styles and types of beer as well as advice on how to determine which food will go with a particular

beer. Cost is \$4/person and will include food and beverage. (Must be 21 to participate in beer tasting.) For more information, contact Outdoor Recreation at 228-871-2127.

Are you looking for something fun and different for you, your family and friends to all do together? Stop by Outdoor Recreation, bldg. 456, to pick up a calendar full of amazing events planned for November. Visit Bellingrath Gardens to view their Christmas decorations with Outdoor Recreation Nov. 27 departing at 4 p.m. Tickets are \$15/adults and \$10/children 5-12. The Christmas Lights will be like magic! Call ODR at 228-871-2127 for more information.

Pack your blankets and chairs to watch "Where the Wild Things Are" (PG) on the lawn between The Grill and Outdoor Recreation Nov. 29 at 6 p.m. Bring the family and enjoy the free entertainment. Call ODR at 228-871-2127 for more information.

Take a leap into the new bounce houses at Outdoor Recreation. Fun for kids of all ages. Call to begin reserving some bouncing fun today. Delivery, set up and pick up is included in the price with the larger units and will be available for the

smaller units for a small fee. Stop by building 456 for more information or call 228-871-2127.

Youth Activities Center

Fall for Fun Holiday Camp: Come sign your energized youngster up for this four day theme camp!!! Camp will run from 6 a.m. - 5:30 p.m. Nov. 22-Nov. 24 and Nov. 26. Many Thanksgiving crafts, games, activities, and a field trip are planned. Snacks will be provided, but children will need to bring a lunch. Please call the Youth Activities Center at 228-871-2251 to find out about fee scale information.

Mighty Mite Basketball League: Is your 3-4 year old ready to learn the basics of basketball and have some FUN? Then this IS the program for you! Registration begins Dec.

1 and ends Jan. 3. The fee is only \$35 per child and includes t-shirt, shorts, and a medal for participation. Call JJ at 228-871-2251 for details.

Sign-ups begin Dec.1 for the annual Winter Break Camp. Please sign up at the Youth Activities Center between the hours of 9 a.m.-5:30 p.m. Snacks

and lunch are included for all participants each day. Call 228-871-2251 for details. Dates of camp follow the City of Gulfport and Long Beach School Schedules: Dec. 20-23 and Dec. 27-30. Children currently enrolled in the Before and After School program will automatically be enrolled for the Winter Break Camp.

Fitness Center

Fitness Incentive Program-The purpose of this program is to reward active duty service members for pursuing and maintaining a lifestyle dedicated to fitness, health and wellness as well as positively promote troop readiness. The Fitness Incentive Program kicks off today! If you have questions please contact the Fitness Center at 228-871-2668.

All Lunchtime Group Fitness Classes are now held at noon. We have added another group fitness class to the schedule. Boot Camp is a 30 minute circuit style class using body weights for resistance and will be held on Tuesdays and Thursdays at 12:30 p.m.

Spin off the pounds before you eat



Spookfest 2010

Captain's Cup Standings Basketball

Team	W	L
Galley	16	2
Medical	14	4
CBC	13	5
20th	13	5
NMCB 1 "A"	11	7
Army	6	12
NMCB 74	6	12
Air Force	6	12
NOSC	5	13
NMCB 1 "B"	0	18



CONGRATULATIONS!!

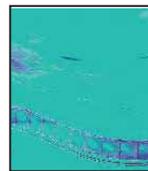
Tournament Championship:

First Place: CBC
Runnerup: Galley

November Movie Schedule

Training Hall Theater, Movie Hotline 228-871-3299

- Nov. 18: Cats and Dogs: The Revenge of Kitty Galore, PG at 6 p.m.
- Nov. 19: Disney's A Christmas Carol, PG at 6 p.m.
- Nov. 20: The Sorcerer's Apprentice, PG at noon; Dinner for Schmucks, PG13 at 3 p.m.; Salt, PG13 at 6 p.m.
- Nov. 21: The Other Guys, PG13 at noon; Vampires Suck, PG13 at 3 p.m.; Cyrus, R at 6 p.m.
- Nov. 22: The Sorcerer's Apprentice, PG at 6 p.m.
- Nov. 23: Despicable Me, PG at 6 p.m.
- Nov. 24: Salt, PG13 at 6 p.m.
- Nov. 25: Thanksgiving Day-CLOSED
- Nov. 26: Disney's A Christmas Carol, PG at noon; Cats and Dogs: The Revenge of Kitty Galore, PG at 3 p.m.; Despicable Me, PG at 6 p.m.
- Nov. 27: The Sorcerer's Apprentice, PG at noon; Vampires Suck PG13 at 3 p.m.;Cyrus, R at 6 p.m.
- Nov. 28:The Other Guys, PG13 at noon; Dinner for Schmucks, PG13 at 3 p.m.; Salt, PG13 at 6 p.m.
- Nov. 29: The Sorcerer's Apprentice, PG at 6 p.m.
- Nov. 30: Dinner for Schmucks, PG13 at 6 p.m.



Movies contingent upon training requirements

in mounds! This two hour Thanksgiving Day cycling spin off takes place from 7 - 9 a.m. There will only be 30 bikes available so sign up early. Patrons will have the option of participating in either both hours or just one. Drawings will be held every 30 minutes and refreshments will be served. For additional information please contact Joan Hudson at joan.hudson@navy.mil or Josanne Paden at 228-871-2668.

Information, Tickets, and Tours (ITT)

Miss. Surge Hockey tickets are available in the Blue Level seating for \$12. This is a great deal, so hurry while they last.

Shop until you drop holiday extravaganza! We will be offering two separate holiday shopping trips in November. The first trip is Nov. 20 to Turtle Creek Mall in Hattiesburg. The second trip is Nov. 27 to Lakeside Mall in Metairie, La. This is a great way to get all of your Christmas shopping done without the hassle of being stuck in holiday traffic. Sign up today; space is limited, cost is \$10 per person.

Walt Disney World Resort Special-Now through Oct. 2011, Active Duty and Retired Military can receive up to 40 percent off on selected WDW Resort Standard Rooms. The number of rooms available at these rates are limited. Additional charges

if more than two adults per room. No group rates or other discounts apply. Active and retired military personnel must present valid identification at time of check-in. Advance reservations required.

The Snack Bar

Experience the quality of fast, friendly, and tasty service at the Snack Bar. Everyone needs a treat once in a while. The Snack Bar is ready to fill cravings you have with something savory and delicious. 228-871-4775

Liberty Center

Catch Monday Night Football on the big screen Nov. 22, Nov. 29, Dec.6, and Dec.13.

Come in and compete in our many tournaments which are free to play. Black Light Pool Nov. 23, Texas Hold em Poker Nov. 30 and Dec. 8, or Pool Dec. 2 at 6 p.m.

Come enjoy a full traditional Thanksgiving dinner with all of the fixings for free Nov. 25 at 7:30 p.m. while supplies last.

Shop with Liberty on Black Friday as we provide a free shuttle to the Foley Outlet Mall at 6:30 a.m.

Help the community and volunteer. Lend a hand to the animals Nov. 27 with the Humane Society of Southern Mississippi at 9:45 a.m. Help out at the Armed Forces Home Dec. 1 at 5:30 p.m. All participants will earn a Letter of Appreciation.

Homefront in Focus: To Stuff or Not to Stuff, and other holiday decisions

By Beth Wilson
Military Spouse Contributor

Thanksgiving (and the holidays) is upon me. I am hosting Thanksgiving and I am so excited. I love the house full of life and activity. I love the smells of baking, candles and the warmth of friends and family. Scott's family is coming; several single Sailors will join us as well as a few spouses of deployed Marines. With Thanksgiving around the corner I am busy cleaning, menu planning and decorating. Did I mention menu planning?

This year I have a dilemma. Growing up Thanksgiving dinner was the traditional baked, stuffed turkey, mashed potatoes, fruit salad, sweet potato casserole and of course the traditional green bean casserole. I fear this menu is now out-of-vogue. As I gleefully planned this menu conversations arose that led to doubt. "Do you deep-fry your turkey? You know that is the juiciest turkey." You don't put the stuffing IN the turkey, do you?" One conversation stopped me cold . . . "After photographing the 'pardoned turkey' at Disneyland, how can you have a turkey on the table?"

ACK! What is wrong with the traditional menu? What is wrong with turkey? What is wrong with sweet potatoes smothered in marshmallows? It's not like I serve that calorie-

rich meal every day. And, don't forget sweet potatoes are GOOD FOR YOU. I ate turkey with the stuffing baked in it for over 30 years (and I am fine) before they said it was bad for you. What's up with that? In the past week I've polled my friends on that most weighty issue, "To stuff or not to stuff."

Why do we have to 'vil-lainize' one of two legitimate days to enjoy a calorie overdose? Can I just enjoy my stuffed turkey, all the trimmings and sugar-laden desserts in the company of people I love without a guilt-trip? PLEASE?? I promise to use a meat thermometer. I promise to bake all goodies with Splenda to avoid creating diabetic comas. I promise to work out TWICE (does the aerobic gyrations of watching football count as a workout?). I promise to be good on my diet the rest of the year (except for my birthday and Christmas).

Oh heck, forget it! I don't care. Call me old-fashioned but I will BAKE my turkey in the oven WITH the stuffing in the cavities. I will smother those yams in marshmallows; I will over fill my plate and enjoy every bite. I will not give in to the pressure to fry or grill. No I will hold fast to my traditional Thanksgiving and after my gluttonous meal I will collapse on the couch in full tryptophane stupor.

Most of all, I will express gratitude that I have a turkey



Beth Wilson

on the table when many in the world do not. I will give thanks that I am surrounded by a community, my military community, which literally lays it on the line to protect the nation whose roots began at Plymouth Rock. I will give thanks for friends and family, those enjoying a meal with me, those deployed, and those separated by miles. I will give thanks, and I will pray for, this American experiment; that we will honor this day as did the Pilgrims and their Native American friends. I will give thanks that even the poorest among us is RICH in comparison to most of the world's population. I will give thanks that I am alive, that I am healthy, that I am loved. Happy Thanksgiving! Connect with Beth on Twitter (@Beth_Wilson), Facebook (facebook.com/Enlisted-SpouseCommunity) or her new website www.enlisted-spousecommunity.com.

NEX helps customers stay within their budgets this holiday season

By Kristine Sturkie
NEXCOM Public Affairs

This holiday season, customers can expect to find the best brands at the best buys at their local NEX. NEXs offer a wide variety of items in all price ranges including prestige brands, national mass brands and private brands.

"We are extremely aware of who are customers are . . . from retirees with two incomes to enlisted families living on one income," said Tess Paquette, Senior Vice President, Chief Merchandising Officer, Navy Exchange Service Command (NEXCOM). "The NEX carries merchandise in all prices ranges. So, no matter what our customers' economic circumstance, we have something to fit every budget. Plus, on average, customers save 23 percent over other retailers on top of no sales tax."

Additionally, the NEX offers a price matching guarantee for any identical in-stock item sold locally - same brand, manufacturer, size and model number. The price match policy gives the NEX the flexibility to accept verbal price challenges based on a customer's word that a local competitor's price is lower. Price differences up to \$5 will be honored on the spot at any NEX cash register. A price difference over \$5 will require model and price verification by a store supervisor. Customers should bring a competitor's sales flyer to the NEX showing the price difference. However, depending on the dollar amount, approval by a supervisor or the store manager may be required. Overseas, NEXs accept price challenges on items sold at local retailers as well as from catalog and Internet sites from JC Penney, Wal-Mart and Sears. Freight charges, if applicable, will be added to competitor's retail price.

The NEX also offers a 14-day Price Guarantee on any item originally purchased from the NEX. If

the identical item is offered at a lower price by the NEX or a local competitor within 14 days of purchase, the customer is entitled to a refund on the difference. Customers are required to bring a copy of the advertisement and receipt to the NEX customer service counter.

For customers who choose to purchase holiday gifts with a credit card, the MILITARY STAR® Card, the military exchanges in-house credit card, is a great option for added savings. Among the card's many benefits are a lower interest rate than many other retail credit cards, 10 percent off the first day's purchases (up to the customer's credit limit) for new card holders, 24-hour Customer Service including online access, zero-percent interest promotions and no annual fee.

"We want our customers to make wise purchasing decisions based on their own financial situation," said Paquette. "Using credit for purchases isn't for everyone, but for those who choose to use credit, we encourage looking into the favorable interest rate and benefits of the MILITARY STAR® Card."

For customers who prefer not to use credit, the NEX offers a lay-away program. A minimum deposit of 10 percent of the purchase price plus a \$5 non-refundable layaway fee is all that is required. Once all payments are made, customers can bring the merchandise home. Depending on the category of merchandise purchased, payments can be spread over 180 days. Customers are encouraged to check with their local NEX for other specific details relating to layaway as some stores may limit the number of items permitted on layaway due to space constraints.

Customers now have the added convenience of shopping online at the new NEX web-based store at

Questions on Recycling?
Call CBC Recycling at:
228-871-4738



NEX holiday return policy means satisfaction for you

By NEXCOM Public Affairs

This holiday season, the Navy Exchange (NEX) wants to make returning gifts as easy as possible. Since gifts may be purchased well before they are given during the holidays, all NEXs will accept returns through Jan.



30, 2011. This includes items typically covered by the 14-day return policy, such as computers, computer equipment, software, digital cameras and the 45-day return policy for all other merchandise. This extended return policy applies to original purchases made Nov. 17 - Dec. 24 either in a NEX or through the NEX web store. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on an NEX Gift Card.

"We want to take care of our Navy family this holiday season," said Mike Powers, Navy Exchange Service Command (NEXCOM) Director, Retail Operations. "We know that the holidays can be hectic. We hope that by giving our customers extra time to return gifts are the holidays will help ease some of their stress."

One gift that won't be returned is the NEX Gift Card. It can be used just like cash for most merchandise and service purchases, make layaway payments or place special orders. NEX Gift Cards have no fees and no expiration dates. NEX Gift Cards can be purchased in varying amounts from \$5 at any NEX or on-line at my-NavyExchange.com by both exchange-authorized and non-authorized customers.

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**WANTED:
Seabee
Divers!
Underwater
Construction
Team ONE**

**Contact:
S1/CCC@
(757) 462-
3986/3988**

Do you practice OPSEC?

Protect your Navy family by protecting the information that you know. OPSEC or operations security is keeping potential adversaries from discovering critical information. Although information may not be classified, it can still be "critical." Critical information deals with specific facts about military intentions, capabilities, operations or activities. Details concerning locations and times of unit deployments, information about

unit missions, references to personnel transactions that occur in large numbers (e.g. pay information, power of attorney, wills) are small pieces of information that may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what a unit is doing and planning. OPSEC is everyone's responsibility.

Be smart, be alert, be careful!

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From NMCB 11 page 7

new and safe bridge for the children to cross.

"We even had a cow cross it last week," said Jones. "I think we can safely say it will hold up for the kids," he added.

The Seabees and RCAF engineers also made time to stop work and play with local children from the school and surrounding areas.

"Working with the kids was great. They liked to bring their toys by and we gave them candy every day," said Jones



From FTX page 17

down the lines, check on your guys, see what they're thinking about."

The exercise is designed to simulate the conditions and projects the Seabees could expect to encounter while on deployment. The successful accomplishment of more than 20 graded exercises indicates that the battalion's troops are well prepared to meet the upcoming challenges.

"This exercise is the reason why the troops have gotten as close as they have. They've built that team, that family, because of the exercise: the long hours, the hard work, the end goal, and that's going to follow us to Spain (deployment) without doubt," said Senior Chief Construction Mechanic Shawn Hollister, Alfa Company leading chief petty officer.

GULF COAST USO

901 CBC 3rd St., Building 114 (228) 575-5224

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FEHB Open Season Dates for 2010 announced by OPM . . .

The Office of Personnel Management (OPM) has announced the dates for the 2010 Federal Benefits (FEHB) Open Season: Nov. 8 through Dec. 13. During the annual Open Season, employees can take the actions listed below for the Federal Flexible Spending Account Program (FSAFEDS), Federal Employees Dental and Vision Insurance Program (FEDVIP), and the Federal Employees Health Benefits Program (FEHB).

1. Enroll in a flexible spending account -- a health care and/or dependent care account, under the FSAFEDS Program. Unlike with other programs, employees **MUST** reenroll in FSAFEDS each year to participate. Enrollments **DO NOT** carry over year to year.
2. Enroll in, change, or cancel an existing enrollment in a dental plan under the FEDVIP Program.
3. Enroll in, change, or cancel an existing enrollment in a vision plan under the FEDVIP Program.
4. Enroll in, change, or cancel an existing enrollment in a health plan under the FEHB Program.

To subscribe to the Seabee Courier eCourier edition, send an e-mail to seabecourier@navy.mil.

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Gulf Coast Holiday Calendar of Events

Here is just a small sampling of holiday fun available in the community:

14th Annual Holiday Boutique

Nov. 19-20, 10 a.m. – 6 p.m., West Harrison Community Center, 4470 Espy Avenue, Pass Christian

Start your holiday shopping off at this annual upscale Christmas shopping boutique featuring fabulous MS Gulf Coast & Alabama vendors! Everything from jewelry, art, children, & adult clothing, plants, food, a style show, Christmas caroling and more! Lunch and gift-wrapping available! This is your one stop holiday shopping – get everything you need – for everyone on your list – in one place! Don't miss this fabulous and FUN shopping experience! Admission: \$5 - Includes Both Days!

Holiday Peppermint Pops

Nov. 26, 7 p.m., Saenger Theatre, 170 Reynoir Street, Biloxi, 228-896-4276

A Coast Tradition! Ring in the holidays with seasonal music favorites! Plus: Gulf Coast Symphony Youth Orchestra. Presented by The Gulf Coast Symphony! Admission: Call for tickets!

26th Annual Asgard Motorcycle Club "Toy Run"

Nov. 28, Ride begins at noon, Call Smokey Steputat for details @ 228-392-8281

Event is open to motorcycles, cars and trucks or just about anything on "wheels!" This is an annual charity motorcycle ride to benefit needy children! Rain or Shine... we "RIDE" for the "KIDS." Join us for this worthy "fun"draising day!

6th Annual Winter Wonderland Christmas

Nov. 26 – Dec. 31, 5:30 – 10:30 p.m. nightly, Balbock Resident, 181100 Commission Road, Long Beach See a spectacular display of over 40,000 Christmas lights & decorations encompassing over three acres! This awesome sight continues to grow each year and is a MUST to see & enjoy! Call for directions if needed – 228-669-2123 Admission: Free!

25th Annual Christmas in the Pass

Dec. 3, 5- 8 p.m., Downtown Pass Christian

Start the holiday off right with fun - Pass Christian style! Enjoy the lighting of the Christmas tree, a holiday parade, vendors, & shops featuring ONLY businesses and artisans from Pass Christian, along with a special visit from Santa! Spectacular fireworks display sponsored by United States Marine! Come out & help us celebrate our silver anniversary - it promises to be one of the best YET! Admission: Free!

4th Shaggy's Christmas in the Pass Boat Parade

Dec. 3, 7:30 p.m., Pass Christian Harbor, Pass Christian

Lighted boat parade with festivities and prize money awarded for the best-decorated boats! Held in conjunction with Christmas in the Pass! Boat Parade sponsored by Shaggy's restaurant! Admission: Spectators Free!

Biloxi Lighting of the Town Green!

Dec. 3, 6 p.m., Biloxi Town Green, 710 Highway 90, Biloxi

Join in as Biloxi "lights" up the town...town green...that is! Visits & pictures with Santa, decorating of a large Christmas tree (everyone is asked to bring an ornament so they can participate in the decorating) and hot chocolate and cookies served! A holiday celebration for the whole family! Hosted by the City of Biloxi Parks & Recreation Department! Admission: Free!

Christmas at Beauvoir!

Dec. 3-5, 5 – 8 p.m., Beauvoir, 2244 Beach Blvd., Biloxi

Tour the exquisite Victorian decorated home of the last home of Jefferson Davis, view a miniature Victorian Christmas Village, Santa Claus makes a special appearance, and marvel @ the Christmas decorated grounds! Come join the festivities, enjoy a unique nighttime tour, and step back in history to Christmas Past where things were much simpler and the celebration of the holidays

much more special! Come enjoy Christmas @ Beauvoir!

Admission: Admission Charged

25th Annual Christmas on Water Boat Parade

Dec. 4, 6 p.m., Mississippi Gulf Coast - Biloxi

Join in on a community-wide celebration that offers something for all ages and all interests! Boats parade in full holiday décor with a fireworks show after the parade! Best parade viewing locations: between the Biloxi Small Craft Harbor and Casino Row, or between the Biloxi Lighthouse and Beau Rivage Resort & Casino!

Admission: Spectators Free!

3rd Annual Estates of Penny Lane Holiday Lights & Decor Gala

Dec. 4 – Jan. 1, Saturdays 2 – 6 p.m., Sundays 1 – 5 p.m., Light Show – Nightly, Location: Estates of Penny Lane, 20015 Pineville Road, Long Beach.

Enjoy a Holiday Light and Decor Gala with Christmas lights synchronized to holiday music, holiday décor, & carriage rides through the luxurious neighborhood of Penny Lane Estates! Refreshment sales benefit local charities.

3rd Annual Jingle Bells 5-K Run

Dec. 4, 7 a.m. registration, 8:30 a.m. Run, Downtown Long Beach, Call 228-596-7403 for info

5K Fun Run! Run starts and ends at the Town Green - Old Harper McCaughan School Site on Jeff Davis Avenue - Downtown Long Beach! Proceeds benefit Long Beach Substance Abuse Task Force! Admission: FUNdraiser - Entry Fee Charged

Long Beach Christmas in the Park

Dec. 4, 9 a.m. – 3 p.m., Long Beach City Park, 208 Pine Road, Long Beach Family FUN event featuring arts & crafts, food, entertainment and more!

Admission: Spectators Free!

5th Annual Biloxi Christmas in the City

Dec. 4, 10 a.m. – 4 p.m., Vieux Marche and Downtown Biloxi

Over 100 of the region's favorite artisans and antique dealers offering beautiful merchandise for all your gift-giving needs, in addition to delicious and specialty foods. Enjoy great entertainment, pictures with Santa and special Biloxi treats!

Admission: Spectators Free!

D'Iberville/St. Martin Christmas Parade

Dec. 5, 2 p.m., Downtown D'Iberville Christmas parade with floats and goodies to kick off the holiday season! Parade begins in the St. Martin Community Center, Lemoyné Boulevard, and disbands at the parking lot on Central Avenue in D'Iberville!

Admission: Spectators Free!

9th Annual Christmas on the Bayou

Dec. 11, 6 p.m., Gulfport Lake, Bayou Bernard: Call 228-324-2724 or 228-896-7919 for info.

Lighted boat parade down Bayou Bernard! The Parade begins in Gulfport Lake, down Bayou Bernard to the conclusion at the mouth of the Bayou at Big Lake. Bleacher seating available for public viewing at Gulfport Lake, and at the foot of the Cowan Lorrain Bridge! Admission: Spectators Free!

Three Rivers Holiday Extravaganza!

Dec. 11, 10 a.m. – 2 p.m., Three Rivers Elementary School, 13500 Three Rivers Road, Gulfport

Holiday festival which features a Home Depot Workshop, Crafts, Vendors, Laser Tag, Food, Professional pictures with Santa, and a very special happening... Come find that special Christmas gift for that special someone! Sponsored by the Three Rivers Elementary PTA! Admission: Spectators Free!

For more information on upcoming Gulf Coast holiday fun, visit <http://www.gulf-coast.org/>



From LIFE page 20

scared. I really thought Scott was going to die.

"He was shocked and I immediately resumed CPR. I only stopped when after about two more minutes he said, 'OWWWWW.' I was so relieved and amazed that he was awake and talking. He actually was trying to get up and said he felt fine! That was when Capt. Knott said, 'Boy! You were just shocked! You earned yourself a C-collar, a backboard and a trip to the ER!'

"While I am very proud to serve and very proud to be a nurse, being a Wingman is what I would emphasize.

"I have been a nurse for more than 13 years — over six of those in acute critical care — and in the Air Force for less than one year! I have been trained to instinctively act when a critical event takes place. But it is times like these that push us to remember that nothing can move forward until the basics are accomplished. We were not in a hos-

pital, a clinic or even in the field with any equipment to help us. We had our hands, our strength, our hearts and a Wingman who needed us. I cannot express how amazing it was to see Capt. Thallemer vibrant and joking around literally moments after we had shocked him and broken a few ribs. Nothing will ever be the same."

Capt. Thallemer said Captains Nesbit and Knott stayed with him in the ER and followed him to the cardiac cath lab.

"The doc asked me if I minded if they watched the procedure through the window," Thallemer said. "I told him, 'We're here for training so absolutely, yes!' They didn't leave my side until I went into the ICU (following the procedure)."

He explained that in the cath lab, the doctor needed to locate the blockages and see what was going on with his heart.

"The doctor went in with an endoscopic bypass through

three small incisions in the right side of my chest," he said. "He took the right mammary artery and placed it on my heart to bypass the congested coronary artery. I also received an internal defibrillator and a stent for another clogged artery."

The captain remained hospitalized for 14 days because of an infection that developed on the site where the ambulance EMTs had inserted an IV.

"I would have been there for four days otherwise," he observed. After another stent was placed in an artery Oct. 4, Thallemer returned to Keesler Oct. 6.

Once back here, "Our guys checked things out so they would know how to treat me. Other than cardiac rehab, that's about it; just getting back to my baseline. That's required a lot of treadmill and bike exercise to get my heart back to where it was before. I'm the youngest guy in the

See LIFE page 32

Coastline Community College . . . Spring Registration for the "A" Term which runs from Jan. 31 to March 28 will begin Nov. 22 and end Jan. 5. Additional information can be obtained in the Navy College Office, building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or e-mail ddrye@coastline.edu.

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Thanksgiving Saftey

~tips to remember for safe and happy holidays~

Illustration by Equipment Operator 3rd Class Mikayla Mondragon

Cooking Saftey Tips:

- Wash your hands and work surfaces frequently when you are cooking to prevent cross-contamination.
- Be sure all meat is cooked thoroughly to destroy any harmful bacteria. Ground meat should be cooked to at least 160 to 165 degrees, beef cuts should be cooked to an internal temperature of at least 145 degrees, poultry should be cooked to 180 degrees (with no pinkness), and solid cuts of pork should be cooked to 160 degrees.
- Never cook a stuffed turkey or chicken in the microwave. Microwaves do not distribute heat evenly and can leave pockets of cold inside the poultry.
- Be sure, when carrying a frozen turkey, that you handle it carefully. If dropped, a frozen turkey can result in serious injury.
- Be sure all stoves and ovens have been turned off when finished cooking.
- Turn handles of pots and pans on the stove inward to avoid accidents.
- Wearing loose clothing or dangling jewelry while cooking can cause cross-contamination and accidents.
- Keep children out of the kitchen, unless carefully supervised. Children running in and out of the kitchen can lead to serious accidents.

Turkey Fryer Saftey Tips:

- Be sure to only use the fryer outside on a paved surface away from buildings.
- Always keep an eye on the fryer and keep children and pets away.
- Make sure the turkey is completely thawed before dunking it into the oil.
- Slowly submerge the turkey to prevent splattering.

Travel Saftey Tips:

- All Navy personnel must complete a Travel Risk Planning Survey (TRiPS) when scheduling a trip outside a 300 mile radius.
- Be sure to get a good night's sleep before traveling long distances.
- Give yourself plenty of time to reach your destination.
- Make sure your car is in good running condition before a long trip.

Fire Saftey Tips:

- Never use water on grease fires!
- Keep a Class K extinguisher in your kitchen to help smother grease or other kitchen fires.
- Be sure to evacuate everyone from the home or building during a fire. Treat burns only after evacuation.
- Keep potholders and food wrappers at least three feet away from any heat source
- If a fire gets out of control, don't wait call 911 or 871-2333** (for on base residents)

Pet Saftey Tips:

- Herbs used in cooking Thanksgiving meals, such as sage, contain essential oils and resins that can cause gastrointestinal upset and central nervous system depression in pets if eaten in large amounts, especially in cats.
- Feeding your pets bones can be very dangerous. The bones may splinter or cause the animal to choke.
- Make sure that if you decide to feed your pet turkey, it is well cooked and boneless.

Happy Thanksgiving Day

Colmer Dining Facility Thanksgiving Menu

7 - 10 a.m.

Price - \$4.10

\$3.50 - children

On The Brunch

Menu:

- Crispy Bacon
- Sausage
- Eggs to Order
- Omelets
- Hash Browns
- Pancakes
- Biscuits
- Asst. Fruit
- Chicken Vegetable Soup
- Sloppy Joes
- Tater Tots
- Baked Beans

1 - 3:30 p.m.

Price - \$5.90

\$5 - Children

On The Dinner Menu:

- Chicken Vegetable Soup
- Roast Turkey
- Rib-eye Roll
- Mississippi Glazed Pit Ham
- Chilled Shrimp Cocktail
- Corn bread dressing
- Fluffy Whipped Mashed Potatoes
- Macaroni & Cheese
- Candied Sweet Potatoes
- Buttered Corn
- Simmered Peas & Carrots
- Turkey Gravy, Raisin Gravy,
- Natural Pan Gravy
- House Rolls
- Salad Bar



rehab class. Everyone else is between 70 and 90 years old.”

Recalling the entire episode, Thallemer said, “I can’t get over how lucky I was. I’m glad there were two nurses there who had just completed ICU training. They started CPR probably within 10 seconds (of the event). Having to come to my aid in the middle of the street without any medical equipment was remarkable. The doc said before doing the procedure they saved my life.”

Ironically, Thallemer was credited with lifesaving actions himself while attending Squadron Officers School at Maxwell Air Force Base, Ala., Feb. 24 to April 15.

“We were a couple of weeks into the course when a classmate called to say another classmate had come out of the gym feeling kind of dizzy. I stopped by and did an assessment. I found her neurological signs all over the place and called 911. An ambulance re-

sponded and took her to the hospital. The captain (a 27-year-old missile officer from F.E. Warren AFB, Wyo.) was diagnosed with arterovenous malformation causing bleeding into her cerebellum.

“She needed to be transferred to a hospital that could treat her — the University of South Alabama Medical Center in Mobile — but due to bad weather, she couldn’t be flown there. She had to be taken by ambulance from Montgomery to Mobile and I rode with her. She was taken to the ER where they did tests and an MRI. In the meantime, I notified her command and her husband. The doctor told her she had to go to surgery and had a very slim chance of survival. She asked me what she should do (again, Thallemer is an OR nurse) and I told her she needed to be there for her family. She was immediately taken into surgery.

“Her husband arrived six hours later and I had to tell him she had already had the

surgery. I spent 30 hours straight talking with her family and commanders. Thankfully, she recovered with few side effects. If she hadn’t been taken to the hospital and had the surgery, she would have gone to sleep and never awakened.”

The captain remarked, “To have both these events occur in a relatively short time span is pretty remarkable. In either case, if I hadn’t been there for her or if those two nurses hadn’t been there for me, neither one of us would have survived.”

Thallemer, who hopes to return to work this month, believes someone was looking out for him.

“I had changed the date I was going to attend CSTARS three times. Obviously, someone wanted me there at that time with the right people.

However, what I want people to take away from these experiences is for them to know how important your Wingman is!”

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myNavyExchange.com. The web-based NEX features select merchandise such as tactical gear, Navy uniforms, Navy Pride items, fitness apparel and shoes, motorcycle safety gear, home store products, baby products, watches and sunglasses. The site also contains a product information center that gives customers access to pricing information as well as product images, descriptions and specifications for TVs,

cameras and computers that are available for purchase in NEX stores.

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For more information on the benefits the NEX has to offer, log on to myNavyExchange.com.

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Office hours: Monday-Friday,
8 a.m. - 5 p.m., Saturday,
11 a.m. - 7 p.m.,
(Closed Sundays)



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.
Daily Mass: Monday-Friday, 11:35 a.m.

Protestant Service: Sunday, 10:30 a.m.

Gospel Service: Sunday, 11:45 a.m.

Center Chaplain's:

Lt. Cmdr. Michael Brown,
Protestant Chaplain
Lt. Yoon Choi,
Protestant Chaplain

For information concerning other faith groups,
call the chapel office at (228) 871-2454