



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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Naval Construction Battalion Center, Gulfport, Mississippi

October 20, 2011

PRCOs uphold new Physical Readiness Program policy

By MC3 Andrea Perez
NAVPERSCOM Public Affairs

The newly established Physical Readiness Control Officer (PRCO) program will serve as a vital link between command fitness leaders and Navy Physical Readiness Program coordinators, officials said Oct. 11.

"We decided it would be beneficial to put a link between the commands and the Physical Readiness Program Office (OPNAV N135), where policy is written, to ensure accuracy and fairness to Sailors and commands," said Bill Moore, director, Navy Physical Readiness Program, OPNAV N135. "It lets us provide command fitness leaders (CFL) with more direct assistance and also gives each one of the echelons an opportunity to monitor the commands



within their area to ensure compliance with the program."

In accordance with NAVADMIN 203/11, echelon III commanders must now appoint a PRCO to liaise with OPNAV and provide assistance to subordinate commands on physical readiness program policy and compliance and also ensure physical fitness assessment (PFA) compliance reporting semiannually.

The new collateral duty PRCO position and changes to the Physical Readiness Program took effect in July when the Navy announced the revision of OPNAVINST 6110.1J in NAVADMIN 203/11. It was the first major revision to the physical readiness program since

See PRCO page 26

Seabee Lake Restoration



Contractors with Kirk Ladner, Inc., excavate land around Seabee Lake on board Naval Construction Battalion Center (NCBC). The contractors will flatten the slope to the lake to prepare it for planting of wetland plants. The excavation and new plants will create an improved habitat for the marine life in the lake. (U.S. Navy photo by Morgan Over/Released)

For more on Seabee Center conservation, see page 16

October is Domestic Violence Awareness Month

October is Domestic Violence Awareness Month - A domestic violence incident occurs every 15 seconds in the United States! Our theme this year, "1 Voice Against Domestic Violence," speaks to the need to have everyone in our communities use their voices against domestic violence. Mothers, fathers, brothers, sisters, aunts, uncles, cousins, neighbors, co-workers, etc. are all being challenged to step up and speak out against domestic violence. Use your voice . . . and as a result of getting involved, a life may be saved. If you know someone who is being hurt let them know you care. It can be as simple as providing them with the Family Advocacy Program number, 228-871-3000 or the Gulf Coast Women's Center for Nonviolence in Harrison County, 228-435-1968 or Jackson County, 228-875-5433. You have 1 voice!

NMCB 1 runner goes the distance

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Spotlight on diversity in today's Navy

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NMCB 133 'Roos go global with beach clean up

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Public Affairs Officer
 Ensign Timothy Palik
Mass Communication Specialist
 MC1 Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cmdr. Richard Hayes
Public Affairs Officer
 Lt. j.g. Sonny Rowland
Mass Comm. Specialist
 MC2 Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1 Steven Myers

NCTC Gulfport
Commanding Officer
 Cmdr. Bill Whitmire
Public Affairs Officer
 Chaplain (Lt.) Rob Guilliams

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State of the Base

By Rob Mims

NCBC Public Affairs Officer

Capt. Rick Burgess, commanding officer of Naval Construction Battalion Center (NCBC) and commander 20th Seabee Readiness Group, held his first State of the Base Oct. 6 at the Seabee Memorial Chapel for commanding officers, executive officers and departments heads from across the installation.

The State of the Base is designed to give vital information to base leadership so they may pass it on to all their personnel and families about activities and the direction of the installation.

According to Burgess, the base is in very good shape. He said he sees all department heads working together to accomplish the base's mission of enabling and sustaining warfighter readiness.

After the CO's brief introduction, Cmdr. Chris Knudsen, base public works officer, briefed about several upcoming projects on base including more paving (including the grinder), several quarterdeck remodeling projects, rail removal or

repair, new base marquees, new NEX mini mart and gas station, turning the old gym into a new all hands recreation mall and potentially a new road from the 28th Street gate to the downtown area of the base. Although many projects have been funded, a majority of the projects the base leadership wants to accomplish are waiting for funding. There is a need from First Naval Construction Division for us to provide many projects for troop construction in fiscal year 13 and 14 in order to support the new emphasis on practical, hands on training.

Lt. Cmdr. Joseph Mastrangelo, commander of Naval Branch Health Clinic Gulfport, briefed the plans for the new base clinic were progressing pretty well. The new clinic will be nearly twice the size as the current clinic and include many entities that are spread out across the base today. It will be constructed across the street from its current location. He echoed the Skipper as he spoke about personal readiness. He said

See STATE page 28

Skipper's Log

By Capt. Rick Burgess
 CO/CBC/CMDR 20TH SRG

"For time and the world do not stand still. Change is the law of life. And those who look only to the past or the present are certain to miss the future."

John F. Kennedy

Life means dealing with change. Philosophers from the ancient times through the modern day have provided us observations on this fact. Still, when change comes our way, it often results in stress, concern and sometimes even a bit of fear. We recently received the official announcement of the decommissioning of Naval Mobile Construction Battalion (NMCB) 7 here in Gulfport and NMCB 40 in Port Hueneme. This news generated some local media interest and officially confirmed budget decisions that had been in the works for some months. Folks are understandably concerned over what this means for the future of the Naval Construction Force. While news of decommissionings certainly means change for us, what won't change is our dedication to our mission and the necessity to take care of our people. Let me offer a few thoughts that come to mind in considering our situation.

First, we are part of the Navy, so the size of the NCF waxes and wanes with the needs of the Navy and the nation. Already in our history, we have seen wide variations in the number of Seabees as our nation alternately geared up for conflicts and then reduced forces afterwards. Whether it was the demobilization that followed World War II or the "peace dividend" after the fall of the Berlin Wall, force structure reductions tend to follow in the wake of our nation's conflicts.

Our job is to serve our nation's needs, within the bounds of the resources that our national leaders provide.

Second, our mission to provide combat ready engineer support to naval component commanders



Capt. Rick Burgess

will continue. Whether the mission involves drilling water wells to support JTF Horn of Africa or exercise-related construction with a partner nation in the Pacific, there is still demand for the projects that skilled Seabees can provide. Seabees will continue to prepare to deploy, fully trained and equipped to accomplish their construction mission.

Lastly, leaders will continue to look out for their people - both the ones who are obliged to separate and the ones who continue to serve. We are fortunate to have a wide variety of programs and training opportunities available to help our troops and families to deal with the challenges that life brings our way. Those who are transitioning to civilian life will find a wide variety of transition assistance available, from resume-writing advice to information on the Post-9/11 GI Bill. Those who are staying on active duty may wish to pursue off-duty education or take a family resiliency skills class through FOCUS (Families Overcoming Under Stress). And they will certainly need the mentoring and career advice that the Career Development Boards and other informal counseling provide.

So, as we confront the changing world before us, let us be mindful of the vital elements that remain unchanged: service to our nation, a vital and challenging mission, and the support of leadership. And let us face our challenges with the full confidence that we are equal to the task.

After all, Seabees Can Do!

Regional Legal News

An Airman Apprentice assigned Naval Air Technical Training Center, Pensacola, Fla., was found guilty at a Special Court Martial of failing to go to the Sailor's appointed place of duty (three specifications), violating general and lawful orders (five specifications), wrongful use of marijuana, assault, and drunk and disorderly conduct. The Sailor was ordered into confinement for 97 days, reduction in rank to E-1, and forfeiture of 2/3 of pay per month for three months.

A Petty Officer Third Class assigned to Naval Branch Clinic Mayport, Fla., was found guilty at a Special Court Martial of attempted theft, stealing \$400 and stealing gasoline, intent to defraud, and wrongfully opening mail matter. The sailor was reduced in rank to E-1 and was confined for 75 days.

At a Special Court Martial for a Naval Station Mayport, Fla. based Petty Officer Third Class, the Sailor pled guilty to stealing \$4,000 from the Navy Exchange and impeding an investigation. The Military Judge sentenced the PO3 to four months confinement, reduction in rank to E-1, forfeiture of \$978 per month for four months, and a bad conduct discharge. The PO3 made full restitution to the Navy Exchange prior to trial.

Fraud, Waste, Abuse 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@navymil.

Commander's Action Line . . . The Commander's Action Line gives all NCBC personnel a direct link to Capt. Rick Burgess, commanding officer of NCBC/commander 20SRG. Go to https://www.cnbc.navy.mil/Gulfport/Service-Organizations/PAO/CNICP_A132870

Around the Center



Seabees and Sailors from commands attached to Naval Construction Battalion Center Gulfport went downtown to support the 2011 Fireball Run Oct. 1. The Fireball Run is a 2,500-mile, 15-city, 8-day interactive road rally, which aids in the recovery of America's missing children. (U.S. Navy photo/Released)



Seabees and Sailors from commands on board Naval Construction Battalion Center participated in the 2011 Heart Walk Oct. 1. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Cmdr. Michael Monreal, 20th Seabee Readiness Group Chief Staff Officer, shows good sportsmanship after being sent to "jail" by a fellow colleague during a Seabee Ball fundraiser "Jail N Bail" on board Naval Construction Battalion Center (NCBC), Oct. 6. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



Children at the Youth Activity Center present Alice Huffman, Navy and Marine Corps Relief Society (NMCRS) director, with a \$390 check. The \$390, which will translate to approximately \$1,200 in assistance, was raised by children, five to 12-years old, attending NCBC's Navy Child and Youth Programs during a summer-long "penny war" fund-raiser designed to teach children how to set and reach goals. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Family Readiness Officer Chief Utilitiesman (SCW) John Kaffenberger and Family Readiness Group President Mary Belanger cut the cake at NMCB 1 FRG's Over the Hump officially marking the mid-deployment point of NMCB 1's deployment. NMCB 1 is currently deployed to Afghanistan. (U.S. Navy photo by Morgan Over/Released)

Seabees kick off CFC campaign

By UTCN Daneia Johnson
NCBC Public Affairs

The Combined Federal Campaign kick-off Oct. 6 in front of the Navy Exchange marked the 50-year anniversary of the charity campaign. Established in 1961 by President Kennedy, CFC gives federal employees the opportunity to make contributions to a wide variety of charitable organizations.

CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 campaigns throughout the world designed to help raise millions of dollars each year. Last year, Federal civilian, military and postal employees pledged more than \$281.5 million to the CFC.

In his opening remarks CFC Director Terry Olivier mentioned the history of giving. "I'm very proud of the work you guys have done in terms of generosity in giving over the years. It definitely shows in the success of our campaign," said Olivier.

Federal employees have a choice of more than 2,400 national and international federa-

tions charities and some 40,000 local charities qualify for the CFC each year. To participate they must meet strict eligibility standard.

Federal military and civilian employees can designate funds to an organization that has had an impact on them or their family members.

The application process for each charity is thorough and ensures that legitimate charities are given fair representation while protecting donors from fraudulent practices.

"I really urge everyone to take advantage of the chance you have to make a difference in our local community and in the broad and national world community," said Capt. Rick Burgess, commanding officer Naval Construction Battalion Center (NCBC)/commander Twentieth Seabee Readiness Group (SRG).

To contribute to the CFC, contact your Command Key Worker and ask for a pledge form and booklet. There are three ways to donate; by check, cash, or payroll deduction. The campaign runs through mid-November.



Service members find out information about the charities that make up the Combined Federal Campaign from representatives at the annual kick off held in front of the Navy Exchange on board Naval Construction Battalion Center (NCBC) Oct. 6. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Seabee Center Firefighters provide training during Fire Prevention Week



U.S. Navy photos by Utilitiesman Constructionman Daneia Johnson and Rob Mims/Released



Above: Jennifer Schonewitz practices stove safety during a training session hosted by NCBC Firefighters at the Navy Exchange. Below: Firefighter Demetrius Baldwin instructs Tawana Troup in the proper method of using a fire extinguisher during National Fire Prevention Week. The firefighters also travel to area schools throughout the year to teach fire safety and prevention.



Left: Capt. Rick Burgess, commanding officer of the Naval Construction Battalion Center (NCBC) and commander 20th Seabee Readiness Group (SRG) shakes hands/paws with "Sparky" the Fire Dog after signing a National Fire Prevention Week Proclamation. Above: Preschoolers from the Child Development Center (CDC) gather around Sparky the Fire Dog as they patiently wait to meet him on board Naval Construction Battalion Center (NCBC), Oct. 13. The children also took a tour through the fire safety house in which they learned the importance of precautionary fire safety procedures.

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SW1 Christopher Eckman Memorial Service

A Memorial Service for Steelworker 1st Class Christopher Eckman will take place Oct. 24, at 11 a.m., at the Seabee Memorial Chapel. In lieu of flowers, the family requests donations be made to the Navy-Marine Corps Relief Society, 5301 Snead Street, building 30, Gulfport, MS 39501.

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SE Region Commander signs Domestic Violence Proclamation

By MC2 (SW) Greg Johnson
Navy Region SE Public Affairs

Rear Adm. John Scorby Jr., commander, Navy Region Southeast, signed a proclamation declaring October Domestic Violence Awareness Month on board Naval Air Station (NAS) Jacksonville Oct. 7.

The proclamation emphasizes the Navy's role in the community and calls upon Navy leaders, service members and family members in the region to increase their efforts to prevent domestic violence.

"We in the Navy community have an obligation to become actively involved in prevention by supporting our Sailors and their families to live and raise children in a safe, nurturing environment," Scorby said.

In recognition of domestic violence awareness, Sailors assigned to Construction Battalion Maintenance Unit 202 Detachment Jacksonville 14 placed more than 280 purple ribbons on roadsides throughout NAS Jacksonville, each one representing an incident of

domestic violence that occurred on base during 2011. According to Scorby, while each ribbon represents an act of aggression and hostility, each should also serve as a symbol of hope.

"Every one of those ribbons represents an act of domestic violence and every time you see one, it's a reminder that the next incident could be happening right now. It's important for people to know what they stand for and to think about what they may be able to do prevent domestic violence every time they see one."

According to Jeannette Werby, Navy Region Southeast counseling and advocacy coordinator, projects like NAS Jacksonville's purple ribbon campaign are vital to raising public awareness about domestic violence, especially because it can happen where you least expect it.

"It can happen to everybody. It's not particular to any race, ethnic group, social status, income or rank. It can happen anywhere, and it happens a lot more than most people think."

It's also important for people to un-

derstand what resources the Navy provides to combat domestic violence, whether they are the victim or suspect someone else may be, Werby said.

The fastest and most direct way of reporting domestic violence is through the Navy's Family Advocacy Program (FAP), which provides victim protection and counseling for those affected by domestic violence. FAP representatives can be found at installation Fleet and Family Support Centers (FFSC). The FAP looks into each report and takes the appropriate actions to protect victims should the report be substantiated.

"It's important for people to take action and report any situation where they suspect abuse," Werby said. "The goal is to protect victims and provide them with the safety and security they need."

Anyone who suspects domestic violence can file a report by contacting their installation's FFSC. Additional support is also available through the Domestic Abuse Hotline at 1-800-799-SAFE.

SAME Scholarship Golf Tournament . . . The Society of American Military Engineers (SAME) Gulf Coast Post is hosting their Annual Scholarship Golf Tournament Oct. 21 at the Bay Breeze Golf Club Course at Keesler AFB. Entry fee is \$60/person or \$220/4 person team. For more information, to register, or to become a sponsor visit <http://samescholarshipgolftourney.webs.com/> or call Lt.j.g. Willich at 228-871-3922.

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NMCB 1 Seabee finishes on top in annual Air Force Marathon

By Lt. Rob Clark

NMCB 1 Public Affairs
Seabees with Naval Mobile Construction Battalion (NMCB) 1 Detail Camp Moreell participated in the annual Air Force Marathon on Sept. 17. The event was divided into several categories – full marathon, half marathon, and 10k.

All members of the Detail decided to compete together in the half marathon which was the most popular and competitive event of the day.

Under the cover of darkness, the Seabees and several hundred other distance runners, set out on the roads surrounding Ali Al Salem Air Force Base in the Kuwaiti desert. The early start time of 4 a.m. was necessary from a safety perspective since temperatures in Kuwait typically exceed 100 degrees before breakfast. This day was no different. As the sun climbed, so did the tem-

perature out on the course. Hydration stations every mile and patrolling medical response teams ensured each participant was being properly monitored for heat related illnesses.

When the dust and sand from all the pounding feet settled, it was an NMCB 1 Seabee who stood victorious. Construction Mechanic 3rd Class (SCW) Amanda Boyce finished the 13.1 mile half marathon in 2 hours and 39 seconds – the best time for a female competitor that morning. For her achievement, Boyce was presented with a trophy from Commander 386 Air Expeditionary Wing, U.S. Air Force Col. Michael Zick.

“I was surprised! With all the runners around me, I really did not realize that I was in the lead until the end. I was just running my hardest and trying to reach my personal goal, which I also achieved,”

said Boyce.

Boyce’s training regimen included daily runs of seven miles in the weeks leading up to the race with an additional extra long distance run once a week. Her training was done after working hours and on an indoor treadmill due to the intense heat of the afternoons and evenings in Kuwait.

Also competing and representing NMCB 1 were Lt. Rob Clark, Builder 1st Class Craig Miller, Construction Mechanic 2nd Class Keith Teklits, Steelworker 3rd Class Sean Hatchett, and Utilitiesman Construction Apprentice Daniel McGowen.

A member of 25th Naval Construction Regiment (NCR), Chief Logistics Specialist Alan Wood, joined the Camp Moreell team as well.

Runners received participation medals, shirts and running caps upon completion of the race.

U.S. Air Force Col. Michael Zick, commander 386 Air Expeditionary Wing presents Construction Mechanic 3rd Class (SCW) Amanda Boyce with a trophy for her finish in the annual Air Force Marathon Races. Boyce finished the 13.1 mile half marathon in 2 hours and 39 seconds - the best time for a female competitor. (U.S. Navy photo by NMCB 1 Public Affairs/Released)

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No tricks, just sweet treats

By RP2 Kirk Cogswell
NMCB 133 Public Affairs

OKINAWA - Seabees from Naval Mobile Construction Battalion (NMCB) 133 attended a Halloween costume party at Higa Elementary School on Okinawa’s Hama-Higa Island Oct. 7.

Nine volunteers from the battalion at Camp Shields brought their own costumes to the party that represented their personal taste in popular American culture.

Darth Vader and an Imperial Storm Trooper from the Star Wars franchise invaded the classroom where nearly 50 stu-

dents awaited the introductions, while Mario and Luigi of the Mario Brothers from the famous Nintendo game joined Master Chief John-117 of Microsoft’s Halo Universe for a grand entrance. Next to arrive were DC Comic’s Green Lantern, a gypsy pirate, a cat lady and a zombie princess.

Several of the volunteers then presented a brief history of the holiday for discussion as the teacher and Commander Fleet Forces Okinawa (CFAO) Community Relations Representative, Hiroe Shiroma, interpreted. The children then learned the English words for

some common Halloween themes like Dracula, witch, haunted house, black cat, ghost and of course, candy. All of these words were then clearly pronounced in English aloud by the kids as a descriptive picture of each was held up by the teacher.

“It was an incredible opportunity and experience to be able to attend,” said Intelligence Specialist 3rd Class Douglas Santiago. “Being able to share and relive something I had enjoyed so much as a child, was a great feeling.”



Dressed as Luigi from Nintendo’s Mario Brothers video game series, Intelligence Specialist 3rd Class Douglas Santiago of Naval Mobile Construction Battalion (NMCB) 133 visits with children at Higa Elementary School during a Halloween costume party. (U.S. Navy photo by Religious Program Specialist 2nd Class Kirk Cogswell/Released)

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Chief Construction Mechanic (SCW) Robert R. Crespin, left and Chief Construction Electrician (SCW) Francisco J. Martinez

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Chief Construction Electrician (SCW) Paul Z. Ramirez

Focus on Hispanic Heritage: Outstanding CPOs add diversity, excellence to Seabee culture

By UTCN Marlene Hougbedji
NMCB 11 Public Affairs

"Set high goals for yourself, because everything is what you make of it." Spoken as words of encouragement from a senior enlisted to young Seabees, this quote also summarizes the attitude three exceptional chief petty officers have demonstrated through their naval careers.

Chief Construction Electrician Francisco J. Martinez (who authored the quote), Chief Construction Electrician Paul Z. Ramirez and Chief Construction Mechanic Robert R. Crespin of Naval Mobile Construction Battalion (NMCB) 11 have a few traits in common: a strong commitment to excellence, dedication to the troops entrusted to their care and their Hispanic heritage. They are three out of thousands of Sailors who have positively influenced others through their achievements and exemplify this year's Hispanic Heritage Month theme of 'Many Backgrounds, Many Stories... One American Spirit.'

Initiated as a week of celebration under President Lyndon B. Johnson in 1968, Hispanic Heritage Month was expanded to 30 days (Sept. 15 to Oct. 15) in August 1988 to commemorate the culture and contributions of Hispanic Americans. All three chiefs remember times when the service was slightly more segregated than it is now; when fear of the unknown prompted young Sailors to only seek the company of their own. Today, Seabees

work with and even build strong friendships with people of different backgrounds. These chiefs credit that improvement to the Navy's intentional efforts to increase cultural awareness and diversity.

"It's awesome to be able to teach others about where I come from," said Ramirez, 35, of San Antonio, Texas. "Understanding diversity is a great learning experience for everyone and helps with integration."

A 15-year U.S. Navy veteran, self-proclaimed overachiever and proud Texan or Tejano, Ramirez traces his family's origins in San Luis Potosi, in Central Mexico. Enlisting came as a natural choice to a man whose family members have fought in every major American war since World War II. His great-grand father was a World War II U.S. Army veteran. His grand-father, a soldier as well, enlisted toward the end of the Korean conflict and his father, a Marine Corpsman served during both the Vietnam War and Desert Storm.

Ramirez's own outstanding career led him to Guantanamo Bay, Cuba, to Spain, Germany and San Diego with Naval Mobile Construction Battalion (NMCB) 40, to Recruiting District San Antonio, to Center for Seabees and Facilities Engineering (CSFE), Sheppard Air Force Base (AFB), and to Iraq with Naval Mobile Construction Battalion (NMCB) 3.

Major accomplishments include earning a Navy and Marine Corps medal for Heroism, the second highest medal

awarded by the U.S. Navy for bravery in situations not involving combat, for saving a Japanese national's life. Other awards include U.S. Navy, U.S. Army and U.S. Air Force Commendation Medals and four Navy Achievement Medals. As a man who believes that every American should serve his or her country, Ramirez encourages younger troops to "start where they are, use what they have and finish what they started." He deems important to use all that is offered to them to make the most out of their Navy careers.

It is an opinion shared by Martinez, 33, who believes everything is what one makes of it. "We're the only ones responsible for our successes and failures," said Martinez, NMCB 11's Command Fitness Leader.

Martinez's Navy journey began 15 years ago and culminated with his induction into the chief petty officer community in 2007 at the age of 28. Two Navy Commendation Medals and four Navy Achievement Medals, including three earned while involved in Special Warfare, are among the many awards he received. He is a skilled motorcycle rider who also practices weightlifting and enjoys playing basketball, volleyball and wrestling with his two boys.

He recounts reporting to boot camp straight from his native Carolina, Puerto Rico and speaking no English. A driven young Seabee, he refused to allow the

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MCPON Bushey guest speaker for BU 'A' graduation

By UTCN Daneia Johnson
NCBC Public Affairs

Former Master Chief Petty Officer of the Navy (MCPON) Duane R. Bushey was guest speaker for the graduating class of Naval Construction Training Center (NCTC) Gulfport's Builder "A" School, Sept. 23. After 11 weeks of hard work to reach their goal, the Seabees of Class 11530 were capped with their camouflage covers. The capping signified the students' final transition to the Seabee community.

Bushey, the Navy's seventh MCPON, encouraged the students to always strive for their best, and addressed the importance of being a squared away leader and how staying motivated would bring success to the students' careers.

"Don't wait for something to happen in the United States

Navy. Make it happen," said Bushey.

The class Honor Graduate, Builder Constructionman Apprentice Julia Sijka, expressed her gratitude for having the former MCPON as their guest speaker.

"It is a grand and pleasant surprise. The honor is overwhelming to have someone of such great stature recognize us," said Sijka.

During the ceremony, NCTC Commanding Officer, Cmdr. William Whitmire presented two military excellence awards for the first time ever.

He described the newly graduated class of Seabees as motivated and extremely intelligent.

"They want to do something that's bigger than them. They want to do something to change the world," said Whitmire.



The seventh Master Chief Petty Officer of the Navy (MCPON), Duane R. Bushey, was the guest speaker at the Builder "A" school graduation held Sept. 23 at Naval Construction Training Center (NCTC) on board Naval Construction Battalion Center. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Bravo Zulu for Outstanding contribution at Oct. 6 Blood Drive! Goal of 63 was exceeded by 18 units of blood. The next blood drive will take place Dec. 1, from 8 a.m. - 1 p.m. at the Seabee Memorial Chapel.

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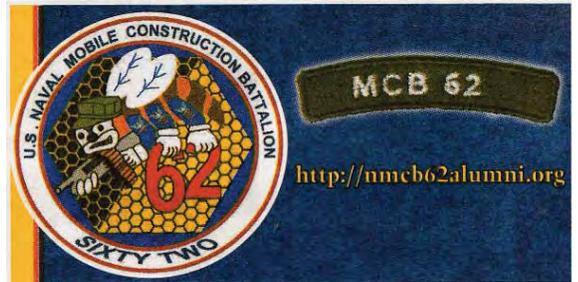
**Wanted:
UCT Seabee
Divers!!!**



Underwater Construction Team ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change. Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment. Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; EA2 Potamitis at marios.potamitis@navy.mil; or visit www.facebook.com/seabee.diver for more information

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Buzz on the Street



By UTCN Daneia Johnson

With a \$25,000 average monthly electric bill on NCBC, what are you doing to bring it down?



"Before I leave the house, I turn the thermostat up to 80 degrees and when I return I reset it to 70."

MA3 Austin McQueen
Naval Security Forces
Hometown: Gulfport, Miss.



"In spaces we usually open the blinds instead of turning on lights."

EOCN Margarita Ruelas
NMCB 7
Hometown: Sioux City, Iowa



"I turn off all the lights in my house before I leave."

SWCN Brent Larue
NMCB 11
Hometown: Hortonville, Wis.

Navy streamlines Exceptional Family Member enrollment

By Cheryl McGrew

Navy Region Southeast Family Readiness Program

The Navy launched an Exceptional Family Member Program (EFMP) enrollment and tracking application on the Navy Family Accountability and Assessment System (NFAAS) (<https://navyfam-ily.navy.mil>) Sept. 1.

The EFMP application adds an electronic enrollment capability for the EFMP and allows service members to track the progress of the enrollment process. The initial phase will only allow new enrollees to use the system. Phase Two implementation is scheduled for the middle of fiscal year 2012, at which time all enrollees will have access and all existing enrollee information will be migrated over to the NFAAS

system. At that time, EFMP enrollment information will show in the NFAAS profile.

Those who were enrolled in the EFMP prior to Sept. 1, 2011, do not need to do anything further at this time. The NFAAS/EFMP module is in Phase One of implementation, which will only show new enrollments after Sept. 1.

Those who enroll in the EFMP after Sept. 1, 2011, should take the following steps:

1. If you have not already done so, you must manually download and complete the enrollment forms (DD form 2792 and DD form 2792.1) found here: <http://www.public.navy.mil/bupers-npc/Pages/default.aspx>
2. You or your spouse (if the EFM member) and the physi-

cian should complete the forms and attach any applicable documentation.

3. Make a copy for yourself and submit to the EFMP coordinator at your local military treatment facility or branch medical clinic.

4. Your local Fleet and Family Support Center (FFSC) EFMP liaison can assist you with locating the coordinator and completing the enrollment process and can provide services related to your family member's needs.

5. The EFMP Coordinator will review the package, complete their assigned sections and upload all documents into NFAAS for submission to the Central Screening Committee (CSC) at Naval Medical Center Portsmouth.

6. The CSC will review the

package and submit it to Navy Personnel Command (NPC) with a category recommendation.

7. NPC will then review and assign the final category, and notate your detailing record

Screening and processing typically takes 4 - 8 weeks. Applicants may contact their FFSC/EFMP liaison or check NFAAS for the status of the application.

The exceptional family module is available online at the NFAAS website at <https://navyfam-ily.navy.mil>. The NFAAS Navy family member's user guide is available after login and can be found under the help tab.

Sailors with questions may contact the regional EFMP liaison at 904-542-9838 or email Cheryl.mcgreg.ctr@navy.mil.

Photocopying military ID cards violates policy . . .

According to Title 18, US Code Part I, chapter 33, Section 701 photocopying of U.S. Government Identification is punishable by both fine and imprisonment. If asked to provide identification for photocopy, military/DOD personnel can provide a state drivers license or other form of photo identification.

Area Off-Limit Locations . . . Biloxi: Boulevard Night Club, Blue Note Lounge, Henry Beck Park, YaYa's; **Gulfport:** Bunk Small Apartments, Herbal Alternatives; **D'Iberville:** Guitars and Cadillac; **Moss Point:** Tony's Lounge; **Ocean Springs:** Pugs; **Pascagoula:** Carver Village, Bunksmall Apartments, H&H Hideaway. Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board.

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Halloween Craft

LifeWorks
© Balfour Beatty Communities

Join Balfour Beatty at the Pool House for this family fun night.

**PUMPKIN FACE PAINTING
AND
MOVIE UNDER THE STARS**

Bring the kids early so they can pick their pumpkin to decorate. One pumpkin per child please.

October 26, 2011
6 p.m.
Community Pool House Lawn

When the sun goes down we will be viewing a spooktacular family movie, so bring your lawn chairs or blankets.

Buckle up for safety - Every time!

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Chapel Offerings

Women's Bible Study –

A new Women's Bible Study has started at the Chapel. It is Wednesdays from 10 to 11 a.m.

Seabee Food Pantry –

The Seabee Pantry is running low on non-perishable items. Donation drop off points are: Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. Anyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

LIGHT- A Young Adult Group for members of the military. Meetings are held Wednesdays at 6 p.m. at the Chapel Fellowship Hall.

The Five Love

Languages Workshop -

Come and strengthen your relationship by discovering you and your partner's "love language." Open to individuals and couples (married and non-married). This fun, interactive workshop will be offered at the Base Chapel Nov. 10 at two separate times: 9:30 a.m. to noon (lunch is included) and 6 - 8:30 p.m. (dinner is included). For more information and/or to register

for one of the sessions, please contact Cmdr. Goldberg at 228-871-3504 or the Base Chapel at 228-871-2454.

Fall Festival -

The annual Fall Festival will take place Nov. 6, from noon to 3 p.m. at the Chapel. Plan to compete in the Chili/Dessert Cook Off! - Contact the Chapel at 228-871-2454 for information on all of the programs and be sure to visit their Facebook page.

NCBC Helping Hands Volunteer Opportunities

NCBC Helping Hands Community Outreach Program – Public Affairs is in the process of organizing the NCBC Community Outreach Volunteer Assistance program to enhance efficiency and effectiveness. In order to do this, we ask all organizations/commands on board the Seabee Center who provide volunteer services to send an email to NCBC_GPT_PAO@navy.mil for further information.

The Child Abuse Prevention Center Haunted Trail - The Child Abuse Prevention Center hosts a haunted trail every year in Saucier as its biggest fundraiser. Volunteers are needed to build scenes and work the event. The Haunted Trail will be open Oct. 21, 22, 28 and 29. If you would like to volunteer to work the event,

please contact Becky Payne at 228-760-2980.

The Leukemia and Lymphoma Society needs 30 volunteers to help out at the Annual Halloween 5k and 1-mile Fun Run Oct. 28 at 5 p.m. The event takes place at Florence Gardens, 12321 Preservation Drive, Gulfport. Volunteers will be manning the course and distributing water. Runners are also welcome. Contact AO2 Megan McConahy at 850-529-5028 or 228-871-4922, or Pam McGill at 228-860-8469 for information.

Veterans Stand Down 2011 -The Department of Veterans Affairs is still in need of volunteers to help at the annual Veterans Stand Down Oct. 21, from 7:30 a.m. - 4 p.m. Call the Chapel at 228-871-2454 to volunteer.

Gulf Coast Women Center for Nonviolence is opening a domestic violence shelter in Pascagoula to provide a safe place for women and children from Jackson and George Counties. The following "wish list" items are needed by the adults and children residing in the shelter: Cleaning supplies, over the counter medications such as ibuprofen, acetaminophen, allergy, cold, indigestion for children and adults, Band-Aids, alcohol, peroxide, ointment, toiletry items (shampoo, conditioner, deodorant, tooth paste, brushes, body wash, soap) toilet paper, paper towels, diapers, wipes, Kleenex, bath towels, sheets, blankets and pillows. Phone 228-205-4502 for more information.

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

NCBC
Halloween
Trick or
Treat
hours
Oct. 31
5 - 8 p.m.



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October 20, 2011

Seabee Courier

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CALL 871-2251
For more details and volunteer opportunities.

SPOOKFEST

Friday, October 28
from
6 p.m.-9:00 p.m.
at the Old Fitness Center

Meet the Sauce Boss!

Live Music by the Sauce Boss from 7 p.m.-8:30 p.m.

Join us from 7 p.m.-8:30 p.m. as the Sauce Boss mixes up music and gumbo onstage. At the end of the night, everyone gets a sample. So don't forget to bring your chairs and blankets because this is a concert you don't want to miss!

MWR

**ILS Fall Golf Tournament
to benefit one of our own,
Jeff Haskin, (CPO, Ret.)
Nov. 5, Gulf Hills Golf Course**



**Ocean Springs
4 Man Scramble
Registration: 11 a.m.**

Shotgun Start: Noon

\$60 to enter

(lunch/beverages included)

Contact Jeff Vaughn, 228-935-7740, Jeffery.Vaughn@hii-ingalls.com or Trisha England, 228-935-8522, Trisha.England@hii-ingalls.com

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.



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FOCUS on EDUCATION

Academic Achievement



Mississippi Gulf Coast Community College Navy Base Center Director Alrie' Poillion congratulates Steelworker 2nd Class Derek Abab for graduating with Special Honors from MGCCC. A member of Phi Theta Kappa, Abab is serving with Naval Mobile Construction Battalion (NMCB) 7. (U. S. Navy photo by Bruno Maio/Released)

MGCCC offering spring second session classes

From MGCCC Public Affairs

Mississippi Gulf Coast Community College (MGCCC) Navy Base Center in Gulfport is gearing up for the second session classes which begin Oct. 31 and end Dec. 7.

Course offerings include English Composition II, World Civilization II, College Algebra, Physical Science I, Public Speaking I and Sociology. Public Speaking I and Sociology are being offered in a hybrid format. The hybrid classes meet on Friday from 5 - 8:30 p.m. and Saturday from 9 a.m. - 6:30 p.m.

Alrie' Poillion, the Navy Base Center Director explains, "Hybrid courses are a blend of face-

to-face instruction with online learning. We have had very positive responses from the students who were enrolled in the hybrid classes from the summer and we are looking forward to adding more classes in the spring to further accommodate our military students."

The MGCCC office is located at the Naval Construction Battalion Center in the Moreell building 60 and offers one-stop shopping for those who are interested in attending the college. Students are able to apply, register, pay fees and pick up their books all in the same office. Courses are offered to non-military personnel, active duty, civil service and dependents of the military.

If you would like more information, please call Alrie' Poillion at 228-865-0675 or email alrie.poillion@mgccc.edu.

"Being an American" Essay Contest Opportunity open to area high school students . . .

The largest contest of its kind in the country, the Being an American Essay Contest explores the founding principles outlined in the Constitution. Competing student will answer, in 1,000 words or less, the essay question: "How does the Constitution establish and maintain a culture of liberty?" Judging criteria is based on adherence to essay question, originality, organization, writing style and depth of analysis. Students in grades 9-12 who are U.S. citizens or legal residents and are either attending public, private, religious, or charter schools, being home-schooled, or participating in a GED or correspondence school program but are no older than 19 years of age. Military bases and U.S. territories are also invited to participate. The top three student winners from each of five geographical regions will be awarded cash prizes of \$1,000 (First Place), \$500 (Second Place), and \$250 (Third Place). Teacher sponsors for each student winner will also receive a cash prize of \$100. Deadline for submission is Dec. 15, 2011 at 11:59 p.m. PST. All essays must be submitted at www.BillofRightsInstitute.org/Submit. Winners will be announced February 2012. For more information, see www.BillofRightsInstitute.org/Contest.

The Military Child Education Coalition presents
"Living the the New Normal: Helping Children Thrive Through Good and Challenging Times"
Oct. 25 - 26

Registration/Breakfast: 8 - 8:30 a.m.

Institute Training: 8:30 a.m. - 4 p.m.

Courtyard by Marriott Gulfport Beachfront, 1600 East Beach Boulevard, Gulfport

No cost to participants. Log on to MilitaryChild.org to register!

Sparked by concerns about military children dealing with illness, injury, or death of a parent, the Living in the New Normal: Supporting Children through Trauma and Loss, or LINN, initiative was developed through collaboration with experts in the fields of trauma and grief, resiliency, health care, and child development.

LINN encourages families to ensure their children have the tools to weather life's storms, fosters homefront efforts to support military children, and provides educators and other concerned adults with information to help them support children during times of uncertainty, trauma, and grief. LINN's efforts are predicated on the belief that children are courageous and resilient and that these skills can be strengthened through deliberate encouragement by the adults in their lives.

In order to meet the mission of the LINN initiative, the MCEC has developed three key components: Professional Development, Resources and Research-Based References and Public Engagement.

This is graduate level training that offers the participant the option of earning graduate credit or continuing education credits (CEU) for a fee. The Military child Education Coalition is accredited through IACET and NBCC, along with many other state professional development agencies.

NCBC School Liaison Officer

MWR, Building 352

1706 Bainbridge Ave., NCBC, (228)871-2117

kevin.r.byrd@navy.mil

Student Scholastic Reward



Gaston Point Elementary School students enjoy a movie at Naval Construction Battalion Center (NCBC) Training Hall Theater Oct. 12. The students were awarded this privilege by making the honor roll, having perfect attendance, or displaying good citizenship. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Seabee Center takes the Gold



Roger Dozier, left, Public Works Department (PWD) Gulfport's Resource Efficiency Manager; Gene Baker, PWD Utilities Energy Commodity Manager; and Matt Schultz, PWD Production Division Director stand in front of a Photovoltaic solar panel on display at the Energy and Lighting Technology Fair held at the Navy Exchange plaza Oct. 6. (U.S. Navy photo by Morgan Over/Released)

Energy Conservation starts with you

By Morgan Over
Contributing Writer

Megawatts. Kilowatts. Water consumption. Energy star. These are a hodgepodge of words if energy awareness isn't second nature to you. So what do those words mean to you?

They mean the flick of a switch to turn off a light, unplugging an electrical appliance when not in use and remembering that just because you don't see your electricity bill every month doesn't mean you can't help conserve energy.

October is energy efficiency awareness month. This month, Naval Construction Battalion Center (NCBC) wants everyone to know they have a part in conserving energy.

"Energy conservation starts with you," said Matt Schultz, Production Division Director at Public Works Department (PWD) Gulfport. "Conserving energy can be very easy if people take a few steps" to try.

Energy conservation is the highlight of a "Green Navy." From biodiesel fuel to electric vehicles, much like the Vantage vehicles ones you see driving around base, the Navy is working toward a Green Navy.

On board NCBC, energy conservation can be found no further than building 442 at the Naval Construction Training Center (NCTC) where it is marked off with orange flags in preparation of solar panel installation.

"Building 442 was picked because it has a large southern exposure," said Schultz. The solar panels "will gener-

ate more electricity than the building can use."

The solar panels are expected to generate 210 kilowatts of instantaneous power while the building uses roughly 100 kilowatts, Schultz explained. The remaining generated electricity will be sent to the base's electrical grid for use elsewhere on the base.

Further plans to add solar panels are in the works. According to Schultz, building 319 is the next building to receive the panels and is expected produce 550 kilowatts.

Solar panels... Flashing stop lights... Energy STAR appliances... Oh my...

With the increased incentive to conserve energy, is it any wonder the 213 new houses on base received the Mississippi Power EarthCents Silver award? With homes that boast Energy STAR appliances, high-efficiency heat pumps with programmable thermostats and double-paned windows, these homes save more energy than the older homes.

"The newest homes in relation to construction and energy are far beyond the older homes," said Charles Taylor, housing director at NCBC. "We [U.S. Navy and Balfour Beatty Communities] are one of the few companies in the region to have homes that are Energy STAR rated. "We are forever trying to implement initiatives to conserve energy," said Taylor.

With a base wide power bill of \$250,000 for the month of September, Schultz asks, "What are you doing to conserve energy?"

By Morgan Over

NCBC Contributing Writer
Naval Construction Battalion Center (NCBC) is making strides for energy conservation and taking home the gold. NCBC was awarded the Secretary of the Navy (SECNAV) Energy and Water Management Gold award for energy conservation as well as Leadership in Energy and Environmental Design (LEED) gold for building 447B, 25th Naval Construction Regiment Headquarters.

"It was a pleasant surprise that we made gold," said Gene Baker, Utilities Energy Manager, Public Works Department (PWD) Gulfport. "We made blue last year and we were hoping to make gold in Fiscal Year 12 or later but we made it this year."

The SECNAV Energy and Water Management Award acknowledges commands that lead the Department of the Navy in reducing energy and water consumption, increasing the use of renewable energy while focusing on mission readiness.

"It's not just energy projects," said Matt Schultz, Production Division Director, PWD Gulfport. "It's training, awareness, water conservation, energy council meetings with upper echelon, building energy monitor program electric, vehicles and fossil fuel reduction."

Striving to reach platinum next year, PWD has multiple projects in place to promote and achieve energy awareness.

"These projects are designed to reduce energy consumption for most buildings and base utilities," said



Contractors install clips for Photovoltaic solar panels on building 442 on board NCBC Gulfport. The building was selected for solar panels because of its southern exposure to the sun. (U.S. Navy photo by Morgan Over/Released)

Roger Dozier, Resource Efficiency Manager, PWD Gulfport. These "include natural gas, electricity, street and parking lot lighting along with perimeter lighting, HVAC, Direct Digital Control, water and sewer as well as architectural improvements."

NCBC also boasts a LEED Gold certified building. The building that is home to the 25th Naval Construction Regiment (NCR), building 447B, was completed February of this year.

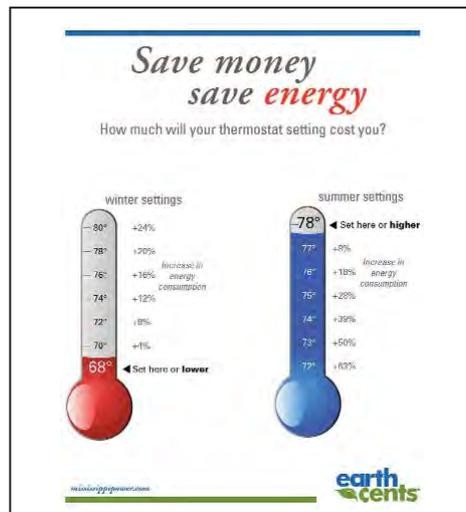
Drace Construction, contractor for building 447, "went above and beyond to achieve GOLD" level certification, said Schultz. "They used recycled material and super sealed the building to cut air leakage by 50 percent amongst other things."

LEED certification was developed by the U.S. Green Building Council and provides contractors and owners the framework for identifying and implementing green practices. This specifically involves cubic yard waste reduction, light pollution reduction, energy usage, recycled product use, sunlight exposure, air quality readings, as well as innovative building designs built to optimize natural resources according to Schultz. To learn more about LEED certification visit <http://www.usgbc.org>.

Now that the Seabee Center has achieved the gold, Public Works wants the platinum award. With everyone's help, it can be achieved.

Five tips to save energy and money at home

- 1 If your air conditioner is more than 12 years old, change it out because technology has changed making new ones more energy efficient. Change the AC filter often.
- 2 If you have a programmable thermostat, set it. Programmable thermostats help the temperature stay consistent and help your bill stay down by avoiding drastic fluctuations.
- 3 Eliminate incandescent light bulbs, as about 85 percent of the power coming out of the bulb produces heat, making your AC work harder to cool your house. Use compact fluorescent light bulbs or consider purchasing LED light bulbs – they use significantly less watts than even compact fluorescent light bulbs.
- 4 Purchase energy star appliances – and get some great discounts by doing this!
- 5 Use solar lights for outdoor lighting and cut down on your power bill.



NMCB 1 continues Task Force Attack construction

By Ensign Morgan C. Weber
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1, Detail Tarin Kot, continues forward on the construction of a new Crew Chief Office building for the 101st Airborne, Task Force Attack. The building will serve as workshops for the armament and maintenance of helicopters and planes operated on MNB-Tarin Kot.

The new 32' x 180' SWA Hut includes three office areas and three large scale workspaces. The facility was designed in the hope of better facilitating the 101st Airborne's unit maintenance and armament capabilities in the province of Tarin Kot.

The Crew Leader of the project, Builder 2nd Class Ricky Merlin talked about how the Seabees will leave their mark on the base when their deployment is over.

"This facility will be a lasting symbol of the quality and craftsmanship's of Seabees and our ability to quickly and craftily construct buildings anywhere in the world," said Merlin.

This is the second building NMCB 1 has constructed on Multi National Base Tarin Kot (MNB-TK) for Task Force Attack and is part of a continuing plan to improve the bases war fighting capabilities in the province.

The Detail's Chief Petty Officer, Duane Jerry summed up his unit's success and their overall mission focus, "NMCB 1 was sent to this country to build for commands such as Task Force Attack and we hope to continue to bring future facilities such as this into the war effort," said Jerry.

The completion of this project marks the fourth of several highly visible projects completed by the Battalion in the province.



Seabees with Naval Mobile Construction Battalion (NMCB) 1 lay down a concrete pad during construction of a Headquarters building for Task Force Attack. The building will be used as a maintenance and armament facility, and will also serve as office space. (U.S. Navy photo by NMCB 1 Public Affairs/Released)

NMCB 133 'Roos join multi-national beach clean up effort

By HM1 Bryan Clarke
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 joined a multi-national group of volunteers to clean a two-mile stretch of beach in Dili, Timor-Leste Sept. 17.

NMCB 133's Detail Timor-Leste joined more than 100 volunteers from other organizations in the country, including the Quality International School; the Dili International School; the International Stabilization Force; the National Red Cross; the American Embassy and the United Nations Police detachment for the clean-up event.

"I am very happy that the Seabees were able to come out and lend a hand, I am proud of all of the progress that was made today, and hope that this assistance will continue in the future," said Marianne Woodward, the general manager of Dive Timor Lorosae and one of the local sponsors of the event.

The event occurred in conjunc-

tion with the 4th International Beach Clean-Up Day held in Timor-Leste and as part of the Clean up the World campaign.

Clean up the World is a global campaign that inspires and empowers communities to clean up, fix up and conserve their environment.

"I was just glad to be able to do a little bit to help out; we use these beaches on our off time so it only makes sense to keep them looking their best," said Steel Worker 3rd Class Christopher Marlow.

In total, the group collected 89 large bags of trash and debris from the Dili Rock and Tasi Tolu beach area. They also collected more than 500 plastic bottles for recycling.

NMCB 133 Detail Timor-Leste is deployed to the Pacific Command area of operations to support the Navy's Maritime Strategy by developing interoperability among partner nations and building long term relationships that contribute to stability in the region.

NMCB 133 Det Guam



Seabees with Naval Mobile Construction Battalion (NMCB 133) Detail Guam are pictured Oct. 14. NMCB 133 is currently deployed to the Pacific Command area of operations in support of ongoing humanitarian and civic missions. (U.S. Navy photo/Released)

Stay informed with the Seabee eCourier . . . To subscribe, send an email to seabecourier@navy.mil

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On Going Events

**GROUP FITNESS CLASSES
(228-871-2668)**

Monday-Strength/Cardio at 9 a.m., 30 Minute Pump at Noon and Zumba at 6 p.m.

Tuesday-Cycling at 9 a.m., Water Aerobics at 11 a.m., Zumba at Noon.

Wednesday-Strength/Cardio at 9 a.m., 30 Minute Pump at Noon and Zumba at 6 p.m.

Thursday-Cycling at 9 a.m., Water Aerobics at 11 a.m., and Zumba at Noon

Friday-Strength/Cardio at 9 a.m. and Pilates at Noon

Saturday-Zumba at 10 a.m.

Yoga is here! Join us as we welcome Tammy Meyer as one of our new instructors.

Classes will be held:

Monday & Wednesday at 11 a.m.

Tuesday & Thursday at 8 a.m.

Thursday Evening at 5 p.m.



•ARE YOU INTERESTED IN ARCHERY? Please take a few minutes to let us know your ideas at: surveymonkey.com/s/RV8WZCY This code will take you to the Archery Survey where you will answer a few questions. Your opinion counts!

•NEW HOURS FOR OUTDOOR RECREATION! (Outdoor Recreation) Outdoor Recreation has new hours of operation, they will now be open: Monday 7 a.m.- 6 p.m. Tuesday/Wednesday Closed Thursday-Sunday 10 a.m. - 6 p.m. Call 228- 871-2127 for information

•AUTO HOBBY SHOP
October Special: Stop by the Auto Hobby Shop if you have a warning indicator light on and let us hook up the diagnostic scanner for only \$10. You'll save \$5! Please call to make an appointment. 228-871-2804
We now have a 10,000 lb capacity vehicle lift as well as a motorcycle lift with a 1,500lb capacity!



October 20

•EDGEWATER MALL
(Liberty Center)
FREE Shuttle, 6 p.m.

•LIGHTS ON AFTER SCHOOL OPEN HOUSE FOR PARENTS & YOUTH
(Youth Activities Center)
•FREE, 5:30 - 8:30 p.m.

October 21

•NEW ORLEANS MORTUARY (ITT)
Take a trip to New Orleans to take a tour of a real mortuary! Depart at 6 p.m.; \$10/person for transportation. Admission tickets may be purchased upon arrival. Min 10 people. Sign up by Oct. 20

•SUPER SPOOKY MOVIE NIGHT
(Youth Activities Center)
\$2/person, Popcorn & Drinks
6 - 9 p.m.

October 22

•HATTIESBURG ZOO FIELD TRIP FOR YOUTH & TEENS
(Youth Activities Center)
9 a.m. - 4 p.m., Only \$5
Lunch needed

•CRANE FEST
(Outdoor Recreation)
Depart at 9 a.m., \$3/ person for transportation. Min five people. Sign up by Oct. 17.

October 23

•JACKSON COUNTY FAIR
(Liberty Center)
FREE Shuttle, Noon

October 24

•PUMPKIN CARVING
(Liberty Center)
FREE, 6 p.m.



October 25

•BLACK LIGHT POOL TOURNAMENT (Liberty Center)
Prize for 1st place winner
7 p.m.

•SMART MOVES NIGHT: SOAP CARVING CRAFT
(Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

October 26

•SCARY MOVIE NIGHT
(Liberty Center)
The horror begins at 6 p.m.
FREE popcorn

•BOYS ONLY GHOULISH GAMES NIGHT
(Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

October 27

•PUMPKIN BOWLING
(Liberty Center)
FREE, 6 p.m.



•BONUS BUCK AUCTION NIGHT!! DON'T MISS OUT!!
(Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

October 28

•SPOOKFEST
MWR will host the 8th Annual Spookfest event at the old spooky Fitness Center from 6 - 9 p.m. Join us for fun for all ages including entertainment from the "Sauce Boss"! FREE!!

October 29

•TRAIL OF TERROR
(Liberty Center)
FREE Shuttle, \$10 at the gate,
6:30 p.m.



October 29 Continued...

•BILOXI SHRIMPING TOUR FIELD TRIP
(Youth Activities Center)
Only \$8, 9 a.m. - 3 p.m.
Lunch needed



•TRICK OR TREATING ON THE GREEN & MOVIE
(Outdoor Recreation)
Depart at 5 p.m., Min of five people, \$3/ person for transportation.
Sign up by Oct. 22

October 30

•GULFPORT HOOTERS SHUTTLE (Liberty Center)
FREE shuttle, 6 p.m.

October 31

•SEWARD FARMS HAUNTED HAYRIDE (Liberty Center)
FREE Shuttle, \$10 at the gate,
6 p.m.

November 1

•DINNER DASH (Liberty Center)
FREE, 6 p.m.

•TORCH CLUB AND INDOOR GAMES
(Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

November 2

•INTERNATIONAL SPY NIGHT and INVISIBLE INK ART
(Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

November 3

•POOL TOURNAMENT (Liberty Center)
FREE, Prize for 1st place, 7 p.m.

•CARTOON DRAWING CONTEST & OUTDOOR GAMES (Youth Activities Center)
FREE, 5:30 - 8:30 p.m.

Remember to keep your emergency info current . . .

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 in-

formed of their status throughout the emergency.

2. Total Workforce Management 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/selfservice>

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 department point of contact 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. Access the self service module at the URL listed in the first paragraph. Your CAAC card will identify you at the site.

A reminder from NCBC Public Safety

The Naval Construction Battalion Center commanding officer can authorize the elevation of Force Protection Conditions locally. The Crisis Management Team determines the nature and extent of threats and makes recommendations to the commanding officer. Plans are evaluated for implementing higher Force Protection Conditions. All personnel are reminded to report all suspicious or unusual incidents to NCBC Security at 228- 871-2361.

AD SPACE

AD SPACE

2011 Holiday Military Mailing Dates . . .

In order to ensure a timely delivery of holiday cards and packages by Dec 25, 2011 to military APO/FPO addresses, mail should be in the possession of USPS no later Nov. 12 for the slow parcel post route and in some



cases Dec. 17 for Express Mail Military Service. Avoid the last-minute rush and mail holiday cards and packages early. Customers have the option of printing postage, labels, and customs forms online 24/7 using click-n-ship service at www.usps.com/clicknship. Please be advised, express mail service is not available to mobile units. If you have any questions on mailing restrictions please contact the NAVSUP Fleet Logistics Center official mail center at 228-871-2259.

Watch out for pedestrians . . . Remember, they have the right of way! Unless otherwise posted, the speed limited on board NCBC is 25 m.p.h.

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**Human Resources
Service Center SE
Training Courses**

**Effective
Cross-Generational
Communication
March 26, 2012
Cost: \$150
Deadline to
register: Submit
SF 182 no later
than March 5**

**Dealing with
Unacceptable
Employee
Performance
March 27, 2012
Cost \$150
Deadline to
register: Submit
SF 182 no later
than March 5**

**Enrollment point of
contact: Lucy Galster,
DSN 868-2641 or
commercial 228-871-
2641 or e-mail:
lucy.galster@navy.mil**

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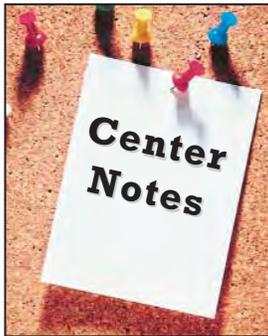
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From TREAT page 6

The volunteers then moved to three separate rooms as the children prepared to go trick or treating. As the children arrived to each room in small groups, they uttered the fabled words, "Trick or Treat" before have a handful of candy dumped in their bags.

"At first I was concerned that the language barrier would be problematic," said Santiago. "However, I learned that these barriers were easy to overcome with the universal language of joy represented by smiles on the kid's faces."

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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, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Children are welcome. Please contact the FRG at nmcb7frg@gmail.com for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families and friends of NMCB 74 are invited to the 74 FRG meeting the 3rd Monday of each month at the MWR Youth Activities Center, building 335 off Bainbridge Ave. behind the Grinder on base. Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at <http://nmcb74frg.zymichost.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 han-sonkl54@yahoo.com. To receive receive updates log on to the FRG site

at <http://www.orgsites.com/~ms/nmcb133fsg>

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, please email noscgulfport@yahoo.com. 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 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

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. For more information, contact AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta@navy.mil, or Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com.

SOCIAL

Miss. Gulf Coast First Class Association 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.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.was-son@navy.mil or President LS1 Earl Simpson at earl.simpson@navy.mil.

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 the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. For more information call 228-832-0017.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become 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 first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for more information.

HERITAGE

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

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Homefront in Focus: When the Lights went Out . . .

By Beth Wilson

Military Spouse Contributor

So there I was in San Diego, preparing for a speaking engagement at a Family Readiness Group meeting when the lights went out – along with all the power. I thought it would return momentarily. It did not. So being the enterprising Navy wife, I took my hair dryer and curling iron to my car to finish my “priming.” The power still did not return.

I started off to the location of the meeting only to find myself in a sea of cars going nowhere. Street lights were out; cars were running out of gas. It was an interesting situation.

In recent weeks the country has experienced wildfires, tornadoes, a hurricane and of course, the great blackout, in southern California. While the power was off for only 14 - 24 hours the impact was interesting, and awakening.

Quick – How much gas in is your car right now? If the power went out right now, what food do you have that you can prepare if it remains out for a day or two? How much cash do you have access to (ATMs are out)? If you need to evacuate in the next hour, what do you have ready to grab and head out the door? What is essential that you take with you?

At first the power outage in San Diego was headline news and an inconvenience but not a huge one. However, within hours the handful of stores that could remain open –cash only - were quickly drained of ice, batteries and candles. Cars started to be abandoned along the freeways as they ran out of gas. Why? Gas tanks were low and gas stations, without

power, cannot pump gas.

Several years ago I developed a disaster kit. My husband told me how happy he was that I did.

He and my dogs did GREAT during the outage. They were prepared with food, emergency supplies and didn't have to go out into the fray. Too bad I wasn't home . . . LOL!

Emergencies generally do not give us much advance warning. So it is up to us to be 'ahead of the boom' as the Marines say. So – how much gas is in your car at this moment? Experts recommend never letting your tank get below 50 percent. Do you have food in your pantry that can become emergency meals – prepped without power and perhaps without water? Do you have an emergency kit of batteries, candles, water, a little cash and meds?

As a young woman my town was flooded. It took three days for the 'feds' to respond. As military families we know it takes time to mobilize a ship, a squadron, a unit. Likewise, it takes time to mobilize emergency response efforts. So it is up to *us* to have a plan and that plan should carry us for a minimum of three days. As Navy families we have a resource, Operation Prepare, and NFAAS (Navy Family Accountability and Assessment System) to help us in an emergency

(<http://www.ready.gov/america/getakit/navy.html>)

Please visit these sites, get your family involved and become the most prepared family on your block: Red Cross at www.redcross.org, and www.ready.gov to begin your disaster plan.

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Gulf Coast

Veterans Day Parade 2011

Saturday, Nov. 12, 11 a.m.

Downtown D'Iberville, Miss.

Honoring all who serve . . .

The 2011 parade is dedicated to the Veterans of World War II for their gallant effort. They are truly the "Greatest Generation."

Parade Route: Beginning at Popps Ferry Road, then south to Automall Parkway to Central Avenue and ending at the D'Iberville Town Green.

Grand Marshal: Albert G. "Al" Balias, Jr.

For more information, visit www.msveteransparade.com

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From PRCO page 1

2005.

"Over the last two years we have turned over every component of this program to make sure that it's fair, equitable and standardized across the board," said Moore. "We have addressed the PRT, developed PRIMS 2011, and come up with new policy and associated operating guides that can be updated on an as needed basis to ensure a good, accurate program."

NPC officials hosted training for the first group of PRCOs in September.

"During training, the PRCOs went through everything that CFLs learn during the five-day CFL certification course," said Moore. "They learned all the major components of policy, frequently asked questions that we receive at headquarters, everything about the PRIMS 2011 and also what their role and responsibilities are as a PRCO."

"The Navy will benefit by having collateral duty PRCOs in

place through the assurance that all commands are in compliance with the physical readiness program, how it is run, that it is administered in a standardized, efficient way and benefits each one of the Sailors, but most of all that it's fair," said Moore.

A Physical Readiness Program Operating Guide is also now in place and accompanied by an updated version of the Navy

Nutrition Guide and Fitness Enhancement Program guidance available at www.npc.navy.mil.

The new guide incorporates policy guidance from OPNAVINST 6110.1H and NAVADMINs 293/06, 277/08, 073/09, 247/09 and 131/10.

For a full explanation of physical readiness program changes, read NAVADMIN 203/11 or OPNAVINST 6110.1J.

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Reduce! Reuse! Recycle

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From EXCELLENCE page 7

language barrier to impede his chances of success and made a point to seize every opportunity for professional growth available to him.

"The Navy was different then," he recalls, "it was somewhat segregated because people from the same ethnic group stuck together." The same was true of his first years with NMCB 133 but things began to change over time. Having experienced culture shock and the challenges associated with adapting to an environment different than the one he grew up in, Martinez can only appreciate the importance of celebrating any ethnic group active in today's armed forces. "It helps to understand how culture impacts shipmates' decisions and behaviors and makes working relations more productive."

"Getting familiar with cultures foreign to them definitely opens up troops' minds," agrees Crespin. The 38-year old former detailer stresses the need to celebrate every culture represented in the U.S.Navy. Despite ancestry that can be traced in Spain and Mexico, he calls Price, Utah home, loves hunting and fishing and just completed his 19th year as a Seabee, three of which he spent as a Chief. A career that spans nearly two decades led him to NMCB 74, the 20th Seabee Readiness Group (SRG), NMCB 7, Navy Personnel Command and the U.S. Navy Special Operations Group 1. It also earned him a Joint Command Medal, Navy Commendation and Navy Achievement Medals and a Combat Action Ribbon. "The highlight of my career was making chief," said Crespin. "Only 10 percent of those who test Navy-wide make it and the fact that more minorities are reaching that level shows the Navy's commitment to reward performance."

He encourages junior troops to take advantage of every opportunity coming their way because a missed one may hurt a career.

Outstanding achievements are not the only indicators of the Chiefs' commitment to the Seabees and the U.S. Navy. They have managed to instill Navy pride elsewhere.

"All four of my children are expected to serve at some point in their lives," said Ramirez. "I wouldn't be surprised if another Chief Martinez rose through the ranks twenty years or so from now," said Chief Martinez of his 13-year old son. "He's already decided he wants to be a U.S. Navy SEAL."

Three stories, different backgrounds but definitely one true American spirit.

From STATE page 2

the clinic is constantly pushing people to ensure their medical and dental health is above reproach, and that they strive to maintain themselves, ready for deployment.

Fleet and Family Support Center's director, Barbara Jones, said that FFSC strives to create classes that give Sailors and families the tools they need; however, not all classes are being utilized to capacity. She told the audience that the amount of classes and training opportunities available is mind boggling. These classes help Sailors and family members learn better ways to handle various situations which can arise as part of being associated with military service.

Don Coss, base public safety officer, briefed that although the base is very secure, there have been several incidents of someone opening typically unlocked vehicles and taking items from them. There has also been one attempted home break in. Coss warns that everyone should always lock their doors in their homes

and vehicles. Household windows should always be closed and locked when no one is at home. Base Security will also revamp a neighborhood watch program in the near future. "Your Security and Safety is our No. 1 concern," said Coss.

He then introduced Al Jones, base training officer, who spoke about several upcoming exercises which would affect everyone who lives, works or visits the installation. The exercises will have gate closures associated with them. There will be traffic delays throughout the base. Even though the plan is not to disrupt normal operations, some disruptions will be inevitable. Jones said these exercises give everyone associated with the base an opportunity to review their plans in case of a worst case scenario event.

The last briefing came from MWR's director, Michele Shaffer. She briefed the old gym will be turning into a recreation mall that will include a food court, lounge and recreation area and office space. Construction should start soon. She

also briefed that if positive results come from a survey on the streets now, an archery range will be added to the Seabee Recreation Park. The golf driving range will also be moved to the park soon from its current location. Shaffer said that beginning Nov. 1; towel coins will be used to obtain a towel at the fitness center. Coins will be available for \$5. To receive a towel, give up the coin; to get the coin back, give up the towel.

"Being the first State of the Base address, I found this very informative and could see how happenings of each department layer together for improved quality of life across our base," said Shaffer. "I continue to be amazed at the rapid response and high tempo in which each area works in order to achieve departmental goals for the benefit of our troops and families."

Finally, Burgess thanked everyone for coming and let everyone know there are several ways of getting information about what's going on at the installation including Facebook,



Lt. Cmdr. Joseph Mastrangelo, commander of Naval Branch Health Clinic (NBHC) discusses plans for the new base clinic on board Naval Construction Battalion Center (NCBC) Gulfport at the State of the Base Oct. 6. (U.S. Navy photo by Rob Mims/Released)

Twitter, Word Press blog, Inside the Gate, all user emails, Seabee Courier, base marquees, newly revamped base website and the new commander's access channel being launched in December.

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GULF COAST USO
3001 6th St., building 306
(228) 575-5224
Office hours: Monday-Friday, 8 a.m. - 5 p.m.
Saturday, 11 a.m. - 7 p.m.
(Closed Sundays)



October 20, 2011

Seabee Memorial Chapel

Services:
Sunday Catholic Mass: 9 a.m.

Daily Mass: Monday-Friday, 11:15 a.m.

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

Protestant Sunday School, 9 a.m.

Center Chaplains:
Cmdr. Michael Brown,
Protestant Chaplain
Lt. Yoon Choi
Protestant Chaplain

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

Seabee Courier