

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

March 7, 2013



AYASE, Japan - Secretary of the Navy (SECNAV) Ray Mabus delivers remarks during an all hands call at Cinema 77 at Naval Air Facility Atsugi, Japan. Mabus thanked the Sailors and Marines for their service and sacrifice and discussed issues currently affecting the fleet including operational and personnel issues and the potential impacts of sequestration and the Continuing Resolution on the Navy. (U.S. Navy photo by Chief Mass Communication Specialist Sam Shavers/Released)

Navy announces response to Sequestration

From Defense Media Activity - Navy

Secretary of the Navy Ray Mabus announced March 2 that the Navy will go ahead with reductions in spending in order to meet the fiscal constraints imposed by sequestration.

In ALNAV 014/13, Mabus outlined a variety of reductions in operations, training and maintenance. The text of the message can be found on the Navy Live

blog here:

<http://navylive.dodlive.mil/2013/03/02/department-of-the-navy-response-to-sequestration/>

In addition to the ALNAV, the Navy Live blog also has a list of the five things Sailors, Navy civilians and Navy families need to know about sequestration.

The list can be found here: <http://navylive.dodlive.mil/2013/03/01/five-things-you-need-to-know-about-march-1/>.

Seabee Family Day Saturday, 9 a.m - 4 p.m. Don't miss the fun!

WWW.SEABEEDAY.ORG

NMCB 133 Task Force Anchor



Equipment Operator 1st Class Justin Dillon, left, Equipment Operator 2nd Class Bradley Shipton, Equipment Operator 2nd Class Peter Stump and Construction Mechanic 3rd Class Derek Shepler, assigned to Naval Mobile Construction Battalion (NMCB) 133 Task Force Anchor, place concrete for the water well pump house. Task Force Anchor, comprised of NMCB 133 personnel, is currently deployed to Afghanistan to support engineering operations for coalition forces, the Afghan National Army and the local population. (U.S. Navy photo/Released)

See WATER WELL page 6



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Seabee Courier

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Navy Legal

How DFAS wage garnishments can impact your wallet

By LN1 Sharlissa Barefield
RLSO SE Branch Office
Corpus Christi

Defense Finance and Accounting Services (DFAS) FAS Garnishment Operations, in Cleveland, processes all court ordered garnishments for military members, military retirees and Department of Defense civilian employees.

Types of garnishment include: child support, alimony, commercial debts, Chapter 13 and 7 bankruptcy orders, and division of military retired pay under the Uniformed Services Former Spouses' Protection Act.

The Consumer and Credit Protection Act(CCPA) limits the amount that can be garnished for child support or alimony to a percentage of an individual's disposable pay. Disposable pay are wages, salary, bonuses and incentive pay less authorized deductions, such as income tax withholding or debts owed to the government. The maximum percentage that can be deducted from pay is as follows:

50 percent - when the obligor provides more than half the support of dependents, other than those for whom the support is to be deducted, and has not accrued an arrearage (back pay).

55 percent - when the obligor provides more than half the support of dependents, other than those for whom the support is to be deducted, and has accrued an arrearage.

60 percent - when the obligor does not support other dependents and has not accrued an arrearage.

65 percent - when the obligor does not support other dependents and has accrued an arrearage.

If the ordered amount of child support or alimony is lower than the maximum percentage allowable, then the full amount will be deducted.

Active duty members are typically not subject to garnishment for commercial debt; however, they can be forced to set up involuntary allotments. The percentage cap cannot total more than 25 percent of pay. If there is no pay available to comply with the court order due to garnishments for child support or alimony, DFAS will return the garnishment order without action, and the creditor will have to re-apply when there is sufficient pay available.

Involuntary withholding for the collection of a commercial debt from civil service employees is limited to a maximum of 25 percent of pay.

If the governing state caps the percentage at a lower rate, then that rate prevails. Orders for child support, alimony and related arrearages have priority over any commercial garnishment.

Retired military or civil service members' pay is exempt from garnishment for commercial debt; however, pay due pursuant to the

Uniformed Services Former Spouses' Protection Act, child support, spousal support, or a property division can be garnished.

If DFAS is served with a levy by the Internal Revenue Service, DFAS must honor the tax levy irrespective of whether the obligor is Active Duty or retired. In the case of garnishments, the collection action is mandatory and any rebuttal concerning the levy must be addressed with the IRS. Levies are continuous, and collection will run until the entire amount is either collected or the IRS informs DFAS that they are released from collecting the levy amount.

In cases of bankruptcy, DFAS can withhold up to 100 percent of the obligor's pay. If DFAS withholds 50 percent for child support, DFAS will withhold the remaining 50 percent of pay for the bankruptcy order. The automatic stay provisions of the bankruptcy law require that all commercial garnishments, involuntary allotments and debt collections stop once a person files for bankruptcy; however, child support, alimony, and their arrearages do NOT terminate.

Garnishments are very complicated.

For more information, please visit DFAS' website at

<http://www.dfas.mil/garnishment>.

This article is not intended to substitute

for the personal advice of a licensed attorney. Contact the Naval Construction Battalion Center (NCBC)

legal office by calling 228-871-2620.



Civil Engineer Corps established March 2, 1867 Happy Birthday CEC!



Happy 71st Birthday U.S. Navy Seabees! Can Do since '42!

Reminder . . . Daylight Saving time begins March 10 . . .
. . . Set the clocks forward one hour . . .



WE BUILD ★ WE FIGHT

SEABEE

Online
United States Navy

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

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 MCC(SCW) Ryan Wilber
NCBC Public Affairs

"March is Nutrition Month in the Navy. What are you doing, or could you do to improve your nutrition?"



"Eat more brown rice, less fried foods and more baked foods with fresh vegetables."

CS2 Dimitrius Hopton
NMCB 74

Hometown: Milwaukee, Wis.



"Cut back on breads and other carbohydrates."

BUCN Jacqueline Schwacke

NCBC

Hometown: Pontotoc, Miss.



"Cut out sodas and drink more water."

BU3 Christopher Culp
NCTC

Hometown: Middletown, N.Y.

Around the



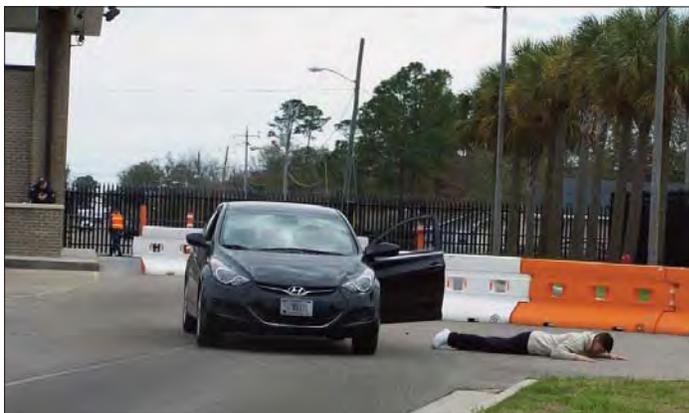
Center

Cmdr. Gordie Meyer, executive officer, NCBC Gulfport, along with representatives from every branch of military service and the Armed Forces Retirement Home (AFRH), Gulfport Campus, drops a ceremonial hockey puck as the game between the Miss. Surge and Pensacola Ice Flyers commences at the Coast Coliseum in Biloxi, Miss., Feb. 22. The Surge donated thousands of tickets to military members and wore their distinctive camouflage jerseys for Salute to the Military Night. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



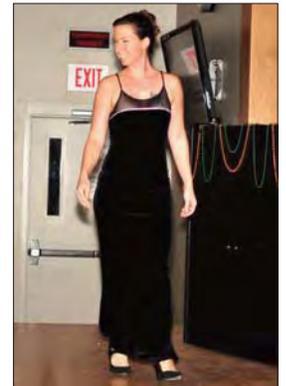
Capt. Rick Burgess, commanding officer, NCBC Gulfport, addresses command Sailors during morning quarters on board NCBC Gulfport, Feb. 27. This is the first separate NCBC Gulfport quarters following a historic Seabee reorganization ceremony held at the Training Hall, Feb. 26. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

First Responder, Emergency Management, Training and Safety personnel executed an Anti-Terrorism Force Protection (ATFP) portion of a Citadel Shield 2013 exercise on board NCBC Gulfport, Feb. 28. The exercise allowed participants to sharpen their skills in the case of an ATFP incident, as well as examine and adjust Standard Operating Procedures (SOPs) as needed to most effectively contain a threat and protect base personnel. (U.S. Navy photo by Bonnie L. McGerr/Released)





Fashion Show benefits Navy-Marine Corps Relief Society



Volunteers from the Navy-Marine Corps Relief Society (NMCRS) and the Thrift Store presented the 4th annual Seabee Ball Gown Fashion Show at the Training Hall on board NCBC Gulfport, March 1. Twenty-two ball gowns were modeled for the families in attendance, and Kelly Bennett of Magic 93.7's Walter and Kelly morning show was master of cere-

monies for the event. Modeled gowns, plus many more gowns in assorted sizes, went on sale at the base Thrift Shop March 2. Gowns are \$20 and under, with a two gown limit per person. Proceeds from the sale of the gowns go the NMCRS Active Duty Fund Drive. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



SEABEE DAY 2013



Naval Construction Battalion Center
Gulfport, Mississippi



MYLES SHARP BAND
FEATURING REBECCA POWERS



JENNIFER DONOVAN

Saturday, March 9, 2013 9 a.m. to 4 p.m.

Fun for the whole family!

Join us for Free Carnival Rides, Great Food, Mountains of Military Displays, Free Kids Play Area, Petting Zoo, Music and More!

Free Community Event, Open to the Public

WWW.SEABEEDAY.ORG



Don't miss a day filled with fun for the whole family!



SEABEE DAY 2013



Time	Event	Location
6 a.m.	Gates open for vendors	
9 a.m.	Seabee Day 2013 opens	
10 a.m.	Opening Ceremony	On Stage
	Rob Mims, NCBC Public Affairs Officer	
	National Anthem by LNC Tracey Mitchell	
	Invocation by Chaplain Smith	
	God Bless America by Lt. Cmdr. Hawthorne	
	CAPT. Rick Burgess, NCBC Commanding Officer	
	Weight Loss Challenge Winner Presentation	
	Zumba Demonstration by Luana Flint	
	Convoy Security Team Demonstration	Parade Field
10:30 - 11:30 a.m.	Jennifer Donovan (Pop/country)	On Stage
11:30 - 11:45 a.m.	Hooters Chicken Wing Eating Contest	In Front of Stage
11:45 - noon	Convoy Security Team Demonstration	Parade Field
noon - 1 p.m.	Myles Sharp w/Rebecca Powers	On Stage
1 - 1:15 p.m.	Zumba Demonstration by Luana Flint	On Stage
1:15 - 2:15 p.m.	Myles Sharp w/Rebecca Powers	On Stage
2:15 - 2:30 p.m.	Convoy Security Team Demonstration	Parade Field
2:30 - 4 p.m.	Myles Sharp w/Rebecca Powers	On Stage
4 p.m.	Seabee Day 2013 closes - Rob Mims	On Stage
4-5 p.m.	Vendors Depart	
All Day Events		
Time	Event	Location
Starts at 9 a.m.	Free Carnival Rides and Free Kids Play Area (Petting Zoo, Pony Rides, Moon Bounce, Rock Climbing Wall, Carnival Games, etc.)	Parade Field/Youth Activities Center Ball Field

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SEABEE BALL



MARCH 23 AT 7 P.M.

COCKTAILS AT 6

MISSISSIPPI

COAST COLISEUM

FREE CHILD CARE AT CDC W/ PURCHASE OF TICKET!
1ST COME, 1ST SERVE!

YOUTH/TEEN LOCK-IN -\$15
MARCH 23/24 5 P.M. TO 7 A.M. W/ PURCHASE OF TICKET!

COMMAND POINTS OF CONTACT FOR TICKET SALES/INFORMATION:

NMCB 1: CUCM JOSH SCHLEGEL, (UNTIL AP/MB RETURN)
NMCB 11: BUC ANTHONY BOLDREY
NMCB 74: CM1 JOSEPH SHIMKO
NMCB 133: EAC BRANDON HILL
NCTC: BUC MARIO SOLARES AND
EOC JOSH BRAND

22/25NCR: CECS CLINT RAINEY AND HMC CHARLOTTE REIJO
20SRG/LDO & CWO: ENSIGN MATT CATANESE AND BU2 KATHERINE RUBIO
AFRH: EAC BRANDON HILL
VIP:
CHARLOTTE WILLIAMS

TICKETS: E-7 AND ABOVE: \$40,
E-6 & BELOW: \$20, CIVILIANS: \$40



Members of Naval Mobile Construction Battalion (NMCB) 133 Task Force Anchor's Water Well Team place the next piece of drilling steel during water well operations. These wells provide coalition forces direct, cost-effective water access on bases across the country, saving the military hundreds of thousands of dollars per well. NMCB 133 is currently deployed to Afghanistan in support of engineer operations for coalition forces. (U.S. Navy photo/Released)

Water well teams improve bases in Afghanistan

By EOC Dawn Mayhugh
NMCB 133 Public Affairs

CAMP KRUTKE, Afghanistan – Naval engineers in Afghanistan are completing their fifth water well project, providing coalition forces direct, cost-effective water access on bases across the country, saving the military millions in costs.

Launching in Sept. 2012, Seabees from Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, began to drill the first of five deep water wells across the country.

Two 12-man teams took charge of two Laibe drill rigs and more than \$2 million worth of materials.

As 24-hour drilling operations continued, each team had to overcome obstacles ranging from equipment repairs to weather delays as the winter season brought rain and snow to some sites.

The teams were constantly tested as hidden rock formations and voids changed drilling speeds. By managing the "mud" program through skillful manipulation of chemicals, the teams progressed in operations. "Mud" is a combination of water and a number of chemical agents that allows the water well team to bring soil drilled out of the water

well to the surface.

As each member honed their expertise in their respective job assignments, the team's efficiency increased at each site.

As Task Force Anchor, part of the Theater Engineer Brigade, Joint Task Force Triple Nickel, nears the completion of the fifth well, all wells have an average depth of nearly 1,000 feet and produce an average of 100 gallons of clean water per minute.

"Coalition and Afghan forces will benefit for years due to their efforts," said Chief Petty Officer David Asbury, construction officer with JTF Triple Nickel.

According to Asbury, each well saves the military hundreds of thousands of dollars compared to the costs of contracted drilling or having to acquire and transport water from off-base.

This means, the military has already saved over \$2 million because of these projects.

Across the country, the wells will continue to have a positive impact and increase the quality of life for thousands of coalition personnel.

NMCB 133 is currently deployed to Afghanistan and the U.S. Central Command area of responsibility in support of coalition forces, the Afghan National Army and the local population.

Admiral delivers prestigious awards to NMCB 11 Seabees

By MC1(AW) Jonathan Carmichael

NMCB 11 Public Affairs
Rear Adm. Mark A. Handley, commander of 1st Naval Construction Division (NCD) presented Cmdr. Lore Aguayo, commanding officer of Naval Mobile Construction Battalion (NMCB) 11, with the Battle Efficiency Award plaque and pennant as well as the Peltier Award plaque on Feb. 26, 2013 at Naval Construction Battalion Center (NCBC) Gulfport.

The early morning ceremony took place with the battalion in formation on the NCBC grinder. The award citations were read aloud by Lt. Cmdr. Chris M. Coggins as Handley presented the pennant and plaques to Aguayo.

The pennant was hoisted alongside the battalion colors by Master at Arms 1st Class Michael A. Knight, originally from Goose Creek, S.C.

Handley praised Aguayo and the battalion for all of their efforts that resulted in winning the awards, and he specifically mentioned NMCB 11's successful 2012 deployment to Afghanistan in support of Operation Enduring Freedom.

NMCB 11 was selected as active component awardee of the



Rear Adm. Mark A. Handley, commander of 1st Naval Construction Division (NCD), presents a plaque for the CY-2012 Battle Efficiency Award to Cmdr. Lore Aguayo, commanding officer of Naval Mobile Construction Battalion (NMCB) 11 during a morning ceremony on Naval Construction Battalion Center, Gulfport. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

Atlantic Fleet Naval Construction Force (NCF) Battle Efficiency (Battle "E") award and

the recipient of the Rear Admiral Eugene J. Peltier Award for fiscal year 2012.

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Underwater Construction Team (UCT) ONE



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.

UCT 1 is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.

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.

NMCB 15 Camp Shelby tower training



CAMP SHELBY, Miss. - Seabees of Naval Mobile Construction Battalion (NMCB) 15, hold rigging before standing a tower upright during their Final Evaluation Problem (FEP) before deployment. FEP is used to train and evaluate Seabees on various scenarios they may face. NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that act as combat engineers and support various units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)

Seabee Headquarters begins realignment

By Daryl Smith

First Naval Construction Division Public Affairs

First Naval Construction Division (1NCD), the headquarters organization for the Navy Seabees, began a realignment initiative designed to improve efficiency by eliminating a headquarters layer, March 1.

1NCD will merge with Navy Expeditionary Combat Command (NECC) and subsequently disestablish 1NCD. This change will improve headquarters alignment and consolidate the direct, formal relationship between the expeditionary forces and Fleet Forces Command/Pacific Fleet.

"Seabees remain an essential component of America's naval force structure and a force multiplier to naval and joint operations," said Rear Adm. Mark A. Handley, commander, 1NCD. "By reducing a headquarters layer, we create efficiencies and an NECC structure that is both functional and equivalent in size with today's smaller Type Commander staffs. We will continue to provide Seabee engineering and construction capabilities that our Navy and the nation vitally need."

As part of the realignment, the 1NCD staff will be integrated into NECC, and the 1NCD commander will be reassigned as deputy commander for NECC. This headquarters change requires realignment at 1NCD's subordinate com-

mands as well. 1NCD currently oversees Seabee Readiness Groups and active Naval Construction Regiments located in Gulfport, Miss. and Port Hueneme, Calif., as well as four reserve Naval Construction Regiments at other locations across the U.S.

Naval Construction Force command and control will be consolidated into two Naval Construction Groups (NCGs), one for the Pacific and one for the Atlantic. This realignment process began in February and will be complete in April. Certain functions performed at 1NCD will transfer to NECC, and other functions will transfer to the NCGs.

The 20th Seabee Readiness Group, located in Gulfport, Miss., was renamed Naval Construction Group 2, Feb. 26, and the 31st Seabee Readiness Group, located in Port Hueneme, Calif., is scheduled to be renamed Naval Construction Group 1, March 11. The commander of the 30th Naval Construction Regiment will serve as the deputy commander for NCG 1, and the commander for 22nd Naval Construction Regiment will serve as the deputy commander for NCG 2.

Reserve regiments and active battalions, along with Underwater Construction Teams (UCTs) and Construction Battalion Maintenance Units (CBMUs), will report directly to the NCG. Reserve battalions will still report to a reserve

regiment.

The regiments will remain fully-deployable command elements capable of providing command and control of expeditionary engineer forces.

Established in 2002, 1NCD develops and implements policy and requirements to man, equip and train Seabees. The command ensures engineer forces are ready to support continuous combat deployments and is currently responsible for approximately 13,800 Seabees worldwide. A deployable command, 1NCD made two combat deployments during Operation Iraqi Freedom.

In 2006, the Navy stood up NECC to provide a single headquarters for all expeditionary forces. Both commands are located at Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Va.

The 1NCD realignment is scheduled to be complete by May 1.

With the motto, "We Build, We Fight," Seabees provide a wide range of military construction, including roads, bunkers, airfields and logistics bases, as well as worldwide humanitarian efforts and disaster response.

Nearly 2,000 Seabees are currently deployed, conducting operations in every Combatant Commander's Area of Responsibility.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

She'll do it . . .



Husband comes home from work, carrying dirty coffee cup. Entering kitchen, he sees that everything is neat, tidy, and put away. Sink is empty, counters are wiped. The aroma of dinner emanates from the oven. Standing equidistant to dishwasher and sink, husband thinks, "She'll do it." He puts dirty cup in sink and heads for his Barcalounger.

Teenage son enters bathroom to take shower. In one Houdini-esque fell-swoop, he heaps his clothing on the floor as follows: socks bunched up, jeans with phone and various wrappers still in pockets, belt still in loops, boxers still inside jeans, sweatshirt, and t-shirt still inside sweatshirt. Some items need to be washed and others are relatively clean. Approximately one foot away is the laundry basket, and son's dresser is down the hall. Son thinks, "She'll do it," and throws entire lot into laundry basket.

Teenage daughter comes home from school and bursts in the front door with backpack, gym bag and Vera Bradley lunch box. Her mother has considerably provided bins with children's initials on them on stairs inside front door, a basket in nearby laundry room for emptied lunch boxes, and a shelf for each child's school books in nearby office. Standing only a few feet from each of these organizational aids, teenage daughter thinks, "She'll do it," and drops all of her belongings in the middle of the front hall.

Middle school daughter runs into

kitchen after tennis practice, famished. Everything is put away, and there are no crumbs or other debris on counters. Taking out a pot, she proceeds to make a batch of her all-time favorite, mac-n-cheese. When finished, she carefully puts the leftovers in Tupperware bowl in refrigerator. Remembering that her father likes to confiscate her precious leftovers, she takes at least 5 minutes to find construction paper, a marker and tape, and affixes a homemade sign to her refrigerated bowl that reads, "Do Not Kill." Before plopping onto the couch to watch reruns of "Dance Moms," middle school daughter glances at her cheese-sauce enameled dish, fork, pot, wooden spoon, and measuring cup laying on the formerly clean countertop, and thinks, "She'll do it."

Mom comes home from grocery store to find dirty dishes in kitchen, backpacks in hallway, and laundry in bathroom. Growling under her breath, Mom wonders why, despite years of stating otherwise, the family still thinks she'll do everything. She contemplates blowing a royal gasket, telling everyone to go pack sand, and leaving town for a week; but thinks it might be easier to just clean up the mess and go microwave herself a cup of coffee.

Later the same week, husband needs reassurance after a bad day at work. Teenage son wants someone to come watch him receive an award at school.

Teenage daughter needs a shoulder to cry on about her biology test. Middle school daughter needs a Band-Aid and a kiss for her freshly scraped knee. And the family dog wants a snuggle.

There is no hesitation. No need to think twice. Without doubt in hearts, they know, "She'll do it."

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesof-life.com>.

Health Watch: Navy policy on controlled and narcotic medication; don't abuse YOUR drugs

From HM3 Jessica Martin
NBHC Gulfport

Is the following statement true or false?

"If a service member has a prescription for a narcotic or controlled medication from their branch clinic they are safe if they "pop positive" on a urine drug screen?"

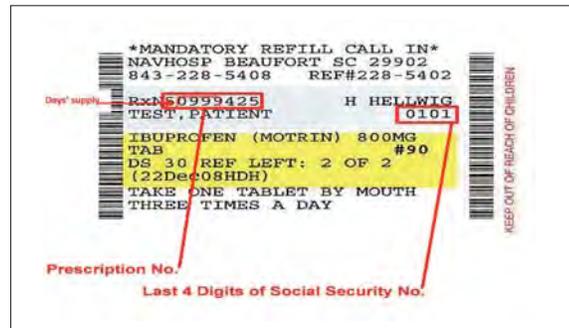
According to NAVADMIN 130/12 this is not necessarily true.

NAVADMIN 130/12 specifically states, "Prescription drugs are inappropriately used when they are used outside their intended purpose, beyond their prescribed dates, in excess of the prescribed dosing regimen, or when a Sailor uses another individual's prescribed medications."

For example, if you decide to take Vicodin that was prescribed for a tooth ache two months ago for your new onset back pain, you may find yourself in a pickle if selected for a urinalysis. With the Navy's Zero Tolerance Policy on drug abuse, this situation could result in a UCMJ violation and charges for drug misuse/abuse if results are found to be positive.

Additionally, the new NAVADMIN that became effective May 1, expands the drug classes that are specifically tested to include all benzodiazepines and hydrocodones. This would include, but not be limited to, commonly prescribed medications such as Ambien, Valium, Xanax, Vicodin, or Lortab.

What do I do if I am seen in an ER or at an off base facility and



am prescribed a controlled substance that I get filled out in town? You should see your primary care provider to ensure that this medication is documented in your medical record to protect you should you be selected for a urinalysis.

When is a good time to stop using my old medications? A good rule of thumb when referring to narcotic and controlled medications is to stop using the medication when the days supply (DS) on the bottle has expired. For instance, if you have a prescription for Ambien that is only prescribed for a 30 day time period, you should stop using the medication 30 days from the date it was issued. If you still require the medication you will need to contact your doctor to have the prescription renewed or refilled.

The graphic in the article is an example of a prescription label. Look at the number next to the letters DS. This number will tell you how many days your prescrip-

tion should be used for; after this number of days has passed you should discontinue use of the drug and consult your doctor.

Just because you have pills left over after the days supply (DS) has run out does not mean it is okay to continue taking them. A medication prescribed months ago may adversely interact with new medications or medications prescribed by different providers, causing unwanted side effects.

Your doctor and pharmacist have set parameters to your prescription for a reason and you should always consult your doctor if you cannot take the prescription in the manner or dose intended.

If you are ever in doubt as to whether you can take a medication, you should contact your primary care provider to ask questions and ensure that the medication is still part of your treatment plan. Your career and your health are not worth losing due to one misinformed or poor decision.

VITA - Volunteer Income Tax Assistance

The VITA office is open to help with your tax preparation. VITA is located in building 60, room 265.

Appointments for self-service tax preparation are being offered Tuesdays, Wednesdays and Fridays, and appointments for full-service for certain circumstances are being offered Mondays and Thursdays. VITA is open Mondays – Thursdays, 9 a.m. - 2:30 p.m., and Fridays, 9 a.m. - 1:30 p.m. For general questions or to make an appointment call 228-822-5131.



Focus on Education

Navy partners with Discovery for STEM outreach program

By MC2 Amanda Sullivan
Commander, Navy Recruiting Command

The Navy announced this week it is partnering with Discovery Education to launch a program providing real world science, technology, engineering and math (STEM) curriculum to high school students nationwide.

The curriculum will provide cutting-edge applications of STEM concepts allowing students to explore the latest STEM technologies used in the Navy. In conjunction with Discovery Education, the Navy STEM for the Classroom program will allow students to explore academic pursuits and career opportunities as it guides students through relevant STEM-based scenarios. Discovery Education is a division of Discovery Communications, the parent company of the popular Discovery Channel, TLC and Animal Planet television channels.

"This is a great opportunity to help young people interested in science, technology, engineering, and math," said Rear Admiral Earl Gay, com-

mander, Navy Recruiting Command. "The success of our Navy tomorrow depends upon the education of young men and women today. Many of these young Americans are seeking a challenge in pursuit of a higher calling. When this higher calling is supported by a strong STEM foundation, I know our Navy and our nation will be in the great hands of these future leaders."

The Navy STEM to the Classroom program will reach students in all 50 states and will be used by 5,000 teachers and 80,000 students. The program consists of multi-platform online learning tools, videos and widgets that give students hands-on application of STEM concepts. Topics such as oceanography, gas laws, and nuclear engineering are explored, allowing students to investigate different careers in the STEM fields and potentially discover a passion in one of those areas.

For more information on the Navy STEM for the Classroom program or to access the online resources, please visit: www.navystemforthe-classroom.com.

Area elementary school youth explore SeaPerch on board NCBC



David Young, SeaPerch coordinator for Navy Research Laboratory, instructs 5th graders from 28th Street Elementary in Gulfport, Miss., on proper operation of SeaPerch Underwater Remotely Operated Vehicles (ROVs) at the Fitness Center Pool on board NCBC Gulfport, Feb. 28. According to the SeaPerch website, SeaPerch is an innovative underwater robotics program that equips teachers and students with the resources they need to build an underwater ROV in an in-school or out-of-school setting teaching basic skills in ship and submarine design, and encouraging students to explore naval architecture and marine and ocean engineering principles. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

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

Navy working to expand Sailor's nutritional awareness

From Navy Personnel Command Public Affairs

March is designated as Navy Nutrition Month in conjunction with National Nutrition Month and the 21st Century Sailor and Marine initiative, according to NAVADMIN 051/13 released Feb. 28.

"The goal is to increase awareness and transform food environments Navy-wide to facilitate and maintain better food and beverage options," said Lt. Cmdr. Jennifer Wallinger, registered dietitian, Navy Nutrition,

Navy Physical Readiness Program.

Navy nutrition officials seek to begin meaningful conversations about our food, how our choices impact us and the role we all play in changing the food environment. Improved nutrition is a key element to resiliency and Navy readiness will be improved by shifting the availability of foods within our commands.

Transforming the Navy food environment to increase access to healthful food choices that are tasty and satisfying, while si-

multaneously decreasing access to highly-processed, unhealthy foods is the most promising strategy to improve individual eating habits.

Leadership can increase awareness by promoting the healthy choice as the easy choice at events, including command-sponsored picnics, department functions, food sales and even meetings.

Commands are encouraged to use this opportunity to increase awareness of healthful eating and nutrition programs. Some of



the recommended activities include: interactive workshops, training events, health fairs and healthy cooking competitions.

Downloadable nutrition month materials are available on the Navy Nutrition Program Web Page at www.npc.navy.mil/support/navynutrition/Pages/default.aspx.

Additional resources are also available through the Navy and Marine Corps Public Health Center at www.med.navy.mil/sites/nmcpch/health-promotion/Pages/default.aspx and from Navy Fitness at www.navyfitness.org/nutrition/.

A Colmer Dining Facility patron makes a choice from the lunch menu. During Navy Nutrition Month Sailors throughout the Fleet will be asked to make healthful meal choices and to increase their dietary awareness. (U.S. Navy photo/Released)



Movie Night



FREE Movie Program at the Training Hall: Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

Friday, March 8
Cloud Atlas, R, 6:30 p.m.

Saturday, March 9, CLOSED for Seabee Day

Sunday, March 10, Monsters Inc, G, 2 p.m.
Red Dawn, PG13, 4:15 p.m.



EXPERIENCE CAMP CAN DO!

ARE YOU A TEEN BETWEEN 14-17 YEARS OLD?

NOW HIRING SUMMER CAMP COUNSELORS IN TRAINING

The Navy Seabee Base Youth Center is currently accepting counselor in training applications for the summer of 2013. Applicants must be at least 14-17 years of age. We are looking for individuals who want to spend their summer working with children in structured indoor and outdoor settings. Application due by April 26, 2013.

**PLEASE PICKUP APPLICATIONS
AT THE YOUTH CENTER
BUILDING 335**

SUMMER CAMP PHILOSOPHY

- Providing a safe, natural, happy, secure environment where kids can be kids.
- Hiring and training a mature, caring, fun loving staff is the key element in helping us achieve this goal each summer.
- Providing a structured program for children that emphasizes a feeling of family, friendship and belonging and encourages active participation in a variety of experiences.

FOR MORE INFORMATION PLEASE CONTACT
Jennifer Bush 228.871.2251 - OR - JJ Atkinson 228.871.2043
Send email inquiries to Jennifer.A.Bush@Navy.Mil

BECOME AN ALL-STAR

Sign up today for Iddy Biddy T-Ball

Register March 1-March 29 and children must be 3 by April 1 to be eligible.

- **Coaches Meeting**
April 5th at 6:00pm.
- **Parent's Meeting**
April 7th at 6:00pm.



HIT One Out Of The Park!
The Iddy-Biddy T-ball program is open to youth 3-4 years old. The \$35 fee includes uniform, participation award and an end of season banquet.

Call Mr. JJ Atkinson, Youth Program Supervisor, at 871-2251 for more details.




MWR Program contact info

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251
Main Office	228-871-2538

NCBC Helping Hands volunteer opportunities



PROFESSIONAL GOLF ASSOCIATION NEEDS VOLUNTEERS - Volunteers are needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman, Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the week, meals during shift, six good-any-day tickets, a free round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

WEST HARRISON HIGH SCHOOL -

West Harrison High School is in need of five volunteers to assist in proctoring and monitoring the hallways during the next administration of the Mississippi SATP tests March 19, 20, 21, 22 and 25. Volunteers are asked to report to West Harrison High School, 10399 County Farm Road, Gulfport at 7:15 am each day. Testing will be complete no later than 3 p.m. daily. Please contact Julie Hadley, jhadley@harrison.k12.ms.us if you can support this request.

SMOKIN' THE SOUND AND SMOKIN' THE LAKE - Smokin' the Sound and Smokin' the Lake, April 26 - 28, and Smokin' the Lake, May 4 - 5, are return-

ing to the Mississippi Gulf Coast. Race organizers are asking for volunteers to sell and attach wrist bands to event spectators, direct spectators to viewing areas and perform other volunteer services. Volunteers will be provided with a meal. If you are interested in volunteering, please contact Chief Ryan Wilber at ryan.wilber@navy.mil or stop by the NCBC Public Affairs Office, building 1, room 205, no later than March 30 to sign up for a shift.

LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS - Long Beach Alternative School on Old Pass Road in Long Beach is looking for men-

tors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison, 228-865-1956 if interested.

WOOLMARKET ELEMENTARY SCHOOL SEEKS MENTORS - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information.

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are needed for various projects throughout the year.

Contact Shawna Tatge for info, Shawna_Tatge@uss.salvationarmy.org

VOLUNTEER WITH USO - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit <http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMP5 2nd Floor, NCBC and Gulfport Biloxi International Airport.)

DRIFTWOOD NURSING HOME - Want to make a difference in the life of the elderly then volunteer with Driftwood Nursing Home located right outside the Broad Avenue gate. Contact Christina to volunteer, 228-243-3421.

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, 10:30 a.m.

Chapel Offerings

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 10:30 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also Catholic Mass Tuesdays at 11:15 a.m.

Seabee Pantry

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. The Seabee Pantry is for anyone affiliated with NCBC.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 10:30 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

Women's Bible Study

Women's Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. Free child care is available. For more information on all offerings that are available, contact the chapel at 228-871-2454.

Wounded Minutemen of Mississippi 4 Man Golf Scramble

March 18, 8 a.m.
Pine Creek Golf Club, Purvis, Miss.
\$50 per player



Morning Tee, 8 a.m., Afternoon, 12:30 p.m.
Sign up fee includes Green Fee, Drinks, Lunch, Prizes and Awards

For more information call 601-818-3972
Registration deadline is March 11

All proceeds will be donated to
Wounded Minutemen of Mississippi



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the first 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 babysitting 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://nmcb11.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 Mon-

day of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, http://www.wix.com/NMCB133_FSG/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!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area and will be hosting a meeting for new member, Feb. 16. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubs-of-america.org for more info on NWCA.

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday, 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 details.

TRAINING

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

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

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

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

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.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.

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.seabeeuseumstore.org or call the gift shop at 228-871-4779 for information on all that is available.

To publicize your organization, send information to seabeeCourier@navy.mil

Keesler simulation lab receives two amputee trainers

Commentary by Randy Bernhardt
81st Medical Group, KA FB Biloxi

It's 2 p.m. You and your squad are walking a trail you've traversed 20 times en route to a small village just over the hill. You are in the lead. Suddenly, the air cracks with a massive explosion. After a moment, you regain your bearings and turn to see a giant dust cloud enveloping your team. There's a man down and he's one of yours!

Does this scenario sound plausible? Sure, and it happens too often.

Many members of the U.S. military have suffered this fate and far too many have died. It's unfortunate and it's devastating, but through training you can learn how to save a teammate's life.

Bleeding is a major problem on the battlefield. According to the U.S. Army Medical Research and Materiel Command's Combat Casualty Care Research Program, more than 80 percent of preventable deaths on the battlefield are due to hemorrhaging.

The Air Force conducts self-aid and buddy care training for all Airmen that covers the basics of trauma care that can be used on the battlefield to save a life. It's great training, but it isn't as realistic as it could be. Enter the Multiple Amputation Trauma Trainers (MATT).

Keesler Medical Center's medical simulation lab recently added two MATTs to their inventory. They weigh about 175 pounds each, have articulating arms and legs and can bleed on command. Use of wireless technology enhances the realism since the operator can be up to 100 feet away and out of sight of the trainee. The MATTs simulate arterial or venous hemorrhage, both that present immediate life threats.

The adult human body contains approximately six liters of blood, as does MATT. Following a traumatic amputation of a limb, this circulating blood volume can be rapidly depleted, and there is a very short window to stop bleeding before it is too late. MATT realistically simulates an

adult male and injuries frequently encountered in our current combat environments. Here is where the training begins.

The MATT is moulaged with a proprietary blood paste. In the past, we used red food coloring added to water to simulate blood, ruining a lot of uniforms with stains that didn't wash out. MATT uses a glycerin-based gel that looks and responds like real blood. It even reacts to commonly-used battlefield hemorrhage-control materials. The best part is it doesn't stain clothing.

The MATT has built-in "blood" tanks and hydraulic pumps that feed each of its wounds. During training, the responder must stop MATT's hemorrhage by applying a tourniquet or direct pressure. MATT also has a "gunshot" wound to his chest and a head laceration that can be activated to bleed independently of his lower torso. His airway can be managed using simple oxygen masks to advanced endotracheal intubation. He accepts chest tubes and has ports for

needle decompressions or fluid resuscitation for more advanced training.

MATT is very realistic and his health can quickly deteriorate if the student responder doesn't stop the bleeding. These features make MATT an exceptional training tool for emergency responders who may one day find themselves in a mass-casualty situation.

Keesler is very fortunate to have training tools as realistic as MATT. The medical simulation lab is using MATT as the primary "victim" as it works with Keesler's fire rescue department and emergency medical personnel. We plan to deploy the MATTs to various locations around Keesler to exercise emergency response teams and reinforce the steps necessary to act quickly to save lives.

In addition to the MATTs, the simulation lab has an eight-member family of wireless adult and pediatric human patient simulators that are programmable to realistically reproduce human medical emergencies.



Senior Airman Christopher Frost, left, applies a tourniquet while Senior Airman Donald Davenport uses direct pressure to try to staunch blood loss on a Multiple Amputation Trauma Trainer Jan. 29, in the ambulance bay outside the Keesler Medical Center emergency room, Keesler Air Force Base, Miss. (U.S. Air Force photo by Steve Pivnick)

The simulation lab may be able to help people with a medical training need achieve their training goals. To see MATT or any of our other medical-skills trainers or to learn more about our products and training capabilities, call 228-376-4878.