

SEABEE COURIER

www.cnicy.navy.mil/gulfport

Vol. 50 No. 21

Naval Construction Battalion Center, Gulfport, Mississippi

September 27, 2012

UCT ONE Seabees assist Liberian Coast Guard

Courtesy of 25 Naval Construction Regiment Public Affairs

Underwater Construction Team (UCT) ONE Seabees, assisting the Liberian Coast Guard, completed emergency repairs to a floating pier in Monrovia, Liberia.

The pier, built by UCT 1 in 2010 and designed to berth Liberian Coast Guard rigid hull craft, enables the Liberian Coast Guard to conduct effective border protection, counter-piracy, and counter-narcotics operations. It began showing damage in June 2011 following a season of exceptionally strong winds and high seas.

The repair project, which began mid-August, wrapped up the first week of September.

"It has been extremely challenging working in Liberia in the rainy season," said Chief Sang Park, officer-in-charge of UCT 1's Construction Diving Detachment Alfa. "The completion has been successful primarily because it has been a team effort."

The repair project was also an opportunity to partner with Liberian divers and instruct them in techniques used by the Underwater Construction Teams.

"The opportunity of working with the Liberian divers and learning from each other has been the best part of this project," said Steelworker 1st Class Robert Marron.



Hospital Corpsman 1st Class Peter David, Engineering Aide 2nd Class Garrett Snyder, and Construction Electrician 3rd Class Timothy Dailey attach a fender to a floating pier with the help from two Liberian Coast Guard divers. Underwater Construction Team (UCT) 1 Seabees worked with the Liberian Coast Guard to repair a floating pier damaged by high winds and seas. (U.S. Navy photo by Construction Electrician 1st Class Scott Irving/Released)

The pier was designed by Naval Facilities Engineering Command, and repair work included replacing damaged hawsers, upgrading mooring lines, and resetting sea anchors that had shifted on the

bottom of the bay.

UCT 1 is based out of Little Creek, Va. The mission of the UCT is to conduct inshore and deep-ocean-facility underwater construction, inspection, repair, and

maintenance operations and to conduct amphibious landing support of joint logistics over-the-shore operations, including foreign humanitarian assistance, civil support, and recovery operations.

Newly revised Seabee Combat Handbook now available online

By Susan Lester

Center for Seabees and Facilities Engineering Public Affairs

The Center for Seabees and Facilities Engineering (CSFE) announced Sept. 25 the availability of the newly revised Seabee Combat Handbook, volumes one and two (NAVEDTRA 14234A/14235A) posted online through the Naval Education and Training Command Nonresident Training Courses (NRTC) website.

Project manager Chief Builder (SCW) Jason Verneris of the Naval Facilities Engineering Command Training Support Agency at CSFE, noted this is the first extensive update to these courses since 1993.

"These volumes have been brought up-to-date with the latest information on the Seabee way of military life," said Verneris. "They cover the large breadth of technological, procedural, and policy changes that Seabees need to know in their daily working environment."

"It's great to see this foundational reference transitioned into the electronic age," said Command Master Chief Corey Heinrich, 31st Seabee Readiness Group.

"The graphics and online interaction will appeal to all types of learners, enhancing our Sailors' ability to comprehend these life-saving skills."

Have a Heart . . . Don't miss the 2012 Gulf Coast Heart Walk Sept. 29, 7:30 a.m., Jones Park, Gulfport

The 2012 Gulf Coast Heart Walk at Jones Park in Gulfport is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. NCBC has a long history of supporting this walk through participation and

volunteers. Volunteers can register teams at the NCBC's group page <http://gulfoastheartwalk.kintera.org/ncbc>. Click "create new team" under the "Action" column at the bottom of the page. For more information, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil. See you there!



See **HANDBOOK** page 7



NCBC/20SRG
Commanding Officer
 Capt. Rick Burgess
Public Affairs Officer
 Rob Mims

Editor
 Bonnie L. McGerr
Mass Communication Specialist
 MCC (SCW/SW/AW)
 Ryan G. Wilber

Special Contributors
 CM3 (SCW) Katchen Bernath
 CECN Lucinda Moise

22 NCR Commander
 Capt. Darius Banaji
Public Affairs Officer
 Vacant

25 NCR Commander
 Capt. Darius Banaji
Public Affairs Officer
 MCC (SW/AW) Scott Boyle

NMCB ONE
Commanding Officer
 Cmdr. Chad M. Brooks
Public Affairs Officer
 Lt. Jonathon Charfauros
Mass Comm. Specialist
 MC1 (AW/NAC) Aron Taylor

NMCB ELEVEN
Commanding Officer
 Cmdr. Maria Aguayo
Public Affairs Officer
 Lt.j.g. Brian Myers
Mass Comm. Specialist
 MC1(AW) Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cmdr. David McAlister
Public Affairs Officer
 Lt.j.g. John Parizek
Mass Comm. Specialist
 MC2 Ryan Williams

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1(SW/AW) Steven Myers

NCTC Gulfport
Commanding Officer
 Cmdr. Scott Anderson
Public Affairs Officer
 Lt. J. Johnson

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U. S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code 15, Gulfport, MS 39501.
 2 Phone: 228-871-3662, E-mail: seabeeCourier@navy.mil

September 27, 2012

Seabee Courier

Skipper's Guest Log: A demonstration of mankinds' determination to hope against hope

By Cmdr. Ruth E. Goldberg, MSC
 Mobile Care Team 6
 Bagram Airfield Afghanistan

I have never been one to enjoy eating in crowded places; but this evening, my stomach was growling incessantly. So, I headed off to the dining facility. As usual, it was extremely crowded. After slowly scanning the area, I managed to find a few empty seats amongst the crowded tables, and proceeded to savor my dinner in silence. Well, within a matter of seconds, two women asked if they could join me; and one of them, from what I was able to decipher, appeared to be a native of Afghanistan. Intuitively, I sensed that both felt, to a certain degree, uncomfortable eating by themselves. So, I welcomed them; and this is how I began to know "Shazia" (not her real name), and her endless determination "to hope against hope."

With her permission, I am sharing

her story hoping that it will inspire you as it has me.

As I had presumed, Shazia was an Afghan; and as we began to converse, I found myself wanting to know more about her life experiences and journeys, her struggles and the circumstances that had ultimately brought her to this military installation. We decided to meet again, and it wasn't long before Shazia was sharing with me many intimate aspects of her life.

Shazia was born and raised in Kabul. As the oldest of 10 children, she had to assist in the overwhelming task of caring for her siblings - a feat that she will readily admit was extremely overwhelming. Life, otherwise, for Shazia was good.

Shazia expressed remembering Afghanistan as being a country in which education was encouraged, self-sufficiency was valued and earning an honest living through hard work was the norm. She also

reminded that due to its vast beauty and greenery, Afghanistan used to be called "Little Switzerland" and was visited by tourists from all over the world.

Shazia spoke lovingly of her Afghan parents, emphasizing that they were very open-minded. They encouraged her independence, they believed in her aspirations, they empowered her to make her own life choices - and they even supported Shazia's decision to not wear a burka.

Upon graduating from high school, Shazia received several scholarships and departed to India, on her own, in pursuit of a higher education. In 1972, she returned to Afghanistan to work in Kabul as an operating nurse. Then, in 1976, she left for India again to pursue additional studies.

This time, however, she had no idea that she would be not be returning to Afghanistan for 34 years.

In 1978, life and the Afghanistan that Shazia knew ceased; Afghanistan had now become a country plagued by the terrors of war and secular violence.

Shazia became a refugee and eventually was able to immigrate to the United States. There, she started to rebuild her life and succeeded in opening her own business; but after 9/11, Shazia became the target of relentless acts of hatred and discrimination. This ultimately resulted in her business being negatively impacted. Out of increasing fear, she sold her business and left the United States.

Shazia, however, continued to hope against hope; and attempted to establish a healthcare business in Europe. Although she did her research, developed a viable business plan, and spent an exorbitant amount of money in marketing, her

See **HOPE** page 8

Navy Legal

From Naval Legal Service Office (NLSO) Central Detachment Gulfport

Beginning Monday, Oct. 1, base commands and service members will need to contact different offices for Legal Assistance and Defense advice. Across the entire JAG Corps, Naval Legal Service Offices (NLSOs) are being disestablished, which means that Legal Assistance services will now be provided by the Region Legal Service Office (RLSO) and Defense services will be provided by the newly established Defense Service Office (DSO). The command structure will be changing, however, services will continue as they always have to support the service members, dependents, and retirees onboard NCBC and in the Gulfport/Biloxi area.

After Monday, Legal Assistance will be provided by Lt. Maren Sheppard. To schedule an appointment, please call 228-871-2620 or 228-871-2626.

Legal Assistance includes the following services:

- ~ Wills/Estate Planning
- ~ Powers of Attorney
- ~ Family Law (Divorce, Child Custody, Child Support, Paternity)

Broad Ave Gate Construction Oct. 8



Due to installation of new gates, traffic will be restricted to one side of the Broad Avenue Gate Oct. 8. Motorists should pay close attention to the instruction of Security personnel and be prepared for delays.

Consumer Law (Debt Collection, Car Contracts, Identity Theft)
 Landlord/Tenant

- ~ Military Rights and Benefits (Survivor Benefits, SCRA, DFAS issues)
 - ~ Mobilization and Demobilization
 - ~ Service member Citizenship
- Service members seeking Defense advice should contact Lt. Kathryn Young. To schedule a defense appointment, please call 228-871-2866. Defense advice covers the following situations:
- ~ NJP
 - ~ Court Martial
 - ~ Investigations
 - ~ Administrative Separation
 - ~ Medical Board/PEB guidance (but not representation before the PEB)

~ Grievances (Article 138/1150, IG complaints)

All services will continue to be provided at the current NLSO location - 3501 Snead Street, Bldg 30, Gulfport, MS 39501 (Fleet and Family Support Center building). Upon entering the office, anyone seeking services should tell the legal clerks at the front desk whether they are seeking Legal Assistance or Defense advice.

Prior to Oct. 1, questions should be directed to Lt. Young at 228-871-2626.

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

Buzz on the Street



By CEEN Lucinda Moise
NCBC Public Affairs

Who is your favorite football team?



"Green Bay Packers. I grew up on them."

MASN Joseph Hartmann
CBC

Hometown: Mathews, N.C.



"Notre Dame, because it's Irish and I like green."

Tanya Ramsey
MWR

Hometown: Oxnard, Calif.



"Baltimore Ravens, because I have a cousin who used to play on the team."

BUCN Ricky Squire
NMCB 7

Hometown: Roanoke Rapids, N.C.

Around the



Center



Builder Constructionman Richard Gutierrez and Equipment Operator Constructionman Tiphonie Fleming, both assigned to NCBC Gulfport, Master-at-Arms Department, prepare to raise the Prisoner of War/Missing in Action (POW/MIA) flag in observation of National POW/MIA Recognition Day during morning colors on board NCBC, Sept. 21. POW/MIA Recognition Day is observed each year on the third Friday in Sept. It is a time to remember those who never came home, as well as their families. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Ron Williams, Convoy Simulator Site Supervisor, right foreground, speaks with members of the 1045th Operational Evaluation and Training Group reunion during a tour aboard Naval Construction Battalion Center (NCBC) Sept. 20. Tours such as this are an opportunity for the Seabee story to be told to the public. (U.S. Navy photo by Rob Mims/Released)



Pvt. Marquez Williams, an Army student assigned to Naval Construction Training Center (NCTC), levels block during class at NCTC on board NCBC Gulfport, Sept. 18. Upon completion of technical school Williams and his classmates will report to their new commands with knowledge and skills in carpentry and masonry. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

ELECTIONS 2012

Greetings All,

I am your Installation Voting Assistance Officer and I would like to share some important information with you. Did you know that filling out an absentee ballot for your home state is as easy as completing two simple forms?



Simply complete the Federal Post Card Application (FPCA) and submit to your local election office (home state). The local office will review the form, verify eligibility and send you an absentee ballot. You receive the ballot, vote the ballot and return to your state's election office.

If you have not received a state ballot by Oct. 22, you should immediately complete and submit the Federal Write-In Absentee Ballot (FWAB) to your state's local election office. The FWAB must be received no later than the ballot return deadline for that state. If you receive your state absentee ballot after submitting the FWAB, vote the state ballot and return the ballot immediately. If the state ballot arrives prior to the return deadline then it will be counted rather than the FWAB.

Remember, your FPCA should be submitted annually or anytime your information needs to be updated.

Detailed directions for the forms, along

with many other helpful topics including data specific to individual states can be found at www.fvap.gov or <http://www.fvap.gov/reference/links.html#svrww>

Every absentee vote is counted so let your voice be heard! STATESIDE BALLOTS SHOULD BE SUBMITTED BY OCT. 29, 2012. GENERAL ELECTION IS NOV. 6!
STATE SPECIFIC VOTING DEADLINES VISIT <http://www.fvap.gov/vao/calendar.html>

Please contact me anytime for further information.

LT Zach Guthrie
Installation Voting Assistance Officer
228-871-3423
zachariah.guthrie@navy.mil



Newly pinned Chiefs from Naval Base Ventura County (NBVC), Calif., and tenant command stand in formation after the conclusion of their Chiefs Induction process and Chiefs Pinning ceremony Sept. 14. Military, family and friends were all in attendance to pin anchors on the new Navy Chiefs. (U.S. Navy photo by Mass Communication Specialist Second Class Ace Rheume/Released)

NMCB 5 pins 8 new Chief Petty Officers

By MC2 (SCW) Ace Rheume

NMCB 5 Public Affairs Eight newly pinned Chiefs from Naval Mobile Construction Battalion (NMCB) 5 concluded their Chiefs Induction process during a Chiefs Pinning ceremony held Sept. 17, at Naval Base Ventura County, Calif. Military, families, and friends were all in attendance to pin anchors on the new Navy Chiefs.

The rank of Chief was established in April 1, 1883. Chief Petty Officers (CPO) serve a dual role as both technical experts and as leaders, with more of an emphasis on leadership as they progress through the CPO ranks.

"Now the real work begins, but it's been well worth it," said Chief Equipment Operator Christopher Wyeth.

Wyeth was selected to be promoted to Chief on his last opportunity in his active duty career.

"It's taken me 19 years but I kept plugging away, never quit, and never gave up. So definitely just don't quit, no matter what," said Wyeth.

This CPO Induction ceremony marked the end of a six-week training period, in which Chief Selectees learned methods to train and mentor junior Sailors.

"It's definitely a milestone that I've strived to achieve," said Chief Construction Mechanic David Sanders. He added advice he would give to any sailor looking to make the rank of Chief.

"Continue to be sustained superior performers and always perform your best, give it 100 percent. Never give up, someone

is going to recognize your work and you got to keep putting a good foot forward. You always remember those that work with you and work for you. Don't ever forget your Sailors," said Sanders.

Command Assessment Team (CAT) Recruiting

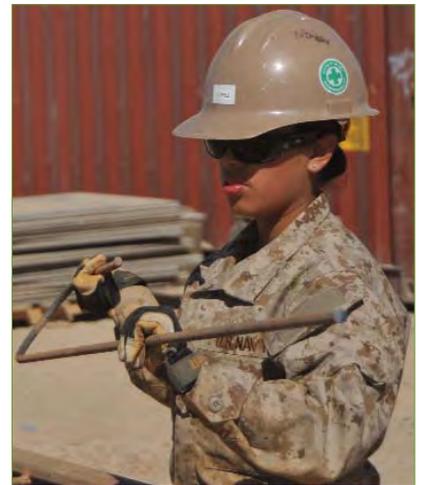
The Naval Construction Battalion Center (NCBC) command assessment team (CAT) is looking for military and civilian personnel who are interested in becoming CAT members. Members will receive training in planning and conducting command climate surveys and also serve as a resource for service members and civilian employees to discuss concerns about command policy and procedures. If you would like to become a CAT member, please email CS1 Michael Luzunaris: Michael.luzunaris@navy.mil or come to the next CAT meeting Oct. 4, 2 p.m., Building 433, Room 154.

Fleet and Family Support Center presents "Marketing Yourself for a Second Career" - FFSC will present Marketing Yourself for a Second Career, Oct. 1 from 8:30 to 10 a.m. at the Fleet and Family Support Center, Bldg 30. This is a professional development lecture for officers and senior enlisted who may be in transition, or will mentor/counsel a subordinate through the process. Civilians, retirees and spouses are cordially invited. For more information on the course, call Jeff Isabell at 228-871-2581.





Focus on NMCB 133 'Roos



Left: Construction Electrician Constructionman Warner Ward, a member of Naval Mobile Construction Battalion (NMCB) 133's Echo Company, drives the first nail of a new base form during the construction of a K-span building project. NMCB 133 is deployed in support of Joint Task Force Empire, coalition partners and Afghan national forces to conduct engineer construction efforts across the U.S. Central Command area of operations. Middle: Builder Constructionman Carrie Ernst, a member of Naval Mobile Construction Battalion (NMCB) 133's Echo Company, rips a piece of plywood during the construction of a K-span building project. NMCB 133 is deployed in support

of Joint Task Force Empire, coalition partners and Afghan national forces to conduct engineer construction efforts across the U.S. Central Command area of operations. Right: Steelworker Constructionman Rosa Lopez, a member of Naval Mobile Construction Battalion (NMCB) 133's Echo Company, prepares a steel rebar clip during the construction of a K-span building project. NMCB 133 is deployed in support of Joint Task Force Empire, coalition partners and Afghan national forces to conduct engineer construction efforts across the U.S. Central Command area of operations. (U.S. Navy photos by Mass Communication Specialist 1st Class Steven Myers/Released)

September 27, 2012

Seabee Courier

5

NCBC MULTICULTURAL DIVERSITY COMMITTEE PRESENTS

HISPANIC HERITAGE MONTH

October 10, 11 a.m., Training Hall - Building 446
POC: BU1(SCW) Cloude 871-2454 or LS1 (SCW) Rogers 871-3341

Hispanic Heritage Program and Special Colmer Dining Facility Meal . . . All military, civilian and family members associated with Naval Construction Battalion Center (NCBC) are invited to attend the Hispanic Heritage Month celebration Oct. 10, 11 a.m., at the Training Hall. Sponsored by the Multicultural Diversity Committee, this event will feature readings, dancing and special guests. The Colmer Dining Facility will also mark the occasion with a special meal served Oct. 10 from 11 a.m. - 12:30 p.m., honoring Hispanic Heritage. The meal is open to all DoD, Retirees and authorized civilians at a cost of \$4.55.

Looking for a way to serve your community? Interested in a law enforcement career? If so, consider volunteering your off duty time and become either a Gulfport Police Reserve Officer or a Reserve Community Service Technician. Call Lt. Phillip Kincaid at 228-868-5900, ext. 6189 or email him at pkincaid@gulfport-ms.gov for additional information.

MWR's End of Summer Bash delivers food, fun and games

By CECN Lucinda L. Moise
NCBC Public Affairs

More than 300 people attended Morale, Welfare and Recreation's (MWR) inaugural End of the Summer Bash event at the Outdoor Recreation Building on board Naval Construction Battalion Center (NCBC) Gulfport, Sept. 21. The event was open to all base military and civilian personnel, and included contests, games and free food.

A driving range and putting competition, along with a last man standing paintball challenge were just a few of the contests held during the event. In addition to the athletics, a moon bounce and rock climbing wall were also available. There was plenty of free food too, including free hamburgers, hot dogs, sausages on a stick, baked beans, cookies and beverages.

"We prepared for about 500 people food-wise. We were hoping for as many people as possible," said MWR Representative Joan Hudson.

Hudson also explained the reason for the End of the Summer Bash.

"Its purpose is to bring awareness to all the golfing events out here. It's something we have been planning for a couple of years," said Hudson. "Seabee Park is free to any NCBC military and civilian personnel, but we don't see many people utilizing it so we planned this event to bring people out so they can see what's out here and then they can start taking advantage of it."

Those who attended the End of the Summer Bash seemed to enjoy the event. Equipment Operator 2nd Ben Gavin, assigned to 20th Seabee Readiness Group (SRG), was one of them.

"It was a great event on a very nice day. I had a good time," said Gavin.



Personnel attached to Naval Construction Battalion Center (NCBC) enjoy the free picnic during the End of the Summer Bash held at Seabee Park on board NCBC, Sept. 21. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Equipment Operator 2nd Class Ben Gavin, assigned to the 20th Seabee Readiness Group (SRG), competes in the Driving Range Competition during the End of the Summer Bash held at Seabee Park on board NCBC, Sept. 21. The End of the Summer Bash was organized to bring awareness to all the golfing events offered at Seabee Park. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



NAVSUP holiday mailing deadlines

Mail by dates:

- To: Shore APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966
- Express Mail: Dec. 17
- * First-Class Mail (letters/cards and priority mail): Dec. 10
- * Parcel Airlift Mail: Dec. 3
- * Space Available Mail: Nov. 26
- * Parcel Post: Nov. 13

- To: Shore APO/FPO/DPO AE ZIP 093
- * Express mail Military Service: N/A
- * First-Class Letters/Cards/Priority Mail: Dec. 3
- * Parcel Airlift Mail: Dec. 1
- * Space Available Mail: Nov. 26
- * Parcel Post: Nov. 13

- For mail addressed from all shore FPOs (except 093)
- * Express Mail Military Service: Dec. 17
- * First-Class Mail (Letters/cards, priority mail): Dec. 10
- * Parcel Airlift Mail: Dec. 3
- * Space Available Mail: Nov. 26

Questions on mailing restrictions can be answered by calling the Official Mail Center, 228-871-2259.

Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates.

- Motivated/Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No bankruptcy
- Obtain Secret/TOP Secret clearance



Email us at IDEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

'The Meat & Potatoes of Life'

A new column by
Lisa Smith Molinari,
Military Spouse Contributor

The Sandwich Queen



About a million years ago, I had a career, a briefcase, an office, a secretary, and a view from the 24th floor. I did research, argued motions, interviewed clients and attended the firm holiday party. My name was on the wall in the lobby.

But then, when I least expected it, something happened.

That something was an incessant, unrelenting thing called life.

Two years after being blindsided by love, I found myself sitting on my Navy husband's bachelor couch in our dumpy base house, in a state that did not recognize my law license, nursing our new baby while watching Maury Povich interview people who'd been abducted by aliens.

At first it was kind of fun, getting to relive all the times I played house as a kid, except that I had to do the boring stuff too, like making sandwiches and cleaning toilets. I never really thought it all through, and truly believed that I'd get back to my career at some point.

Seventeen years, eight moves, and two more babies later, I'm still making sandwiches and cleaning toilets, and the opportunity to get my career back

simply never came.

In the meantime, I've discovered that long-term housewifery does not always provide one with the obvious sense of achievement that a career offers. In fact, the daily drudgery of housework and mothering is highly susceptible to being completely taken for granted. We don't get bonuses for sparkling floors, pay raises for fresh laundry, or promotions for perfectly steamed green beans.

So, we veteran housewives must seize our ego boosts where we can get them.

When my son, Hayden, started his sophomore year at his new school, I packed his lunch every day like I always had. But, I decided to bump it up a notch.

My usual routine was to roll up three slices of deli chicken on two slices of whole wheat with a leaf of lettuce and a slice of Swiss cheese. To reward my son for working hard at football practice, I decided to double the meat, adding tender slices of ham and roast beef. Two slices of pepper jack and extra lettuce made the sandwich so thick that I had to put it into a quart-sized storage bag.

On our way home from football practice that evening, Hayden, who is firmly entrenched in that infuriating stage of teenagedom characterized by an almost complete lack of normal conversation, said, "Hey Mom, I really liked that sandwich."

My heart nearly skipped a beat.

Over the next couple weeks, I continued crafting thick, meaty sandwiches, sometimes substituting cheeses, adding spicy slices of pepperoni, or a fresh sub roll. Instead of waiting for

accolades, I had taken to eagerly asking him how he liked the sandwich on our ride home from football practice. He would answer in typical teenage brevity, but always communicated his appreciation.

Then one day, Hayden told me that his football buddy commented that he wished his mom made sandwiches like that. I couldn't believe my ears and was exhilarated by my new sense of culinary superiority.

Call me pathetic, but the seemingly insignificant compliments gave me a renewed sense of purpose, and a slight spring in my middle-aged step as I packed the lunches each morning.

Sure, it's true that the closest thing I have to an office has a washer and dryer in it. And yes, it is rather ironic that I used to have a secretary but am now Secretary of the Football Team. And even though my name is no longer posted in an office lobby, my name is the one my kids utter when they want a tissue, help with their homework, a snack, someone to hear about their day at school, or a hug. While I may never make Senior Partner of a Law firm as I had planned over 20 years ago, I've attained a status I never expected. I'm Head Nurse, Accountant, General Manager, Commander in Chief of the House, and now, The Sandwich Queen. Sure, my scepter may be a toilet bowl brush and my carriage a mini-van, but I don't mind, because I know I am loved by my people.

Get more wit and observations from Lisa at her blog, www.themeatandpotatoesoflife.com.

From **HANDBOOK** page 1

These NRTC self-study courses are available to active duty and Reserve (retirement points) Seabees and designed to assist in improving military and tactical knowledge in preparation for Navy-wide advancement rating exams and to help those seeking warfare qualification in the Seabee Combat Warfare PQS programs. The courses are easily accessed and available for local printing or PDF download. All chapters have a trainee feedback form that can be submitted to CSFE via mail, fax, or e-mail. Additional important features of the courses are references to useful information that can be found in other publications. Each volume has an end-of-chapter assignment that can be submitted on-line and a downloadable completion letter available after completing all course assignments.

Feedback from the fleet has been positive about the new Seabee Combat Handbook.

"I am pleased that the Seabee Combat Handbook, volumes one and two, have been updated with outstanding information on tactical and weapons techniques and all the great humanitarian and military operations contributions Seabees have made since 1942," said Equipment Operator 2nd Class Mark Chase, Naval Mobile Construction Battalion (NMCB) 3.

The online Seabee Combat Handbook volumes are available anywhere, anytime in two volumes and 19 chapters. Course content covers the Laws of Armed Conflict, Communications, Weapons, First Aid, Convoy and Patrol, Defense Tactics, and much more.

"There is no doubt this publication will directly increase the combat readiness of the Naval Construction Force," added Heinrich.

The Center for Seabees and Facilities Engineering (CSFE) was established in 2003 to train and develop facilities engineering and construction professionals. CSFE's mission is to provide Seabees, CEC officers, facility engineers, and environmental professionals with the necessary skills, knowledge, and education to enhance lifelong learning and to provide quality support to the fleet.

To download or print the Seabee Combat Handbook, volumes one and two (NAVEDTRA 14234A/14235A), visit <https://www.courses.netc.navy.mil>. After entering the NRTC site, click on the Student Services tab and then the Course Registration tab to the left of the page. In the Search for course block, enter Seabee Combat Handbook to be taken to listings for volumes one and two. Click on the course title and the .pdf files are available on the right side of the page. Each volume is listed separately.

For more information on the Center for Seabee and Facilities Engineering, visit <https://www.netc.navy.mil/centers/csfe/>.

Underwater Construction Team (UCT) 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; SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

NEXs going 'Navy Blue' this Holiday Season

By Kristine M. Sturkie
NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) announced Sept. 20 that NEXs worldwide will be taking a new approach to the holiday shopping season this year. NEXs will offer sales and specials throughout the holiday season beginning in early November instead of starting off the holiday shopping season with a big sale the day after Thanksgiving.

Also new this year, deployed Sailors will be able to take advantage of holiday specials by shopping on-line.

"For the 2012 holiday shopping season, we have revised and refreshed our approach to the traditional 'Black Friday' sales events. We are calling it 'Navy Blue Friday' and will emphasize Navy core values, Navy family and preserving Thanksgiving cultural values," said Robert J. Bianchi, chief executive officer, NEXCOM. We will also pro-

vide broader access to NEX sale items for afloat and deployed Sailors."

NEX customers will still find a wide variety of holiday gifts on sale as they have in the past. The prices on the items for sale will last for the duration of the sale, not be limited to a certain day or time period. NEX events will begin, worldwide, at 6:00 a.m. on Friday morning, featuring all-day Friday specials and additional sale items will be available across the entire three-day weekend.

"We took this approach so customers wouldn't feel obligated to get up early and leave their families to go shopping for the holidays," said Tess Paquette, NEXCOM senior vice president and chief merchandising officer. "Beginning our sales earlier in the season will allow our customers to better budget their holiday spending by purchasing gifts over a longer period of time."

NEXCOM also looked into how it could better serve its deployed customers. Based on feedback gained through focus groups, NEXCOM will run a special sale event for afloat Sailors at my-navyexchange.com three days prior to Thanksgiving, with exclusive sales tailored specifically to their needs. Deployed customers will start receiving electronic or paper copies of the sales flyer on-board their ship in mid-November through their supply officer or sales officer.

"We have developed an assortment of 'Sailor requested' items such as electronics, games and sports nutrition products which will be featured in the three-day sale," said Paquette. "If Sailors are unable to participate in the sale due to operational or mission requirements, they will be able to contact NEXCOM's call center after the sale dates and NEXCOM will accommodate them."

Commissary Case Lot Sale Sept. 28-30

Store Hours

Sunday: 11 a.m. - 6 p.m.
Monday: CLOSED
Tuesday: 9 a.m. - 7 p.m.
Wednesday: 9 a.m. - 6 p.m.
Thursday: 9 a.m. - 7 p.m.
Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 6 p.m.

Columbus Day Holiday Closure

The Gulfport Commissary will be closed Oct. 8 - 9 for the Federal Holiday.

Civilians . . . Are you interested in taking courses?

HRSC civilian course information is available in two locations:

- (1) <https://www.cnic.navy.mil/gulfport/OperationsAndManagement/HumanResourcesOffice/ServiceCenter-Training/index.htm>
- (2) <http://www.donhr.navy.mil/> and click on HR office - southeast to find a course.

RESERVE YOUR TABLE NOW FOR
THE 34th ANNUAL

SALUTE TO THE MILITARY



Featuring
HON. MICHAEL B. DONLEY
Secretary of the U. S. Air Force
Washington, DC

SEN. ROGER WICKER
REP. STEVEN PALAZZO

Music by the **Air Force Reserve Command Band**
and presentation of the 2012
Thomas V. Fredian Community Service Award

TUESDAY OCT. 23 6:00 P.M.

**MISSISSIPPI COAST COLISEUM
CONVENTION CENTER BILOXI**

For ticket information,
contact NCBC Public
Affairs Officer Rob Mims
by email:
robert.c.mims@navy.mil



From HOPE page 2

business never flourished - she ended up filing for bankruptcy. But even then, Shazia continued to hope against hope.

Shazia, in 2010, returned to the United States; and upon seeing the need for linguists in Afghanistan, she applied for a position and was hired. Shazia's spirits began to lift. Finally, after 34 years, she would be able to return to her native country. She thought that maybe she could even consider living in Afghanistan again, and perhaps establishing a humanitarian organization that would provide aid to Afghan women.

But upon arriving in Afghanistan, Shazia was confronted with the brutal reality that the country had radically changed. All Shazia was left with was with the nostalgia of her memories. Her heart was broken. But even then, Shazia continued to hope against hope.

Shazia immersed herself into her work, and became involved in military programs that are promoting the health and welfare of Afghan women. Her goal now, which she expresses with absolute confidence

and resolve, is to, upon her return to the United States, establish a non-profit agency that will promote the empowerment of Afghan women - an agency that will advocate for their equality, and cultivate their independence and self-sufficiency.

Shazia's life journey of 61 years has been a very painful one, ridden with profound losses - and as human beings, all of us are destined to face intense losses. Such experiences are inevitable. But Shazia, despite her grief, never lost hope - even if it meant having to hope against hope- which, as defined by collegiate dictionaries, is "to continue to hope [even] when the situation appears bleak."

Shazia's story made me reflect on the reality that to hope against hope is just as critical for the progression of humanity as the steps we take to bring about change in our lives and the lives of others. America is the great country it is today because our forefathers, and all those who followed suit, never relinquished their stance "to hope against hope"- and this is the authentic power of choosing to hope even in the midst of despair.

Focus on Education

Seabees Continue Partnership with Gulfport School

By CM3 Katchen Bernath
NCBC Public Affairs

Twelve Seabees assigned to Naval Mobile Construction Battalions (NMCB) 133 and 1, came together for a community relations (COMREL) painting project at Gulfport Central Middle School (GCMS) Sept. 19.

The COMREL is part of an ongoing partnership between the battalions and the school.

According to Religious Program Specialist 3rd Class Jacob Valle, NMCB 133 family liaison and COMREL coordinator, he is carrying on the partnership already established by his predecessor.

"It's pretty cool to have two sponsors for that one school. I just think it's a really good thing, because if they need the help they can call on us anytime, which I think is great," said Valle.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133, paint a wall of the Gulfport Central Middle School as part of a community relations project, Sept. 19. Twelve Seabees from NMCB 1 and NMCB 133 participated in the project to help improve the school. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Bernath/Released)

GCMS principal, Dr. Michael Battle, said his experience with the Seabees has been of a professional organization and their work will increase the student morale and pride.

"I personally value the Seabee and our students love to see them on campus," said Battle.

Historically the Gulfport Seabees have enjoyed a good relationship with the community and find fulfillment in COMREL projects.

"I think it ends up being a very positive influence on everybody ... overall I just think it's a good experience all around," said Valle.

According to Valle there are painting projects being planned for the future as a continuance of the partnership between the battalions' and the school.

Coastline Community College Fall 'B' Registration
Registration for the Fall "B" term at CCC will continue through Oct. 14, with the term running from Oct. 22 to Dec. 16. 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 email at DDRYE@COASTLINE.EDU.

Home-School Network Meeting

NCBC Home-School Network Meeting
Sept. 27, 6 p.m.
MWR conference room (building 352).
Call Kevin Byrd, NCBC School Liaison Officer, 228-871-2117 for details.

Coastline Community College awards 43 Degrees to locals

Courtesy of Coastline Community College

Coastline Community College, a Navy College Program Distance Learning Partnership institution, located in Fountain Valley, California, recently listed their 2011-12 Associate Degree graduating class.

Among the more than 1,200 graduates, a total of 43 were local service members or dependents. Graduates came from the Naval Construction Battalion Center, Keesler Air Force Base and Stennis Space Center. The staff of the Navy College Office wishes to congratulate the following graduates:

Mario M. Solares, Construction Technology; Yesenia A. Gillespie, Supervision and Management; William E.G. Atwater, Supervision and Management; Jessica C. Greene, Construction Technology; Mikhail A. Gordon, Supervision and Management; Christopher E. McAvoy, Construction Technology; Geoffrey T. Hurnyak, Supervision and Management; Elizabeth A. Stocking*, Social and Behavioral Sciences; Michael A. Pollack Jr, Computer Systems; Amanda A. Trice*, Psychology;

Brian M. Guillemette, Construction Technology; Kevin M. Rainey, Supervision and Management; Helen E. Daniel, Construction Technology; Brian O. Randle, Business Administration; Wayne A. Flowers, Business Administration; James D. Lewis Jr, Oceanography Technology; Michael G. Clodfelter, Construction Technology; Mickey L. Lewis, Supervision and Management; Joseph R. Roush, Supervision and Management; Eric J. Lamky, Construction Technology; Michael C. DeAngelo, Construction Technology; Marlena Cox, Health Care Management; Cedric D. Adams, Supervision and Management; Kenneth R. Gates, Business Administration; Vanessa C. Davis, Human Resource Management; Jerry W. Fahm, Health Care Management; Samuel L. Washington, Business Administration; Albert D. Amos, Supervision and Management; Garrett R. Birnbaum, Supervision and Management; James C. North, Electronics; Steven S. Enderle, Business Administration; Matthew J. Salzman, Supervision and Management; Nathan W. Runion, Construction Technology; Stephanie S. Davis *, Human Services; Johnathan F. Torres, Business Administration; Xuefen Li *, Science and Math; Mark A. Corbin, Business Administration; Sapheria S. Myers, Supervision and Management; Sonja Sturman *, Sociology with Criminal Justice; Leslie R. Schmidt, Health Care Management; Jerrod K. Jenkins, Electronics; Connie M. Gray *, Human Resource Management.
*Spouse Program

Navy College introduces Dr. Ismail Basha: Available to discuss Construction Engineering program

Courtesy of Navy College Office, NCBC Gulfport

Dr. Ismail Basha recently joined The University of Southern Mississippi Gulf Coast faculty as assistant professor for the construction engineering technology degree program in the College of Science and Technology.

He will be available to discuss the Southern Miss Construction Engineering Technology degree program on the third Tuesday of each month from 9 a.m. to noon in the Navy College Office at the Navy Construction Battalion Center in Gulfport.

Dr. Basha earned both his master's and doctoral degrees in civil engineering from Oklahoma State University. He served as a tenured faculty member for 24 years at Zagazig University in Egypt, where he initiated and developed the university's construction program.

Publishing more than 60 refereed papers covering a wide variety of construction engineering and management subjects, Dr. Basha's scholarship and research activities have been featured in the Journal of Construction Engineering and Management, the American Society of Civil Engineers ASCE, the Associated Schools of Construction, and the Construction Management and Economics Journal.

For more information about the Southern Miss Construction Engineering Technology degree program, contact Dr. Basha at 228.214.3277 or email Ismail.Basha@usm.edu.

For more information regarding program offerings at USM, stop by the Navy College office in building 60 or visit www.usm.edu

Save the Date!

The Military Child Education Coalition's Professional Development Institute presents:

'Living in the New Normal Institute: Helping Children Thrive in Good and Challenging Times'

Oct. 24, 25, 8 a.m. - 4 p.m.
Mississippi Coast Coliseum and Convention Center
No cost to participants.

Funded by OSD/DA.
For more information, contact Myriam Virella, 254-953-1923, X1119 or myriam.virella@MilitaryChild.org

Log on to www.MilitaryChild.org and click the Training tab to register

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



At the MOVIES

Sept. 28: Madagascar 3, PG, 6 p.m.

Sept: 29: Madagascar 3, PG, Noon; Prometheus, R, 2:30 p.m.; Chernobyl Diaries, R, 5 p.m.

Sept. 30: What to Expect When Expecting, PG13, 2 p.m.; That's My Boy, R, 4:30 p.m.

Movies are FREE! Be sure to call the Movie Hotline at 228-871-3299 to check for movie schedule updates as movies are contingent upon military operations.



ITT Steals & Deals

Saints vs. Eagles tickets will go on sale Oct. 22 at 9 a.m. for just \$52.25/ticket! The first week of sales will be open to Active Duty only. During the

second week of sales tickets will be available for purchase to all eligible MWR patrons (Active Duty, Reservists, Dependents, Retirees and DOD employees) with proper ID. Limit two tickets per Military ID card. Parking passes are \$40 for parking inside of the Superdome Parking Garage and will be available on a first come first serve basis. (No refunds or exchanges. All ticket prices are subject to change without warning. ITT is not responsible for lost, stolen or laundered tickets and will not replace them. Due to government agency discounts, resale is prohibited and not authorized.)

Holiday Fun . . . Now is the time to start thinking about your holiday vacations! There are opportunities for long trips and small three-day-weekend trips in the next few months so take advantage of it. Cruise lines tend to offer lower rates in their off-season time and there are resorts in the mountains of Tennessee with great military deals. Stop in to see what we can do for you!

Auto Hobby: During September stop by to change your oil and receive a 10 percent discount off the first 30 minutes of your stall or lift fee. Contact the Auto Skills Center at 228-871-2804 for more info.

Fitness Center:

Aquatics: Water Aerobics is a great full body, low impact workout. Customize your workout by visiting www.swimplan.com.

New Aerobics schedule this month! *Yoga* will be held Monday's and Wednesday's 10 a.m., *Water Aerobics* will be held Monday's and Wednesday's 11 a.m., *Zumba* will be held Monday's and Wednesday's,

Noon. *30 Minute Pump* is no longer offered.

Dodgeball Challenge, Sept. 28, 7:30 a.m.

Power Lifting Meet, Nov. 3, 10 a.m. Sign up Oct. 1 - 15.



Liberty Center: Celebrate "Crush a Can Day" with a can-crushing obstacle course! FREE, prizes for the fastest time, Sept. 27 at 6 p.m. Do Biloxi, Latin Style, at the *Annual Latin Festival*, Sept. 29, FREE shuttle departing at 11 a.m., \$7 admission at the gate *Carnival Crazy's Day*, Win prizes and enjoy FREE food, Sept. 30 from 11 a.m. - 3 p.m.

Outdoor Recreation - 228-871-2127: Seven cajun cookers are available for rent for your next shrimp boil. ODR has a wide variety of gear ranging from tents to sports equipment.

September Special: All grills are 30 percent off regular price and with your rental of a grill you can get a table and six chairs for free. What a bargain!

Our Driving Range is Free and open for business! The Driving Range is open seven days a week from sun up to sun down. Tokens are free and can be picked up from Outdoor Recreation Center and the Fitness Center. ODR is located in Building 456 and is open Monday, 7 a.m. - 6 p.m., Closed Tuesday - Wednesday, and Thursday - Sunday, 10 a.m. - 6 p.m. The Fitness Center is located in Building 445 and is open Monday through Friday, 4:30 - 9 p.m., and Saturday - Sunday, 9 a.m. - 5 p.m. Right



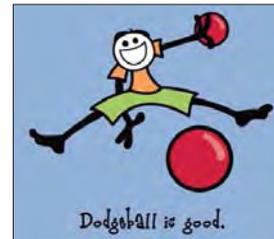
and left handed beginners clubs are available for check out at no charge from ODR during business hours. We take pride in providing you with an environment that allows you to work on your game at your own pace with yardage markers from 100 - 250 yards. Each token provides roughly 25 balls. Tokens do not expire.

The **Batting Cage** is open seven days a week from sun up to sun down offering a slow pitch softball machine. Tokens are free and can be picked up from Outdoor Recreation Center and the Fitness Center.

ODR is located in Building 456 and is open Monday, 7 a.m. - 6 p.m., and Thursday - Sunday, 10 a.m. - 6 p.m. Closed Tuesdays and Wednesdays. The Fitness Center is located in Building 445 and is open Monday through Friday, 4:30 - 9 p.m., and Saturday - Sunday, 9 a.m. - 5 p.m. Bats and helmets can be checked out at no charge from ODR during business hours. Each token gives 10 balls. Tokens do not expire.

MWR has the **perfect picnic area** for you next function located at Seabee Lake with covered playground, basketball court, paintball course, dog park, ample parking, and more. Picnic tables and grills are located throughout the area for your convenience. Remember all Active Duty personnel and their dependents receive a 20 percent discount on all rental items. All Military, Retirees and their Dependents receive a 10 percent discount on all rental items. **A-Liner Campers are available for rent!** Daily (Monday - Thursday), Weekend (Friday - Sunday) and Week rates. All deposits require a major credit card. Deposits are refundable upon return with a favorable inspection for damage to the unit. (MWR will not put hitches or trailer balls on any vehicles, but trailer light plug adapters will be available if needed.)

Passes for the **Coast Rifle and Pistol Club Shooting Range** are available through ODR. This is free and you must attend safety training/briefing provided by Coast Rifle and Pistol Club Shooting Range before you can check out a pass from ODR. Come take advantage of this wonderful facility for free. Passes are for Active duty ONLY and are available on a first come first served basis. **Youth Activities Center:** The Before and After School Program registration will continue until all remaining spaces are filled. **NetSmartz Computer Night**, Sept. 27, 5:30 - 8:30 p.m., Free **Movie Night on the Big Screen**, Sept. 28, 6 - 9 p.m., Only \$2, popcorn included, limited to 50. **Gatti's Town Fun Center**, Sept. 29, 9 a.m. - 4 p.m., Only \$7, Limit 30, Lunch included. **Youth Only Torch Club & Outdoor Games**, Oct. 1, 5:30 - 8 p.m., Free. **Pick Up-Drop Off Service** - Tuesday through Thursday we are providing pick up and drop off service in all base housing areas. Parents, please call 228-871-2251 in advance to provide youth/teen's name/address. **Resale Lot:** Advertise the car you want to sell for \$5/week or \$15/month. Display the vehicle you want to sell for up to 30 days. Call Auto Hobby for details at 228-871-2804. **The Grill:** Stop by The Grill where everything is cooked to order and served by our friendly staff. After 10:30 a.m. you'll find lunch options from salads to light sandwiches. Open Monday through Friday, 6:30 a.m. - 1:30 p.m. 228-871-2494.



training/briefing provided by Coast Rifle and Pistol Club Shooting Range before you can check out a pass from ODR. Come take advantage of this wonderful facility for free. Passes are for Active duty ONLY and are available on a first come first served basis.

Youth Activities Center: The Before and After School Program registration will continue until all remaining spaces are filled. **NetSmartz Computer Night**, Sept. 27, 5:30 - 8:30 p.m., Free

Movie Night on the Big Screen, Sept. 28, 6 - 9 p.m., Only \$2, popcorn included, limited to 50. **Gatti's Town Fun Center**, Sept. 29, 9 a.m. - 4 p.m., Only \$7, Limit 30, Lunch included. **Youth Only Torch Club & Outdoor Games**, Oct. 1, 5:30 - 8 p.m., Free. **Pick Up-Drop Off Service** - Tuesday through Thursday we are providing pick up and drop off service in all base housing areas. Parents, please call 228-871-2251 in advance to provide youth/teen's name/address.

Resale Lot: Advertise the car you want to sell for \$5/week or \$15/month. Display the vehicle you want to sell for up to 30 days. Call Auto Hobby for details at 228-871-2804.

The Grill: Stop by The Grill where everything is cooked to order and served by our friendly staff. After 10:30 a.m. you'll find lunch options from salads to light sandwiches. Open Monday through Friday, 6:30 a.m. - 1:30 p.m. 228-871-2494.

MWR FACEBOOK is now easier than ever to access on your smart phone!



MWR FACEBOOK is now easier than ever to access on your smart phone!

Chapel Offerings:

Veterans Stand down

The Chapel is collecting backpack items such as clothing, toiletries and other essentials for the annual Veterans Stand-down Oct. 17 at the Biloxi, Va. Donations may be dropped off at the chapel during normal duty hours.

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs.

Protestant Services include a Gospel Service at 8 a.m. and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

Seabee Pantry

Seabee Pantry donations are always welcome. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family

Support Center and Armed Forces Retirement Home. Everyone affiliated with NCBC can use the Seabee Pantry.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

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

Services:

Gospel Service: 8 a.m.

Sunday Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637

(CRIMES) from any cell or smart phone.

2. Receive a response, for example: "Your alias is: SZU5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



NCBC Helping Hands Volunteer Opportunities

HABITAT FOR HUMANITY WORK DAYS

Volunteers are needed to take part in Habitat for Humanity Workdays throughout the local area as follows: Oct. 5, 6, 12 and 13. Volunteers must be registered prior to the work day, so please contact Leah as soon as possible at LLadner@bbcgprp.com or 228-326-5643.

PUMPKIN OFFLOAD - Trinity Episcopal Church in Pass Christian needs volunteers to help unload a truck full of pumpkins Sept. 29 at 8 a.m. The pumpkins are sold at the Pumpkin Patch in front of their church every year. Call 228-452-4563 for details.

GULF COAST HEART WALK - The 2012 Gulf Coast Heart Walk is scheduled for Sept. 29 at Jones Park in Gulfport and is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run begins at 7:30 a.m. and includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. Money raised at the Heart Walk is used to fund critical research, education, and interventions used to build healthier lives free of cardiovascular disease and stroke.

NCBC has a long history of supporting this walk through participation and volunteers. Volunteers can help by forming a walk/run team by registering at www.gulfcoastheart-walk.org or consider volunteering for set up (9/28/12) and tear down (9/29/12) of the Heart Walk event. Fund raising is the ultimate goal of the event, but is not required to participate in the walk/run. You can also register your team at the NCBC's group page <http://gulfcoast-heartwalk.kintera.org/ncbc>. Click "create new team" under the "Action" column at the bottom of the page. For more information, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil.

RENEW OUR RIVERS - Renew Our Rivers is looking for volunteers to take part in cleanups at the following locations : Oct. 6 - Boley (Hobolochitto) Creek, Picayune, Oct. 10 - Gulfport Lake/Industrial Seaway, Gulfport Lake



boat launch, Oct. 11 - Pascagoula River, Little River Marina. For more information, contact Renew our Rivers on Facebook or call E01 Douglas Pojkey, 228-493-6191 or email: douglas.pojkey@navy.mil.

CITY OF GULFPORT - The City of Gulfport will hold "Boo Bash," it's annual Halloween event, Oct. 27 from 6 - 9 p.m. under the Barksdale pavilion in Jones Park. Volunteers are needed who are interested in setting up a Halloween themed booth with a children's activity and working the booth during the event. Volunteers who are interested in creating a Halloween themed backdrop for children to take pictures in front of during the event are also needed. Contact Brittany Dyess at 228-868-5881 or bdyess@gulfportms.gov if you or your group are interested in volunteering.

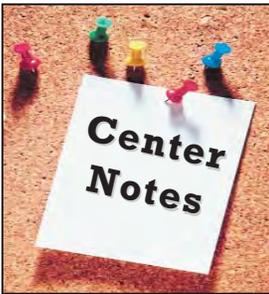
GULFPORT POLICE ATHLETIC LEAGUE - The Gulfport Police Athletic League is looking for volunteers who are interested in assisting with the Youth Aftercare Program. Volunteers would work with youth grade 4 - grade 8 in team-building exercises designed to increase self confidence, self-discipline and self-respect. Program hours are M-F, 3:45 - 5:45 p.m. For more information, call Officer Tonya Laville at 228-596-0281 or 228-868-5703.

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. The Ray and Joan Kroc Corps Community Center in Biloxi is always in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center and marketing. Many other opportunities are available. Contact Shawna Tatge at Shawna_Tatge@uss.salvationarmy.org for information.

Seabee Blood Drive . . . Think Pink, Give Red

Oct. 4, 8 a.m. - 1 p.m., Chapel Fellowship Hall; Noon - 5 p.m., Liberty Center. Schedule an appointment by visiting www.redcross.org, sponsor code SEABEEs (Chapel) or SEABEEsLIBERTY (Liberty Center.)





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 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmc11.webs.com>.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m.

Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for more information.

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 Jaime Royal at 317-730-4064 or send an email to NMCB133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMCB133FSG/133frg>

Gulfport Officer's Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@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 and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for information.

TRAINING

Naval Sea Cadets

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

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 mem-

bers. 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.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for details.

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

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

NMCB 62 Alumni Group Naval Mobile Construction Battalion

(NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmc62alumni.org> 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 information.

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

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 11a.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 information on all that is available for customers.

**United States Marine Corps
237th Marine Corps Ball**



When: Nov. 10, 2012
Time: 6 p.m.
Place: Hollywood Casino, Bay St. Louis, Miss.
Price: \$50 (per ticket)

Uniform: Marines - Blue Dress "B" or Blue Dress "A"
 Army - Army Blue (Bow Tie)
 Navy - Dinner Dress Blue Jacket or Dinner Dress Blue
 Air Force - Mess Dress
 Civilians - Black Tie

See I&I First Sergeant, 1st Sgt. Coston, building 114 (NOSC) or call 228-871-3104

**2012 Mississippi Gulf Coast
Navy Birthday Ball**



Celebrate the U.S. Navy's 237th birthday and the War of 1812 bicentennial! The celebration will take place Oct. 13, from 6 p.m. until Midnight at Keesler AFB Bay Breeze Event Center. Participating installations include Stennis Space Center, Naval Construction Battalion Center, Naval Aviation Technical Training Unit, Keesler AFB, Pascagoula Naval Shipyard and Armed Forces Retirement Home, Gulfport. Tickets are on sale now! Contact your command representative and purchase your tickets today! Ticket prices are E-6/GS-5 and below - \$20, E-7/GS-6 and above - \$30. Command representatives are Stennis Space Center: Larry Mitchell, 228-688-5226 or larry.e.mitchell@navy.mil; NCBC Gulfport: Cecil Jordan, 228-871-3643 or cecil.jordan@navy.mil; Keesler AFB: Christie King, 228-377-0230 or christie.king@navy.mil. Ticket sales end Oct. 5!

Visit <http://msgulfoastnavyball.weebly.com/index.html> for details on food, uniforms and the program.