

# SEABEE COURIER

## NMCB 11 Det. Horn of Africa



CAMP LEMONNIER, Djibouti - Steelworker 3rd Class Kyle B. Mellon, from Talladega, Ala., assigned to Naval Mobile Construction Battalion (NMCB) 11, chisels away the remaining slag to replace the collars of an axle on a MTRV MK31. NMCB 11 is currently deployed to multiple locations in support of AFRICOM, EUCOM, CENTCOM, and PACOM. NMCB-11's Det. Horn of Africa (HOA) is a Combined Joint Task Force (CJTF) HOA unit whose mission includes stabilizing and strengthening security in East Africa through military-to-military engagements with partner nations. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

## CNRSE changes command

From Commander Navy Installations Command Ready Navy Program

Commander, Navy Region Southeast (CNRSE) held a change of command ceremony aboard Naval Air Station Jacksonville, Aug. 29. During the ceremony, Rear Adm. Rick Williamson relieved Rear Adm. John C. "Jack" Scorby, Jr., as the region's commander.

"I can now attest first hand that the flawless reputation this region enjoys around the fleet is extremely well deserved," Williamson said. "I am amazed not only at the quality of programs at our installations, but also the sheer magnitude of Sailors and families you serve throughout the region. I'm sure it will be an honor and a privilege to work with each of you over the next couple years."

Williamson is a Jacksonville native and a 1985 graduate of the United States



Rear Adm. Rick Williamson, Commander, Navy Region Southeast, arrives at the Navy Region Southeast change of command ceremony on board Naval Air Station Jacksonville. During the ceremony, Williamson accepted command from Rear Adm. John C. Scorby Jr. (U.S. Navy photo by Mass Communication Specialist 1st Class Greg Johnson/Released)

Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and

is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region See **CHANGE** page 12

## New CO takes NCG2 helm

Naval Construction Group TWO (NCG-2) Command Master Chief Duane Sharp prepares to pass the command flag from outgoing commanding officer, Capt. Darius Banaji, left, to NCG-2's incoming commanding officer, Capt. John Adametz, in a change of command ceremony held on board Naval Construction Battalion Center (NCBC) Gulfport Aug. 29. Banaji's follow-on assignment is as commanding officer, Naval Facilities Engineering Command Southwest (NAVFAC Southwest).



(U.S. Navy photo by Chief Mass Communication Specialist Athena Blair/Released)

# How can I win if I am defeated in my own mind? Reach out and reap the rewards

By Lt. Cmdr. Ammie Davis, CHC  
NCBC Chaplain

We all make mistakes and sometimes our mistakes are pretty bad and we dwell on them day and night. But our failures can become a stepping-stone to success if we begin to transform our minds and forget about our failures. Many of us have experienced some form of brokenness—broken spirit, broken relationship and broken marriages. Often time individuals ask the question, how can I win when I am defeated in my mind? The mind is a powerful tool. If we are expecting to win or even rebound from our circumstance or failures then we must process “positive” thoughts rather than “negative” ones. The aphorism, “For as he thinks in his heart, so is he,” (Proverbs 23:7) not only describes a person inner character, but it also describes the condition of one’s mind. Henry Ford said, “Whether you think you can or you think you can’t, you’re right.”

In other words, our thought process can defeat

us or we can transform our thoughts and see ourselves as winners rather than failures in life’s most difficult challenges. The power of thought can either bless or curse. When we think positive, then we are highlighting positive self-images and when we think negative we are promoting poor self-images in our mind. Positive self-images begin with the words we say to ourselves.

In the Good Book, the Ephesus’ believers were under an emotional and spiritual attack by the first century Jewish believers, but they had declared defeat in their mind because of a self-image problem. They didn’t believe that they were under the covering of God’s covenant that was promised to them. Paul’s letter was therefore to lift and encourage the struggling community to rise above their anxieties, doubts and failures that had settled in their minds.

Beyond encouragement, the letter also offered a call to that small group to walk in a way that showed they were a part of the Kingdom and they needed to prepare themselves for the spiritual battle of the mind.

The Ephesus’ believers displayed many characteristics of a self-image problem because they did not understand what they were up against. Self-image problems have been correlated with low life satisfaction, loneliness, anxiety, resentment, irritability and depression.

If we stop and ask, why do people allow defeat to set-up in their mind due to self-image? It may be because they are expecting defeat rather than victory over life circumstance. We must remember the armor that God offers us against the enemy of our mind. This armor is different from the physical armor we wear today that protects us from the world’s battles. It’s a spiritual armor that will help us to improve our self-image, declare victory in our mind and conquer the war from within.

Today, I am challenging the Seabee Community to fight the battles of the mind with new equipment. When we arm ourselves with God’s equipment, we can stand firm and declare ourselves winners because we have overcome the battles of our minds.



Chaplain Ammie Davis

The 2013 Navy Suicide Prevention Month theme “Thrive in Your Community,” is based on the importance of community and self-purpose when dealing with adversity. This year’s efforts encourage Sailors to engage with one another and make a difference to those around them; shipmates reaching out to shipmates. By helping others, we help ourselves. Building resilience is not just about recovering from challenges; it is about growing from them to emerge stronger.

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Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator’s Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator’s contact # 504-762-0224; Click: [www.SafeHelpline.org](http://www.SafeHelpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

## Sexual Assault Victim Advocate Training

Are you the person that wants to help someone in need? Have you ever known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor who needs support in a time of need. To register for the class, contact Shannon Harden, SAPR Victim Advocacy Support Specialist at [Shannon.b.harden@navy.mil](mailto:Shannon.b.harden@navy.mil). The class will be held Sept. 16 - 20, 8 a.m. - 4 p.m., in building 433, room 139.

# Buzz on the Street

By UTCN Alicia Fluty  
NCBC Public Affairs

What is your #1 Hurricane Prep Tip?



"Have water, food, emergency contacts and make sure your family knows where you are."

**BUCR Alexandria Marek**  
NMCB 1

Hometown: Ravenna, Ohio



"Not only have water to cook or drink with, but also water to put aside for hygiene."

**UT3(SCW) Brittany Champion**  
Champion

NCBC  
Hometown: Pensacola, Fla.



"Make sure all family members know what to do. Remember Katrina and take warnings seriously."

**BM2(EXW) Maurice Hankins**

NOSC Gulfport  
Hometown: Los Angeles, Calif.



Religious Program Specialist 3rd Class Jamie Hamm, assigned to the Seabee Memorial Chapel on board NCBC Gulfport, organizes food from a donation box for the Feds Feed Families food drive, Aug. 29. The goal is to achieve 25,000 pounds of food and the base is within 5,713 pounds of reaching the desired goal by the drive's last day, Aug. 31. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Builder Constructionman Casey Simpson, assigned to Naval Mobile Construction Battalion (NMCB) 1, volunteers to help build obstacle courses for the upcoming Seabee Mud Run event at Contingency Construction Crew Training (CCCT) facilities on board NCBC Gulfport, Aug. 27. The 5-mile Seabee Mud Run will take place on board NCBC Sept. 7 at 7 a.m. The event is open to the public, and anyone over 13 years old is invited to participate. For more information go to: <http://tinyurl.com/cb-mudrun> (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Construction Mechanic 1st Class Robert Joshurek, assigned to Naval Mobile Construction Battalion (NMCB) 133, shops in the Navy-Marine Corps Relief Society (NMCRS) Thrift Shop on board NCBC Gulfport, Sept. 3. The Thrift Shop reopened after being closed for restocking. The Thrift Shop is open every Tuesday, Wednesday and Friday, 9 a.m.-1 p.m. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



# Gulfport chief selectees near the finish of CPO 365 Phase II

Photos by MCC(SCW/SW/AW) Ryan G. Wilber, NCBC Public Affairs

The fiscal year 2014 (FY-14) chief petty officer (CPO) selectees have completed five of the six weeks of CPO 365 Phase II. Throughout the past few weeks the selectees have volunteered in the community, held fund raisers, held and attended several trainings and participated in numerous physical fitness sessions, all while sharpening their leadership skills and learning to work together. The CPO selectees will be frocked to CPO during a ceremony held at the NCBC Gulfport Training Hall, Sept. 13.



September 5, 2013

Seabee Courier

# NCBC Frames

**Lt.j.g. James A. Bruno**  
NMCB 133, Bravo Company  
1st Platoon Commander

# FREEZE FRAME

By UTCN Alicia Fluty  
NCBC Public Affairs

FF: What single experience during your career stands out the most, and why?

**JAB: The opportunity to be the Officer-In-Charge (OIC) of a major transportation project during our CENTCOM deployment has to be my most memorable experience in my career. Forged by the skills and knowledge of our Seabees an idea manifested into reality. The project had a direct impact to the War Fighter. It created a transportation route between neighboring districts divided by a river allowing freedom of movement and support to military forces.**

FF: What has been your biggest motivation throughout your career?

**JAB: My biggest motivation is making a differ-**

**ence and having an impact on my immediate environment.**

What advice would you give to future Seabees/Sailors?

**JAB: Maximize your potential! Make sure you are doing everything that you are capable of doing to succeed in life and in your career. Don't fall victim to self loathing wishing you were dealt a different hand. You are the masters of your future, make wise decisions. Have a plan that charts a course of your future and where you want to be. However, know that a plan is just something to deviate from. Change is fine; it is the only thing that is constant.**

FF: What is your favorite part about being/working with the Seabees - why?

**JAB: Before coming to**



**the battalion I thought building in a contingency environment would be hands down my favorite part about working with the Seabees. But it is the lasting impressions we have as leaders on subordinates' lives that brings me to work every day.**

**Not every day we build or fight. But every day I'll interact with one two three maybe my entire platoon at some point in the day on a personal level getting to know them. Influencing bright men and women of our battalion is my favorite**

**part of my job.**

FF: Who was your most influential mentor during your career, and why?

**JAB: It's not fair to single out any one individual that influenced my career because many had a hand in on guiding me in my endeavors. Whether when I was enlisted in the US Army or commissioned in the US Navy each phase or step on my path I can look back and say there was someone who had helped me get here. I've been blessed with leaders in my life that made lasting impressions. Who I will recognize is my wife, Michelle, who has supported me through all of my almost 10 years of military service. Thank you sweetheart for all that you do.**

**Seabee MudRun 2013**

**Sept. 7  
7 a.m.**

[www.active.com/running/gulfport-ms/seabee-mud-run-2013](http://www.active.com/running/gulfport-ms/seabee-mud-run-2013)

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# SALUTE TO THE MILITARY

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Washington, DC

**REP. STEVEN PALAZZO**  
**GOV. PHIL BRYANT**

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Rep. Steven Palazzo, Gov. Phil Bryant, and Marine Corps Commandant Gen. James Amos will lead our 35th annual Salute.  
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Tickets include the Salute ceremonies, dinner and program. Formal dress is preferred but business dress is acceptable.  
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**SALUTE TO THE MILITARY**  
THURSDAY, OCTOBER 22, 2013

MEDIA SPONSOR SunHerald MultiMedia

# NMCB 74 Convoy Security Element trains to accomplish battalion mission

By NMCB 74 Public Affairs

Twenty six Seabees on the Convoy Security Element (CSE) with Naval Mobile Construction Battalion (NMCB) 74 practiced their skills in tactical operations in convoy ground movements Aug. 9 – 16.

The Seabees learned the importance of CSE, and how to work together as a team in any situation.

On the first day of training, the team learned and applied their skills in escorting and protecting a VIP. Instructors with Naval Construction Group 2 (NCG 2) demonstrated the different formations that can be used depending on the available assets to ensure the VIP is protected from all angles.

The CSE also learned about "IROBOT," which is a radio controlled robot that can travel up to 300 meters and utilizes two cameras to help identify IEDs/UXOs.

The second day in the field was a live fire range from mounted weapon systems, which included the M2 and M240B. The NCG 2 instructors taught shooting methods, how to fix a malfunction, speed reloads, and aiming. CSE also learned how to shoot in a way that will aid in the

conservation of ammunition.

During the week, CSE was tasked with missions and given a time limit to prepare and complete a "spin up." A spin up involves receiving a Fragmentary Order (FRAGO), planning the mission, mounting all weapon and communication systems and going over rehearsals and the mission brief with the troops. A time limit is set by the troops for each spin up, and with each mission the CSE was able to prepare faster and be ready to move quicker. The instructors pushed the troops by testing their knowledge and ability to handle different scenarios.

One training evolution involved five Combat Life Saver (CLS) qualified personnel learning how to put a patient onto a helicopter utilizing an actual Blackhawk that flew in and allowed the CLS team to perform a MEDEVAC. CSE was evaluated on everything from taking small arms fire to sending up reports such as a MEDEVAC, SALUTE, and IED/UXO.

The team learned different vehicle movements such as bumping and blocking, towing a down vehicle, and rescuing injured team members.



Hospital Corpsman 2nd Class (SCW) James Green, Builder 2nd Class (SCW) Larry Ferguson, Builder 2nd Class (SCW/SW) Jonathan Kessell, Construction Mechanic 3rd Class (SCW) Brandon L. Smotherman and Construction Mechanic Constructionman James P. Forrest assigned to Naval Mobile Construction Battalion (NMCB) 74 Convoy Security Element (CSE) performed a Helicopter MEDEVAC Aug. 15 during a CSE Field Training Exercise on Camp Shelby, Miss. (U.S. Navy photo by Construction Mechanic 3rd Class Ian Grady/Released)

Working together, the team was able to accomplish the missions and many junior personnel were able to step up and take charge of planning, briefing, and mission

execution various scenarios. This ensured each member of the team knew the role of every other member and could feel confident in any situation.

## NMCB 74 completes successful Khaki FEX

By CM3 Jeremy Pratt  
NMCB 74 Public Affairs

Officers and chief petty officers of Naval Mobile Construction Battalion (NMCB) 74 participated in a two week Khaki Field Training Exercise (KFTX) at various locations to increase Command and Control (C2) and tactical skill proficiency, as well as strengthen camaraderie.

The KFTX platoon organization, consisting of 66 officers and chiefs, was led by Ensign Spencer Bull, the platoon commander as well as Chief Builder Wayne Sperko, the platoon chief.

The first week preparation phase kicked off with classroom instruction on general military tactics on board Naval Construction Battalion Center (NCBC) at Military Training (N75).

The second week focused on the field training phase with hands-on training. During this phase the Khaki were divided into two groups. One group was designated as the Command Operations Center (COC) focusing on command, control, and communications while the second group focused on convoy operations.

The groups participated in a simulation exercise operating a functional COC running combat scenarios, and a convoy, conducting a five vehicle recon mission. The Khaki organization then employed their knowledge base at the Woolmarket training facility conducting machine



gun employment, fighting position construction, defensive planning, land navigation, and patrolling.

The final day of KFTX took place at Camp Shelby in Hattiesburg, where they performed a site visit of the battalion's upcoming Field Training Exercise site. The group walked the site and collaborated to create a defensive plan briefed over a terrain model.

The next portion of the training was the Leadership Reaction Course which consisted of multiple obstacle courses designed to test leadership under pressure. The team leader's mission was to take command of their group's situation, and lead their squad through each mission with limited material.

The successful KFTX was capped off with a barbeque at Camp Shelby.

**Officers and chiefs assigned to Naval Mobile Construction Battalion (NMCB) 74, with the assistance of the class instructor, work their way through the land navigation portion of the Khaki Field Training Exercise (KFTX). KFTX is an annual training evolution which promotes teamwork and camaraderie between battalion senior enlisted ranks and the ward room. (U.S. Navy photo/Released)**

# NMCB 15 Seabees construct new headquarters for Army Service Support Brigade in Afghanistan

By MC1 Daniel Garas  
NMCB 15 Public Affairs

SHINDAND, Afghanistan

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15 began construction on a compound for the United States Army on Aug. 14.

The compound includes 20 Alaskan tents on elevated platforms with covered spaces between the tents and will serve as the headquarters for an Army Combat Service Support (CSSB) Brigade.

"The CSSB has a compound here which has been expanded upon a few times. As a result, they have some electrical and some life, health and safety (LHS) issues," said Lt. Steven Hunt, Detail Officer in Charge for the Seabees in Shindand. "They wanted to relocate, so they asked us to build this compound. The location is great be-

cause it gives them a good staging area for their vehicles. Plus, it's right next to their berthing."

The Seabees were selected to construct the camp due to their experience in expeditionary construction and their reputation for building such structures quickly.

"We can get a lot more accomplished with less people," said Builder 1st Class Chad Reigel, the assistant project supervisor. "Our main function is expeditionary construction, so this is right up our alley."

The work request came on extremely short notice. Hunt was able to task-tailor the project and get plans for the compound made up within a day.

The project came with a few additional requirements that the Seabees incorporated into their design, including elevated wooden platforms and en-



Above: **Builder 2nd Class Christopher Beeler (left) and Builder 1st Class Jeremiah Shuemaker, both assigned to Naval Mobile Construction Battalion (NMCB) 15 measure plywood floors while building a compound for an Army Combat Service Support (CSSB) Brigade.**

Below: **Builder 1st Class Baltazar Perez (left) and Builder 2nd Class Christopher Beeler, assigned to Naval Mobile Construction Battalion (NMCB) 15 construct wall frames while building a compound for an Army Combat Service Support (CSSB) Brigade. (U.S. Navy photos by Mass Communication Specialist 1st Class Daniel Garas/Released)**

closed hallways between the structures.

Reigel added that building enclosures and hallways to connect the areas between the tents was mission-essential for the Army unit.

"This compound contains their communications department, therefore the ability to transport documents between buildings securely was important," he said.

Despite the added requirements, the Seabees demonstrated their can-do attitude and flexibility and are expected to complete the mission on time.

"This came at us pretty



quickly," said Hunt. "The crew hasn't blinked at any project we have thrown at them." "All of them have jumped right in and knocked it out."

"These guys have done a great job," Hunt added. "It's a pleasure to be here with them."

Visit [www.facebook.com/NMCB15](http://www.facebook.com/NMCB15) for more news.

**Last minute volunteer request . . .** Four volunteers are needed to cut and load firewood for a World War II Seabee. If you have a large capacity chain saw, your help would be very much appreciated. To volunteer, please call Shirley at 228-875-4700, 7 a.m. - 4 p.m. or Kim at 228-871-2586, 8:30 a.m. - 5 p.m. or email [kim.costelli@navy.mil](mailto:kim.costelli@navy.mil).

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

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# Focus on Education

## Coastline Registration

Coastline Community College's Fall "B" Term registration is ongoing until Oct. 3. Fall "B" Term runs from Oct. 21 - Dec. 15. For additional information, contact Dr. David Dryle in the Navy College Office, building 60, at 228-871-3439 or [ddrye@coastline.edu](mailto:ddrye@coastline.edu).

## Fall Harrison County School Board Meetings

Sept. 16, Oct. 7, Oct. 21

All scheduled meetings of the Harrison County School District Board of Education are held at 5:30 p.m. in the Administration Building located at 11072 Highway 49, Gulfport, Mississippi. For more information please contact the Office of the County Superintendent of Education 228-539-6503.

## Today's Tip for Parents

### Help Your Child Succeed in School

Educational research makes it clear. All parents can help their children achieve more in school—even parents who have little formal education.

To help your child do well in school:

- ~ Let your child know what you expect him or her to achieve. Set high, but realistic, goals.
  - ~ Establish a daily routine for family meals, homework and chores.
  - ~ Stress that school success comes with hard work. Don't let your child blame teachers or bad luck for poor grades.
  - ~ Monitor your child's after-school activities.
  - ~ Make time for reading with your child every day.
  - ~ Keep in contact with your child's teachers.
  - ~ Be respectful when talking with or about teachers.
  - ~ Volunteer to help in your child's classroom.
  - ~ Encourage and reward your child's school efforts and progress.
  - ~ Be available. Spend time with your child. Offer your help.
  - ~ Be firm. Set clear rules and consequences for breaking them.
  - ~ Respect your child's ideas. Take time to listen.
- Share your values with your child.

*Editor's Note:* Today's Tip is brought to you by Harrison County School District. For more helpful tips and information geared to helping your child succeed in school, visit: [www.harrison.k12.ms.us/](http://www.harrison.k12.ms.us/)

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Officer Kevin Byrd  
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1706 Bainbridge Ave

Phone: 228-871-2117

Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## Harrison County School District

### 2013-2014 School Calendar (Revised Feb. 27, 2013)

<b>September</b>	(Secondary)	31 End Seventh Month
2 Labor Day	20 60 % Day for Students	<b>April</b>
11 Progress Reports	20 End of Fourth Month	1-30 WIDA
16-20 SATP2 Retest	23-31 Christmas Holidays	2 Failure Notices
30 End of First Month	<b>January</b>	7-30 CPAS2
<b>October</b>	1-3 Christmas Break	14-21 Spring Break
9-11 Nine Weeks Test (Elementary)	(cont'd)	23 Progress Reports
10-11 Nine Weeks Test (Secondary)	6 Teacher Workday	28-30 MST2 Online Grade 8
14 Fall Holiday	7 Students Return	30 End Eighth Month
21 Report Cards	13 Report Cards	<b>May</b>
22 MWAP3	20 Martin Luther King Holiday	1 MST2 Online Grade 8
30 Failure Notices	22 Failure Notices	1 CPAS2
31 End Second Month	31 End Fifth Month	5-8 MST2 Online Grade 5
<b>November</b>	<b>February</b>	5-8 SATP2
11-14 CPAS2	4 MWAP3	13-15 MCT2
13 Progress Reports	5 Progress Reports	16 MCT Makeup
25-29 Thanksgiving Holiday	28 End Sixth Month	21-23 Nine Weeks Test (Elementary)
29 End of Third Month	<b>March</b>	22-23 Nine Weeks Test (Secondary)
<b>December</b>	3-4 Mardi Gras	23 60% Day for Students
3-10 SATP2	12-14 Nine Weeks Test (Elementary)	23 End of Ninth Month
18-20 Nine Weeks Test (Elementary)	13-14 Nine Weeks Test (Secondary)	24 Graduation
19-20 Nine Weeks Test	17-21 SATP2 Retest	28 Report Cards
	31 Report Cards	27-29 Teacher Workday

## Semi Annual Scholarship Golf Tournament

Save the date!

For registration info: Go to [SAMEgolftournament.com](http://SAMEgolftournament.com) or contact James Keokosal: [james.keokosal@navy.mil](mailto:james.keokosal@navy.mil)



**18 OCT 2013**

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SAME

\$40K Shootout\*  
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\*Shootout golfers chosen from mulligan purchases

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## The Geobachelor's wife

After nearly 20 years of marriage, my husband and I decided to separate.

No, he wasn't having a midlife crisis, although he had become quite heavy-handed with his cologne lately. I wasn't feeling neglected, although his idea of a fun Saturday night was Dominoes and House Hunters reruns. No one was drinking excessively, although we were buying more lite beer than milk these days. There were no irreconcilable differences, although he never did learn how to use the remote.

Really, we were quite happy. We just thought it would be best for the kids if we went our separate ways for a while.

You see, we're a Navy family. And like all military families, we're often faced with logistical dilemmas that force us to consider separation to preserve stability through transitions. In such circumstances, the entire family experiences the hardships of temporary separation.

However, the fringe benefits of such an arrangement are often unfairly dispersed. In other words -- the husband totally makes out on this deal, every time.

The last time we separated, I stayed in Germany to let the kids finish the school year, while my husband moved ahead of us to Florida to start his new job. For four months before we flew to Florida to join him, my husband was a "Geobachelor."

Sure, the Geobachelor's life can be a bit lonely, all holed up in the base hotel for weeks on end with nothing but work, gym, books, television, and take out; but this temporary



period of solitude offers the husband complete and utter freedom from the trappings of marriage and family life.

While the wife and kids are locked into a typical hectic family routine, the Geobachelor faces tough decisions such as, "Hmm, maid service again today, or shall I make my own bed for a change? Sports bar with the guys, or eat dinner at my workmate's house (his wife does make great lasagna after all)? Read another book, or watch the premium channels we don't have at home?"

Recently, my husband called from Florida. I left him there on June 10th so the kids and I could take the summer to get settled at our new duty station in Rhode Island before school started.

"It's hotter than blazes down here," he said between sips of cold beer, "... so, what have you and the kids been up to?" In excruciating detail, I vented to my husband about repairs being done to our base house, about needing money for our son's textbooks, about trying to fit in with the neighbors, about the cable bill, about the dog having diarrhea at 3 a.m., about the mouse that ran across the family room.

"Hold on Honey," he interrupted, "Sure, I'll take

another one of these, and how about the Buffalo Chicken Wrap with Onion Rings?" As I heard him ask the waitress what she thought of the coleslaw, I wondered whether I could convince the kids to eat popcorn again for dinner.

"Where are you, anyway?" I inquired, knowing that he had been staying with friends since he moved out of our old house. "Well, I wanted to get out of Calvin's hair for the day, so I got a new book, went to the spa, and have been wandering around Fernandina Beach all afternoon."

"Wait, what? You went to a spa?" I said, looking at my nails, which were mangled from all the unpacking.

"You knew I was planning to get my back waxed, Honey," he said defensively, "and I decided to treat myself to a massage too. . . Honey? You still there?"

I was too busy wondering if I'd ever get to extract myself from the never-ending hamster wheel of motherhood and family life, and feel the unbridled, rollicking, deliciously reclusive, self-indulgently relaxing experience of being a Geobachelor.

After a long pause, I finally responded, "Do they have chocolate cake on the dessert menu at that restaurant?"

"Yea, why?" my husband wondered.

"Nevermind, just order it, with a big scoop of ice cream on top."

I guess someone's gotta do it.

*Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoflife.com>*

# USO End of Summer Bash!

Sept. 6, 5 - 8 p.m.  
Seabee Lake

Stop by for **FREE popcorn and snow cones!**

**Bounce houses, balloon twisters and face painting for the kids!**

**Everyone with authorized access to NCBC Gulfport is invited**

**Sponsored by USO Gulf Coast**



### Fraud, Waste and Abuse Hotline:

Due to limited IG resources throughout the Southeast Regional, 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, Email: CNRSE\_HOTLINE@navy.mil.

**Trying to save time can cost you your life; slow down!**

### See Something Wrong, Do Something Right . . .

NCIS has two 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 S2US. 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](http://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.





# See you at Mud Run on Saturday!

<b>MWR Program Contact Numbers</b>	Beehive All Hands Club, 228-871-4009	Travel, 228-871-2231	Shields RV Park, 228-871-5435
	Child Development Center, 228-871-2323	Liberty Center, 228-871-4684	The Grill, 228-871-2494
Anchors and Eagles, 228-871-4607	Fitness Center, 228-871-2668	Seabee Heritage Center, 228-871-3619	Training Hall, 228-871-4750
Auto Skills Center, 228-871-2804	Information, Tickets &	Navy Outdoor Recreation, 228-871-2127	Youth Activities Center, 228-871-2251
			Main Office, 228-871-2538

September 5, 2013

**JOIN US FOR SUNDAY FOOTBALL AT**



**The Beehive will be open for Sunday football through December!**

**Join us for the first game on Sept 8th from 11:30am-6pm!  
Games will be also be showing Mondays**



**Free Movies at the Training Hall!**

Check out what's playing this weekend

**Friday:** This Is The End, R, 6 p.m.

**Saturday:** Epic, PG, Noon; Now You See Me, PG13, 2:30 p.m.; This Is The End, R, 5 p.m.

**Sunday:** Epic, PG, 6 p.m.

Seabee Courier

# NCBC Helping Hands volunteer opportunities

**NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. If you are interested, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**SEABEE MUD RUN** - Volunteers are needed to help out with the Seabee Mudrun, Sept. 7 at 6 a.m. on the Grinder on board NCBC. Call John Humphries at 228-871-3418.

**HORTICULTURE FOR HUMANITY** - The Mississippi Renaissance Garden - Volunteers are needed to help establish the Hiller Park Renaissance Garden in Biloxi, Sept. 7, 14 and 29 from 8 a.m. - 1 p.m. Assistance needed in garden activities, completing drip irrigation system, construction of greenhouse, mulching and planting. Directions from Gulfport: Take Pass Road to Biloxi, turn left on Hiller Drive across from Classy Chassis' Car Wash. Continue on Hiller Drive left through housing into Hiller Park gate. Continue past three-way stop sign at Atkinson Road (west VA entrance). Garden is on the left past the volley ball courts. To RSVP, please contact: Martha Boyce, 228-388-2622 or email: MBoyceH4Hgardens@aol.com

**BILOXI YACHT CLUB** - Volunteers are needed to help with set up and take down at the Maritime Museum Drawdown at the Biloxi Yacht Club, Sept. 21, from 5 - 8 p.m. or 10-11:30 p.m. If you can assist, please call Megan Seymour, 228-435-6320 or seacamp@maritimemuseum.org.

**CRUISIN' THE COAST VOLUNTEERS** - Cruisin' The Coast is in need of volunteers to help out with traffic, parking and general hospitality at Cruise Central (Former VA property in Gulfport), Oct. 7-13, and in Pass Christian, Oct. 10-12. Sign up in Public Affairs in building 1 room 205.

**SENIOR CITIZEN'S PROM** - Volunteers are needed for the Hancock County Senior Citizen's Prom at the Bay St. Louis Community Hall on Depot Row Oct. 18, 1 to 5 p.m. Volunteers will be escorts, servers, dance partners, etc. for this special event. Call June at 228-218-0104 for more information. It will be a fun-filled event with food, entertainment, and dancing for the senior citizens of Hancock County.

**GULFPORT BOO BASH** - The city of Gulfport is holding their "Boo Bash" Halloween event Oct. 19 from 6 to 9 p.m. at Jones Park, and is requesting volunteers to build/create a haunted trail along one of the small sidewalk circles in conjunction with the event under the pavilion. If you would like to volunteer, please contact Brittany Dyess at: (228) 868-5881.

**USS ALABAMA NEEDS HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**BILOXI VA AMBASSADORS** - The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

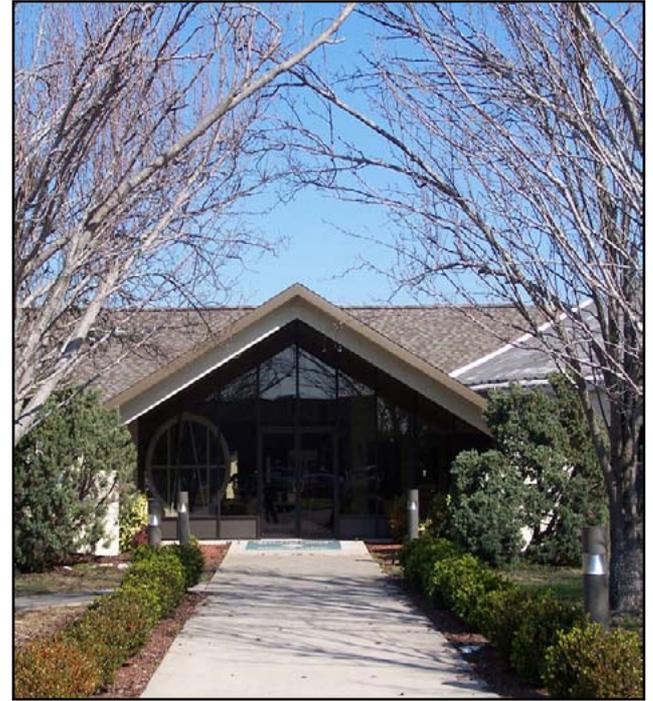
**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). If you have any questions please contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

**NAVY MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store. Those who are interested in volunteering are asked to call 228-871-2610.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Contact [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org) if you have a bit of spare time to help out.

**HELP SENIORS AND DISABLED CITIZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping, call Mag Holland, 228-896-0412.

## Seabee Memorial Chapel



**NCBC Center Chaplains:**  
**Lt. Cmdr. Ammie Davis, Chaplain**

**Lt. Yoon Choi, Chaplain**

For more information about Chapel programs, please call the Chapel at 228-871-2454

Religious Services

Sunday: Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Contemporary Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

### Seabee Pantry

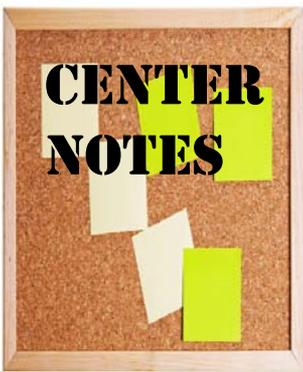
The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

Contact the chapel at 228-871-2454 for more information.



### 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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com. **NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.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 details.

**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 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/NMCB133FSG/133frg>.

### FOCUS

**Families OverComing Under Stress (FOCUS)**, provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focus-project.org

**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. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

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

of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

**Gamblers Anonymous** The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

### TRAINING

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

**PMI Membership Drive** The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at

saundersmt@earthlink.net or Len Krapcha at lkrapcha@aol.com for more information.

### 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.

**The Ladies Auxiliary to the VFW Post 3937 Long Beach** would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meet-

ings 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.

**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.

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

### HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store for more information at 228-871-4779.

You won't need a hearse if you put safety first!



## GULF COAST USO

901 CBC 3rd Street, Building 114, 228-575-5224  
Free services: FAX - Send/Receive: 228-575-5225, Copies, United Through Reading program, Computers with web cams, Internet/email access, X-Box  
Office hours: Monday - Friday, 8 a.m. - 4 p.m.

From **CHANGE** page 1

Midwest.

Vice Adm. William D. French, Commander, Naval Installations Command, was guest speaker at the ceremony.

"Rear Adm. Williamson is an outstanding naval officer with significant operational experience as a surface warfare officer," Vice Adm. French said during his remarks. "I know he's excited to be back home in Jacksonville (Florida) and ready for the great challenges and rewards that this region offers."

Scorby, who was awarded the Legion of Merit during the ceremony, had commanded CNRSE since August 2011. Under his leadership, installations throughout the region made significant reductions in energy costs through an active regional energy council that exceeded the fiscal year 2013 energy usage reduction goal of 24 percent. He was also instrumental in the Navy's pursuit of compatible land-use strategies, which included the Navy's installation wind turbine impact analysis study that

developed a nationally supported legislative outreach effort and ensured safer air operation areas and mutual co-existence.

"At the end of the day, it's been one team, military and civilian, and you proved it day after day," Scorby said. "The personal award that I received today belongs to all of you and I will think of each and every one of you each time I pin it on."

Scorby will assume command of Navy Region Europe, Africa, Southwest Asia in October.