



Naval Station Pascagoula's hometown on-line newspaper

Homeport

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A word from our Leaders

Fleet learning centers being established

The Navy's revolution in training has begun. For well over a year, Task Force Excel has evaluated training programs, and has created a new architecture using existing manning and structure.

Among its many initiatives, TFE is assisting more than 25 different project teams with a variety of pilots ongoing throughout the fleet (see www.excel.navy.mil).

The foundation for the new training and education (T&E) architecture will be the establishment of learning centers at fleet concentration areas.

These centers will develop and maintain highly detailed Sailor continuums that will define the knowledge, skills and abilities (including military qualifications and civilian certifications) that Sailors must master to achieve specific career milestones. They will be directly responsible for developing and delivering the tools and opportunities that our Sailors need for their personal and professional development.

The centers will provide the crucial linkage between individual training and fleet mission accomplishment.

The first six will be commissioned in September 2002. Current CNET and selected non-CNET schoolhouses will be functionally grouped under learning centers.

The centers and associated ratings are:

-- The Center For Naval Engineering (Norfolk, Va). Responsible for DC, EM, EN, GS, HT, IC, MM, and MR ratings.

-- The Center For Service Support (Ath-



By ADM William J. Fallon
Vice Chief of Naval
Operations

ens, Ga). Responsible for AK, DK, JO, LN, MS, MU, NC, PC, PN, RP, SH, SK, YN, NCCR, DM, LI and PH ratings.

-- The Center For Intelligence (Dam Neck, Va). Responsible for the IS rating.

-- The Center

For Cryptology (Pensacola, Fla.). Responsible for the CT rating.

-- The Center For Naval Leadership (Little Creek, Va). Responsible for all Sailors (officers and enlisted).

-- The Center For Aviation Technical Training (Pensacola, Fla.). Responsible for all aviation ratings.

-- Other centers, their locations, and implementation dates are still under review. Candidate centers include construction, surface operations, personal development, nuclear engineering, surface combat operations, submarine operations and information technology.

Other revisions to the existing training architecture have been designed to specifically support the revolution in training.

Commander, Naval Education And Training Command (NETC), formerly CNET, will remain in Pensacola as a

three-star command. It will function as an echelon II major claimant who serves as the Navy's chief learning officer and principal advisor to CNO and CFFC on all learning and human performance issues.

This organization will focus on policy and strategy issues, and serve as the Navy's training and education assessment sponsor. Commander, NETC will also be dual-hatted serving as the training and education resource sponsor on the OP-NAV staff (N-00T).

The Naval Personnel Development Command (NPDC) will stand up in Norfolk as a two-star, echelon III command reporting to NETC and with an addu relationship to CFFC. This organization will provide support and ensure standardization to both the learning centers and the training support commands (TSC), integrating their processes, technologies and methodologies.

RADM Kevin Moran will assume responsibilities as the first commander, NPDC by September 2002. Additionally, he will relieve RADM Harry Ulrich as Director, Task Force Excel.

Training support commands (TSC), which will be aligned under NPDC, will evolve from the current local training area (LTA) concept. Their mission will be to support the centers in the daily execution of training requirements. They will pro-

Continued on page 14

Exercise your right to vote

Since Operation Enduring Freedom began, our men and women in uniform have performed magnificently in the struggle against world terrorism. Your valor, on the battlefield and off, at sea, and in the air, and at military installations across the world inspire all those who cherish freedom.

As we mark the first anniversary of the attack launched against our country, Americans from all walks of life and political persuasions will be rededicating themselves to preserving our way of life. Once again, the United States Navy and Marine Corps will be called upon.

So many heroes past and present have



By Gordon England
Secretary of the Navy

sacrificed since this nation's founding -- the right to vote. To those who protect and defend this precious right, I ask that every Sailor and Marine take the time to vote in this year's elections.

Choosing who we wish to govern our nation is something our enemies find particularly threatening. One way to show them they will not succeed is for every eligible American to vote this year. If you can, vote. If you are not registered, please do so. If you need assistance, contact your commanding officer or command's voting officer.

The right to vote is one of those precious things we enjoy as Americans. History tells us that for freedoms to continue, they must be exercised. By voting, you will be sending terrorists a special message: "America will not be intimidated."



Naval Station Pascagoula's hometown on-line newspaper

Homeport

Commanding Officer CDR Terry Rea
Executive Officer LCDR Shri Stroud
Public Affairs Officer Stacey Byington
Journalist JO2 Renee Johnson

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Deadline for all routine copy is on or about the 15th of every month. Questions or comments can be directed to the Naval Station Pascagoula Public Affairs Officer. The Homeport staff can be reached at (228) 761-2164 or (228) 761-2019.

From our Fleet

John L. Hall crew assists distressed vessel

By LTJG Walter Jones
USS John L. Hall PAO

ABOARD THE USS JOHN L. HALL AT SEA – While USS John L. Hall (FFG 32), USS Estocin (FFG 15) and USS Boone (FFG 28) were conducting group sail exercises 40 miles north of Haiti, Aug. 10, a conversation of a ship in distress was heard over the bridge-to-bridge radio. Twenty-four miles to the south-east floundered the “Rose Patience,” a 60-foot vessel that had lost propulsion on both her engines and was taking on water. John L. Hall was ordered to break away from the exercise and offer assistance to the stricken vessel.

At flank speed, John L. Hall raced to Rose Patience’s last known position, which was approximately 17 miles north of Haiti. Eight persons were reported aboard with no food, water or way to get back home.

Emergency flight quarters was called and within minutes, the embarked helicopter from HSL-48 was hovering above Rose Patience, ascertaining her situation. Shortly afterward, John L. Hall had Rose Patience in sight and, though it was apparent the vessel was not sinking, it was still in need of assistance.

A boarding party consisting of John L. Hall’s Executive Officer, Damage Control Assistant (DCA), First Lieutenant, Corpsman and a few other Sailors were piloted over to the Rose Patience via small boat.

Once aboard, each member of the boarding party immediately jumped into action helping the Rose Patience.

Down below, the DCA and XO discovered that the Rose Patience had one engine down hard and the other inoperable due to water in the fuel. Three feet of water and fuel oil sloshed in the Rose Patience’s bilges and was rising. On



Photo by LTJG Walter Jones

A boarding team from the USS John L. Hall (FFG 32), ferried by a rib boat, prepares to board the distressed vessel, Rose Patience.

deck, the Corpsman evaluated all eight Rose Patience crewmembers and found that two were suffering from dehydration, one had an infected cut in his hand, and another had high blood pressure.

John L. Hall crewmen ferried its small boat with equipment needed to remove the oil and water from the distressed vessel’s bilges and provisions for the eight crewmembers. Meanwhile, in the Combat Information Center aboard John L. Hall, operation specialists and embarked COMDESRON SIX staff members worked to establish communications with the Haitian Coast Guard.

USS Estocin, which was 32 miles away, was also called to come to the scene to offer assistance.

When it was clear that no assistance was going to be provided from the Haitian coast guard, diplomatic clearances were requested so a U.S. Navy

ship could enter Haitian territorial waters and provide further assistance by towing the Rose Patience inland. When clearance was granted, John L. Hall Sailors were on station to rig a towing line to the disabled Rose Patience and begin her tow toward shallow water where she could lay anchor.

Thirty minutes into the tow, the rescue efforts were passed on to Estocin when that ship arrived on scene. The tow was efficiently exchanged between the two Navy ships and together, steaming side-by-side, John L. Hall and Estocin got Rose Patience and her crew safely home.



Recovery-- Crewmen from USCGC Decisive recover plastic containers of fuel dumped from a suspect vessel just outside Cuban waters.

From our Fleet

Training -- The crew of the USS Thomas S. Gates (CG 51) fires a recoverable torpedo during an attack against a training target during a routine anti-submarine warfare exercise while on counter-drug operations in the Eastern Pacific Ocean.

Photo by CTO3 Tommy Thompson



USS John L. Hall awardees -- JLH Sailors recently recognized for outstanding performance are GSEFA Kristoffer Simpson, Blue Jacket of the Month for April; EMI Ernest Williams, Senior Sailor of the Month for March; YN2 Gregory Howell, Junior Sailor of the Month for April; QM2 John Renaud, Junior Sailor of the Month for April; MS1 James Cooks, Senior Sailor of the Quarter (October - December); PN1 Jeffrey Williams, Senior Sailor of the Quarter (January - March); ET3 Eric Delisio, Blue Jacket of the Month for March; GM1 Keild Ross, Senior Sailor of the Month for April; MSSN Terrell Gavin, Blue Jacket of the Quarter (January - March); and STG1 Carl Rainey, Senior Sailor of the Month for May. Not pictured are SM2 Patrick Fisher, Junior Sailor of the Quarter (January - March); EN3 Emilio Varela, Junior Sailor of the Month for March; and OSSN Christopher Ellan, Blue Jacket of the Month for May. JLH Commanding Officer Thomas Flisk Jr. commends the performance of these crewmen, saying, "During deployment and while in port, these Sailors have exuded both dedication and excellence in their duties."

USO 'Steak Night' -- SN Livan Diaz, off the USS Thomas S. Gates (CG 51) prepares a steak just the way he likes it. The USO has "Steak Night" every Wednesday evening, beginning at 4:30 p.m. Get a huge steak, baked potato, salad and bread for only \$6. Cook it yourself on the outdoor grill.

Photo by Stacey Byington



Around the Homeport



Photo by JO2 Renee Johnson

The first shovels of earth are dug signifying the start of construction of the new 160-unit Navy family housing complex off Rt. 57 and Interstate 10.

Ground broken for family housing

The first shovels of dirt were tossed at the ground-breaking for the new Navy family housing complex on Aug. 7. The ceremony was held at the housing site.

Participants in the ceremony included CDR Terry Rea, Commanding Officer, NAVSTA Pascagoula; LT Steven Bukoski, NAVSTA Public Works Officer; David Osborne, President of Debcon, Inc.; Ken Taylor, Mayor of the City of Gautier; and CDR Phillip Nelson, CEC, Gulf Coast Navy Resident Officer in Charge of Construction.

This first phase of Navy housing includes 160 three- and four-bedroom units in a two-story duplex arrangement. The design-build contract was awarded in June to Debcon, Inc., of Ashland, Ky., at a cost of \$19,653,950.

The housing site is approximately 75 acres owned by the Navy, located directly on Mississippi Hwy. 57, north of Interstate-10, with frontage on both Hwy. 57 and Robinson Still Road, in Jackson County, Miss. The property was purchased from Schooner Harbor Ventures, Inc. of Biloxi, Miss.

at a cost of \$1.9 million.

The first units are expected

to be available for occupation in the summer of 2004.



Street-level perspective of the new housing units.

Around the Homeport

One-plus-one renovations at Lakeside

By JO2 Renee Johnson
Public Affairs Office

NAVSTA Pascagoula Combined Bachelor Housing staff celebrated the completion of the renovated "A" Building west-wing permanent party resident rooms at a grand opening Aug. 6.

The event was kicked off by a ribbon-cutting ceremony. The facility staff, including LCDR Lacy Bartee, supply officer; MSSC(SW/AW) Calvin Dukes, CBH officer; and MSC(SW/SCW) Rodney Shelton, Lakeside complex manager, joined Public Works Officer, LT Steven Bukoski, and NAVSTA Pascagoula Commanding Officer, Cdr. Terry Rea, as she cut the ribbon officially opening the renovated facility.

The CBQ complex, which originally opened in 1993 with only 100 rooms with 100 beds, now has 295 rooms with 494 beds. Awarded a Four-Star accreditation one year ago, the CBH is undergoing a \$3.2 million rehab project of the "A" Building.

All three floors of the west-wing are now renovated and renovations for the "A" Building are expected to be completed sometime next year.

"The funding for all of this is what really helped, because regardless of how hard you work, if you don't have the money, you really can't do anything," said Dukes.

The change on the "A" wing consisted of converting the rooms to 'One plus One,' which means assigning one person to a room with a kitchenette and a private bathroom.

Each staff member at the CBH had a role in making the facility what it is today, but MS1 Walter Coghlan, facility's leading petty officer, was given a task which allowed him to let his creativity soar.



Photo by JO2 Renee Johnson

SK3(SW) James Ebb, fixes lunch for himself in his new CBQ room, with its remodeled kitchen, including stove, convection/microwave oven, and full-size refrigerator.

Coghlan teamed up with Joeann Calvin, executive housekeeper at the CBQ, and designed the layout for all the newly renovated permanent party rooms.

"We asked ourselves, if we were an E-4 or below, what would make us feel comfortable," said Coghlan. "That's why there are items in the rooms such as a hairdryer, coffee pot, and dishes. Junior personnel don't usually have enough money to buy that sort of stuff, so we provided it for them."

SK3(SW) James Ebbs, the CBQ supply petty officer, who also lives in the barracks, recently moved from the "B" building to one of the renovated rooms in the facilities "A" west-wing.

"The other room was okay, but this room had a full-size bed, more space, and a lot more furniture," said Ebbs. "I have an entertainment center, a

wooden wardrobe, two dressers and a recliner.

Included in the remodeled rooms are amenities such as pots and pans, dishes, utensils, a two-burner stove with an oven, and a full-size refrigerator.

"The kitchen is great. It's almost like being at home," said Ebbs.

"Sailors are basically getting their own apartment," said Dukes. "That's important to us, because if a Sailor is not happy off-duty, they won't be happy on-duty."

Rea had the pleasure of seeing the progressive changes

during the CBH renovations, which is still an on-going project.

"During my short tenure here, I have seen tremendous changes at the Lakeside facility, and I attribute that to the hard work of the whole CBH crew, and our great Public Works Department," she said.

The staff at Lakeside CBH is a mixture of both military and civilian, totaling 48.

"The teamwork that these staff members have put into the facility will benefit Sailors for years to come," said Rea.

Renovation for the CBH
Continued on page 14

About the cover:

NAVSTA Commanding Officer, CDR Terry Rea, cuts the ribbon officially opening the newly renovated west wing of the Lakeside CBQ complex. LCDR Lacy Bartee, Supply Officer; MSCS(SW/AW) Calvin Dukes, CBQ Operations Officer, LT Steven Bukoski, Public Works Officer; and MSC(SW/SCW) Rodney Shelton look on. Photo by Stacey Byington.

Around the Homeport

Former Navy pioneer talks with Sailors

By JO2 Renee Johnson
Public Affairs Office

NAVSTA Pascagoula Sailors had the rare opportunity recently to meet a woman who was not only full of Navy history, but played a part in it as well, during World War II.

Pat Holcombe, 79, one of approximately 10,000 Women Accepted for Voluntary Emergency Service (WAVES) during World War II, still cherishes the memories of her years in the Navy.

She vividly recalls why she decided to join the Navy in 1942 at the age of 20.

"Nice girls don't join the military," Holcombe recalls her father saying.

"But, there was a war going on, my brother was entirely too young, my dad was too old, and in my mind, an O'Brien had to be in there. Besides, it sounded exciting," she said. "I would do it all again."

Holcombe spoke to several women at the Learning Resource Center on Aug. 21, and took them decades back – to a time when women lacked many of the freedoms and opportunities available today.

For instance, recruit training for women 60 years ago was a far cry from what it has evolved into today.

"Boot camp was pretty harrowing, to say the least, because we didn't know what we were doing, but it was an adventure," said Holcombe.

During World War II, Holcombe and other WAVES were trained to work in an administrative capacity, freeing up the men to fight in the war.

"I've met some of the most wonderful women you've ever wanted to meet," said Holcombe. "I enjoyed the girls I met and the work I did."

"I worked in communications at the Naval Operating Base in Key West, Fla. To me, that was pretty important," she



Photo by Stacey Byington

Pat Holcombe, 79, chats with Rachel Thomas, a counselor with FFSC, during the 'Women's Equality Day' luncheon held recently at the Tiki Restaurant in Gautier.

said. "We were the first WAVES to go there."

Holcombe's eyes teared as she shared the history of more than 100 original photographs, and gave first-hand accounts of the events and people who paved the way for women to serve their country without the restrictions of years past.

"I know what the girls are doing now is far and beyond what we did. We just did typical women stuff," she said.

Holcombe, who is the mother of seven children, 18 grandchildren and five great-grandchildren, also gave the opening remarks at a 'Women's Equality Day' luncheon, sponsored by the American Heritage Committee.

Because her time in the WAVES made such an impact on her life, she believed it was very important to maintain contact with many of the women she served with 60 years ago. So, 12 years ago, she founded Mobile Bay Seafarers, Unit 115, WAVES National.

The unit is made up of women who served in the sea services during World War II — Navy, Coast Guard, Marines and Navy Nurse Corps.

The local WAVES chapter started out with 30 members, Holcombe said, but because some are no longer living in the area or have died, there are now only about 10. Visit www.onceawave.org for more information on the history of the groups.

onceawave.org for more information on the history of the groups.

"Meeting up with those girls was about the greatest thing that has ever happened to me," said Holcombe. "I loved being a WAVES. I love the friendship and I still keep in touch with a lot of the girls I was stationed with."



Photo by Stacey Byington

Carolyn McCorvey, FFSC director, was the guest speaker at the Women's Equality Luncheon.

Around the Homeport

Ombudsman Appreciation Day set for September 14

The Sailors and family members of the ships stationed in Pascagoula are lucky to have in place some of the finest Ombudsmen.

These volunteer spouses act as liaisons with their commands and families. If you are not familiar with what an Ombudsman does, think of words like, troubleshooter, mediator, interpreter, and advocate.

Being a liaison gives the Ombudsman contact with the command and if the command has information for the families, or the families have news that needs to be relayed to the ship, the Ombudsman can do it.

The Ombudsman is trained to know who to get in touch with in family emergency situations and can refer the family.

The Ombudsman is also a resource for pertinent base and local community information. Her/his knowledge allows families to get immediate information and allows the Sailor and the command to continue their mission, knowing their families are getting the care necessary.

The code of ethics of the Navy Family Ombudsman Program ensures that a person may talk to his or her Ombudsman

about a problem or a family situation and the conversation will be kept confidential. Any breach of confidentiality is grounds for dismissal from the position.

The Ombudsman program is now 32 years old, even older than Fleet and Family Support Center. It began in 1970, under the direction of ADM Elmo Zumwalt, then Chief of Naval Operations.

His plan was to relieve Navy Chaplains who, at that time, played a key role in caring for individual and family needs — and they still do.

As more and more Sailors took on families, the problems of life increased and the chaplains were swamped. ADM Zumwalt's thinking was that the commands could get a better quality of work from Sailors if family issues were being resolved. Thus the Ombudsman program began.

An interesting fact about the Ombudsman program is that originally the Ombudsman was elected by the wives' club. In 1973 this was changed by OPNAVINST 1750.1, which established that the Ombudsman was to be appointed by the commanding officer.

In 1974 a logo was designed

Continued on page 14



USS John L. Hall Ombudsman Heather Mabry, right, talks with JLH spouse Clatterica Brown.

Consultations available with visiting IG quality of life team

During the week of Sept. 9 - 13, a Navy Inspector General (IG) team will conduct a "Readiness and Quality of Life (QOL)" visit to Naval Station Pascagoula.

A wide range of functions may be reviewed during the visit, including mission readiness, resources, work environment, fleet support, training, facilities management, environmental and QOL programs (FFSC, MWR, NEX, medical/TRICARE, legal assistance).

The team will be scheduling focus group sessions on Sept. 11, covering the full spectrum of our area population -- officer/enlisted, military/civilian, ship/shore, station/tenant. Attendees will be selected randomly and notified of times and places as the dates draw closer.

If you are selected, your attendance will help make the IG's visit successful by letting Navy leadership know what readiness and quality of life challenges face Pascagoula area Sailors, their family mem-

bers, and Department of the Navy employees.

Another way active duty Sailors can assist the IG team is by completing the health care survey.

Each command recently received enough surveys to cover 70 percent of the active duty personnel assigned. If you received one, please take the time to complete the survey and return it to your command/ship point of contact.

Members of the IG staff will also be available for consultations with Sailors, their family members, and Department of the Navy civilian personnel desiring assistance, advice or information, or to present personal opinions or ideas concerning the individual, personnel in general, or the Navy.

This opportunity to consult with the IG is in no way intended to replace traditional and existing channels of communication in a command, or to encourage deviation from the chain of command.

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NAVSTA Pascagoula 'Bravo Zulus'

On-the-Spot Cash Awards:

Robert Balsan

Joe Betts Jr.

Freddie Blair

Leslie Bosarge

Gregory Buchanan

Wilbert Chatman

Sharon Christman

Carolyn Crumpton

Charles Dale

Richard Dunn

Scott Gilbert

David Gooch

Edgar Hathaway

Aimee Holcomb

Phyllis James

Jesse LeGros

John Seavey

Dennis Schexnayder

Carlston Williams

James Williams

Around the Homeport



Command PT -- NAVSTA Pascagoula's command PT is no longer just jumping-jacks and sit-ups. PT coordinator Sara Felton, MWR's fitness specialist, has designed a series of exercises that allow Sailors to have fun, yet still reap the benefits of a good cardiovascular workout. One of these involves moving swiftly through a series of small hurdles, maintaining good rhythm and balance (left). Anyone wishing to join NAVSTA's Friday morning PT, is urged to do so. Just show up at the gym at 7:30 a.m. prepared for a good work-out.

Photo by Stacey Byington



Photo by JO2 Renee Johnson

Reenlistment -- BM2(SW) Delando Gabriel reenlists for four more years in the Navy.



Photo by Stacey Byington

Retirement -- BM2 Michael Haas is saluted as he walks through the sideboys for the final time.

NAVSTA Pascagoula 'Bravo Zulus'

Navy and Marine Corps Commendation Medal: MMC(SW) Cecil Watford	Navy and Marine Corps Achievement Medal: MSCS(SW) David Pauly
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Civilian of the Quarter: Phyllis James	30 Years Civil Service: Alton Richard Jr.
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Around the Homeport

CPO Selectees

Congratulations to all our area Chief Petty Officer selectees. They are:

NAVSTA Pascagoula

MSC(SW/AW) Kevin Albert
BMC(SW) Derrick Henry
YNC(SW) Ralph Smith

Medical Clinic

HMC Anthony Guzman

SIMA

MRC(SW) Tim Sohacki

DESRON 6

OSC(SW) Joseph Macuch

USS John L. Hall

ISC(SW) Perry Muller
PNC(SW) Jeffrey Williams

USS Thomas S. Gates

GMC(SW) James Linville
OSC(SW) Kyle Williams

USS Stephen W. Groves

BMC(SW) Charles Perry
DCC(SW) Ron Kleppinger
GMC(SW) Charles Coleman

USS Ticonderoga

PCC(SW) Ronald Cutter
SKC(SW) Calvin Henderson
FCC(SW) Michael Hunter
TMC(SW) Hans Konig
STGC(SW) Brian Schultz

USS Yorktown

ITC(SW) Laurence Butler
ITC(SW) Kim Kenny
NCC(SW) Scott McCreery
GMC(SW) Joseph Potts
HMC(SW) Jeffrey Pruett

PCU Mustin

ETC(SW) Lance Achterberg
FCC(SW) George Flanagan

PCU Preble

CTRC(SW) Robby Cole
FCC(SW) Eric Neri
DCC(SW) Amanda Fraser
SMC(SW) James Chambers
STGC(SW) Artemus Davis
MAC Patrick Smith
BMC(SW) Ian O'Meara



Photo by Stacey Byington

Bake sale -- LCDR Lacy Bartee, NAVSTA supply officer, accepts a donation from a Sailor at a recent bake sale to benefit the Navy Ball. The Pascagoula area Navy Ball will be held Nov. 1 at Pelican Landing in Moss Point. In addition to the traditional activities, the event will feature a catered meal, dancing, and lots of fun. Commands are holding benefit events to help lower ticket prices.

IG inspection team...

Continued from page 8

It is intended to complement such communication channels as provided by request mast, the chain of command, command master chief, civilian employee grievance procedures and informational services.

All consultations are considered confidential. Personnel desiring to consult with the IG staff should call the following number(s) for an appointment. Prior to Sept. 6, call Mr. Vern Overall (NAVINSGEN Washington, D.C.) at (202) 433-4815 or DSN 288-4815. After Sept. 6, call Ms. Jennifer Starnes (NAVSTA Pascagoula FFSC) at (228) 761-2096 or DSN 358-2096.



Photo by JO2 Renee Johnson

CFC campaign -- MS1(SW/AW) Kevin Albert, NAVSTA Pascagoula's Combined Federal Campaign co-coordinator, checks out various displays set up at Keesler Air Force Base, at the kick-off of the area CFC campaign. Albert and other command and unit keyworkers will be visiting all hands providing CFC materials and information. The campaign officially started Aug. 29, and continues into the month of December.

SIMA Happenings

Volunteers assist during youth World Series

By **Stacey Byington**
Public Affairs Officer

“Helping people” is the main reason that members of the Shore Intermediate Maintenance Activity (SIMA) Pascagoula’s Second Class Petty Officers’ Association spent a week after normal working hours assisting with the Dixie Youth World Series, held recently in Pascagoula.

“We had 16 people at the opening ceremonies,” said association president HT2(SW) Marcus Womble. “After that we averaged about six per day. We were the only ones working the concession stands, other than some of the parents.”

Debbie Hodges, director of the series’ food and beverage concessions, said the aid provided by the petty officers was “extraordinary.”

She said they sold more than 700 hamburgers the first day, and more were ordered every-



Photo by Asheley Riley

HT2(SW) Marcus Womble, a member of SIMA’s Second Class Association, hauls cases of soda to one of the concession stands at Dixie Youth World Series, held recently in Pascagoula.

day throughout the tournament. During the first day of the tournament, the Sailors sold more than 1,200 drinks and 200 bags of peanuts.

The SIMA Sailors not only worked their normal workday

at SIMA, most of them worked another seven or eight hours at the ball field.

“We worked hard, but we had a good time, too,” said HT2 Carl Carlson. “I enjoyed

it. I played Little League (before he joined the Navy), and I enjoyed watching the kids have fun. It also personally made me feel good that I was doing something good for our community.”

EN2(SW) Michael Turnage expressed some of the same comments.

“I was rooting for the team from my homestate (North Carolina),” he said. “I was glad to see that they made it to the quarterfinals. I enjoyed interacting with all the team members and their parents. I think it was also important to let everyone see that the Navy on the Gulf Coast supports its local community.”

The SIMA Second Class Petty Officers’ Association participates in a number of volunteer projects throughout the year.

“We do the best we can to support the local community,” said Womble.

Pay information now available at your fingertips

By **Kathleen Rhem**
American Forces Press Service

WASHINGTON, Aug. 27, 2002 — Anything you ever wanted to know about your military pay but didn’t know who to ask is now available with a couple of mouse clicks.

The Office of the Secretary of Defense has a military compensation Web site at militarypay.dtic.mil/pay/index.html.

The site explains the differences between pay and allowances and describes the intended purpose for the various allowances. For instance, the Basic Allowance for Subsistence is designed to offset the costs of a member’s meals, but is “not intended to offset the costs of meals for family members.”

On-line links

www.militarypay.dtic.mil/pay/index.htm

www.dfas.mil

www.opm.gov

A separate Basic Allowance for Housing primer available on the site explains the ins and outs of BAH, including how it’s computed and why rates can differ so much from one location to another.

A link to the “Regular Military Compensation Calculator” can give service members a glimpse of how their pay and tax-free allowances stack up against civilian pay.

For instance, an E-6 with

eight years of service living in the Washington, D.C., area with a spouse and two kids would have to earn more than \$51,000 to take home the same amount after state and federal taxes are deducted.

Active duty members approaching their 15th year of service might find the retirement choice calculator particularly helpful. Members who entered active service after July 31, 1986, have to choose at 15 years whether they’ll opt for the “high-three” or “redux” retirement plans.

High-three basically pays you 50 percent of the average of your three highest paying years of service. Redux pays you a \$30,000 bonus at 15 years, then 40 percent of your base pay per month at retirement. Both have positive and

negative points, and service members need to choose based on their personal situation.

A calculator on this site allows you to input personal data and then gives you charts to show how much each option would provide you over a 40-year period.

Other sections on this site fully explain survivor benefits and the Thrift Savings Plan.

Other online sites provide additional information. Reserve-component and civilian pay charts can be found at www.dfas.mil. Stateside and overseas per diem rates are at www.dtic.mil/perdiem/pdrates.html. Links to information on the federal long-term care insurance program, federal civilian careers and personnel matters are available on www.opm.gov.

Navy News

NMCB 23 wins equipment rodeo

By JO1 Brigette Barnes
 NMCB 23 PAO

GULFPORT, Miss. (NNS) — Naval Mobile Construction Battalion (NMCB) 23 willed their way to victory in the annual 3rd Naval Construction Regiment (NCR) Seabee Equipment Rodeo, held July 20-21 in Gulfport, Miss.

The historic win marks the first time that NMCB 23 has departed the rodeo with this honor, Equipment Operator Senior Chief Joe Ott, NMCB 23 team advisor, said.

What made the win all the more impressive was that they accomplished it with a short-handed team. Team members included Equipment Operator 3rd Class (SCW) Brian Hendrick, Equipment Operator 3rd Class Justin Clark, Equipment Operator 2nd Class (SCW) Eric Dennison, Equipment Operator 3rd Class Tim Liggett and Construction Mechanic 3rd Class Tom Bolich.

Equipment Operator 3rd Class Mark Perry was unable to participate, reducing NMCB 23's team from the usual five to four.

Despite the handicap, the team outperformed four other competing Seabee teams to take home first place. NMCB 14 was the runner up. Seabees from NMCB 14, 23, 24, 74, and Naval Construction Facilities Support Unit (NCFSU) 3 participated in the two-day event hosted by the 3rd NCR.

Ott said all of NMCB 23's Alpha Company, as well as the entire battalion, was behind the team.

"We're a family," Ott said of the company and the battalion win. "We're close-knit and I think that's why we won."

He added that it was a tight competition and the team only won by three-tenths of a point.

"They knew what was at stake; they had never won be-



Photo by EO2 Lisa Kimak

Equipment Operator 3rd Class Justin Clark, of NMCB-23, cuts a two-foot slot ditch with a bulldozer during the Seabees' annual "Equipment Rodeo." The Rodeo is a specialized heavy-earth-moving equipment skills competition, and provides valuable hands-on training for junior enlisted equipment operators and construction mechanics.

fore," Ott said. "It set a tone. They knew who, and what, they were representing."

The team members threw their heart into the competition, scoring a 100 percent on the loader competition. The team also won the physical readiness competition, scoring an 83.2.

According to Ott, the competition was a real fight. He said that there were many tense moments, but the team held to-

gether to finish strong.

"And first!" he added, ecstatically.

The "equipment rodeo," an annual event hosted by 3rd NCR, is a specialized equipment skills competition providing both valuable hands-on training for non-rated equipment operators (EOs) and construction mechanics (CMs). It provides them the opportunity to work with veteran Seabee

personnel, who aid the younger Seabees in attaining the required rating skills.

Equipment rodeos originated with the Naval Construction First Brigade in the 1980s, when EO and CM ratings experienced manning shortfalls. The intent of the rodeo was to bring visibility to the ratings in the hope of attracting new EOs and CMs. However, these events have also been highly effective in improving readiness skills and enhancing unit morale.

Although the event is competitive, the purpose of the rodeo is to afford operators the "stick time" necessary to improve their skills and qualify for their rate. The rodeo provides the opportunity for these junior operators to get out of the classroom and onto the equipment, allowing them to "strut their stuff." This function of the rodeo is essential in their training, as the Reserve centers have access to varying training resources and the junior operators therefore develop differing skill levels.

The participating teams, ordinarily each consisting of five EOs, one CM and one team leader, demonstrate their skills on five different pieces of equipment: grader, crawler tractor, dump truck, tractor trailer and front loader.

Each competitive period commences with a team's CM providing pre-start checks, preventive maintenance and any necessary repairs. Afterwards, EOs employ their skills operating each piece of machinery in a large field specially prepared and partitioned for the competition.

With this year's competition over, the teams will begin preparing for next year. The competition continues in Huntsville, Ala., where NMCB 24 will host the festivities in 2003.

Navy News

PCU Preble readies for commissioning

By JOC David Nagle
NAVSEASYS PAO

PASCAGOULA, Miss. (NNS) — The Navy took delivery of its newest destroyer, USS Preble (DDG 88), Aug. 12 from Northrop Grumann Ships Systems Ingalls Operations in Pascagoula, Miss.

Preble, the 38th ship in the DDG 51 Arleigh Burke-class, is the 17th Aegis guided-missile destroyer built by Ingalls Operations, in coordination with the Navy's Supervisor of Shipbuilding, Conversion and Repair Pascagoula, a field activity of Naval Sea Systems Command.

These multi-mission ships can conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection,



PCU Preble (DDG 88) was launched on June 1, 2001.

in support of the national military strategy. The combatant ships are equipped with the Navy's Aegis combat systems, which combines satellite-based communication, radar and weapons technologies in a single platform for unlimited flexibility while operating "Forward... from the Sea."

DDG 88 is the sixth ship named in honor of Cmdr. Edward Preble, (1761-1807), a pioneer in U.S. naval and merchant marine service.

Cmdr. Timothy Batzler, a Baltimore native and a 1983 graduate of the U.S. Naval Academy, is Preble's prospective commanding officer.

Preble will depart from Pascagoula in October and will be commissioned in Boston on Nov. 9, 2002. The ship will be homeported in San Diego.

Recruits leave boot camp with extra experience

By JO2 Mike Jones
NAS Jacksonville PAO

JACKSONVILLE, Fla. (NNS) — When Disbursing Clerk Seaman Xylene Abalos left Recruit Training Center (RTC), Great Lakes, Ill., earlier this year, she carried with her the standard Navy-issued gear: seabag, brand new uniforms and plenty of military indoctrination.

Unlike many other recruits fresh into naval service, however, Abalos left boot camp with years of practical military experience from the perspective of the enlisted ranks.

Almost from day one, Abalos and the other recruits of Division 087 received guidance and mentoring from Fleet-experienced Navy Region Southeast senior enlisted leaders.

As part of a division sponsorship program, two or more senior enlisted leaders from Navy Region Southeast trained, studied and helped to motivate the recruits of Division

"They showed us we could excel."

*DKSN Xylene Abalos
NAS Jacksonville*

087 every day at RTC until the division's pass-in-review ceremony Feb. 8.

"The whole time they were with us, they kept telling us to ask questions," Abalos said. "They wanted us to understand what the Fleet would really be like once we came out of boot camp."

Entering RTC a shy and reserved recruit, Abalos was initially apprehensive in the presence of so many senior enlisted leaders. Those feelings soon turned into motivation, she explained.

"They definitely led by example. The fact that they ate with us at the galley — sat at our table with us — made a huge impact on our division's motivation."

That increased motivation came in handy when the division took on the final task of recruit training: Battle Stations.

"It was really cold the night we had Battle Stations," Abalos said. "Because of the snow and freezing temperatures, some of the other divisions postponed the event. We went ahead and completed it. We felt we should do it."

By the time her division completed training, Abalos felt the personal mentoring offered by the Southeast Region senior enlisted enabled the Sailors of Division 087 to enter the Fleet better prepared and full of personal pride.

"Those who sponsored us were good leaders," she said. "They showed us that we could

excel."

After attending Disbursing A-School in Meridian, Miss., Abalos was eager to assume her duties as a customer service representative at Personnel Support Detachment, Jacksonville. Within days of reporting, she began to see some familiar faces on base.

"I started to see all these chiefs and master chiefs from boot camp," she said. "I was definitely surprised."

In fact, one of her division's sponsors, Chief Information Systems Technician (SW/AW) Tony Jackson, also serves at PSD Jacksonville.

Serving with her division sponsors on a daily basis helps Abalos to maintain her personal standards of service.

"Training with them in boot camp helped me to set a high standard for myself," Abalos explained. "They taught us to keep advancing and to do what we can to improve. I want to excel."

One-plus-one renovations ongoing at Lakeside ...

Continued from page 6

“B” wing, which houses transient residents, will begin in 2004. This will cost an additional \$3 million.

“Over the course of the next couple of years, Lakeside will be completely redone,” said Wesley Clark, facilities management assistant.

Clark first began working at Lakeside in 1991, after retiring from the Navy. He has seen many CBH officers come and go, but says none topped the accomplishments made by the present CBH Officer, Senior Chief Dukes.

“Senior Chief Dukes is the 10th CBH officer I have seen, but the most proactive one ever to come through here. I hate to see him leave,” he said.

“In the 10 years that I have been here, it has taken us less than three to get to the level we are now,” he added. “All it took was one chief petty officer



Photo by JO2 Renee Johnson

SN Jason Buckingham helps install newly purchased television sets in CBQ rooms. The new purchases help enhance Sailor quality of life.

to make a difference, who knew what needed to be done, and did it.”

And make a difference he did. Senior Chief Dukes had a vision.

“When I checked aboard in February 2000, my whole goal was to improve the station’s quality of life by making Lakeside a Five-Star accredited facility,” said Dukes, who transfers this coming January.

“Last month the Commander in Chief U.S. Atlantic Fleet (CINCLANTFLT) validated that we are ready for the Admiral Elmo Zumwalt Five-star award inspection,” added Dukes.

The facility will undergo inspection for the Zumwalt Five-star award on September 11.

“None of this would have been possible without the support of the chain of command and the entire supply department working together as a team,” Dukes added.

“With the new renovations, there is no other facility in the Navy, that I have seen, that compares to what we are doing here,” Shelton concluded.

Ombudsman Appreciation Day set for September 14...

Continued from page 8

to symbolize the key elements of the Ombudsman program. The map of the United States superimposed over the map of Sweden indicates the country of origin from which the Navy modified and adapted the program to meet the needs of Navy families. The lightning bolt stresses the importance of rapid communication between the commander, the Ombudsman, and the families. The 24 stars symbolize Z-gram 24, which was issued by Admiral Zumwalt to originate the program.

The Ombudsman program evolved through time just as the Navy has done.

Today, Ombudsmen are better trained, more professional in executing their duties, and incorporated as full members of the commanding officer’s team.

Even as the program evolves with the Navy, it also allows

for the uniqueness of each command and this allows the Ombudsman program to successfully fulfill its mission.

September 14 is the designated Ombudsman Appreciation Day. This is the anniversary date of the founding of the Navy Family Ombudsman Program in 1970 and is designated as a special day to recognize

the contributions of the volunteer Ombudsman.

The Fleet and Family Support Center, along with representatives from each command, will honor all local Ombudsmen on Sept. 12 with a reception.

If you appreciate your Ombudsman, give her a call and tell her “Thank You”.



Learning centers set up in fleet areas...

Continued from page 2

vide centralized management for both students and facilities, and will be tailored to support specific geographic regions and needs.

A Human Performance Center (HPC) will be established to inject human performance considerations into the Navy. It will serve three primary customers - the Sailor (via the centers), the fleet, and the acqui-

sition community. It will be directly responsible for the development of a new competency in our Navy - performance consultants. It will analyze current performance issues and recommend new tools to improve Sailor, unit and fleet war-fighting performance. We will implement this structure as quickly as practical.

I encourage everyone to actively and fully support this crucial effort. This may be the most significant cultural change the Navy has undertaken in the past 20-plus years, and although challenging and different from what we’ve done before, it will certainly enhance our continued excellence in the 21st century.

MWR Activities

Auto skills shop available at Lakeside

By Tim Neese
MWR's ITT Specialist

Come by the MWR Auto Skills Shop and be ready to save your money.

Why pay outstanding prices at your community garage when you can bring your car to the Auto Skills Shop and do the work yourself?

What's that? You don't know how to do it? No problem, we have two shop attendants that are ready to assist you in whatever your task may be.

Why pay those enormous labor charges when you can do it yourself?

Your MWR Auto Skills Shop at the Lakeside CBQ complex has the right tools for just about any task you want to tackle. A look through our toolbox might find anything from a simple screwdriver, or a wrench, to a high-powered impact wrench. If you need it, we probably have it. We also offer complete oil and brake changing kits for your use.

The newest addition to the Auto Skills Shop is an Accuturn Tire Changer and Wheel Balancer. Now you can buy your new tires and bring them to the Auto Skills Shop and put them on yourself.

With this intense heat we can't forget about the threat of blow-outs on your vehicle. For your convenience you can come to your Auto Skills shop for a quick fix. What are you going to do if you pick up one of those dreaded nails in your tire? We can answer that for you. Just bring your car by and we can plug it for you.

Have you ever wished you could get under your car and have enough room to actually work? Well, now at your MWR Auto Skills Shop you can do just that. A twin-post mechanical car-lift is the answer to your problems. One of our trained shop attendants will



MWR Photo

MWR's Auto Hobby Shop is located at the Lakeside CBQ complex.

help position your car on the lift and before you know it your work load just got easier.

The hours of operation at the MWR Auto Skills Shop are: Tuesday - Friday, 4:30 - 8:30 p.m.; Saturday, 9 a.m. - 4 p.m.; and on Sunday, noon - 4 p.m.

Something to look forward to in the near future at your MWR Auto Skills Shop is a small retail shop. Here you will be able to purchase the popular brands of oil and filters, windshield wipers and

fluid, brake fluid, antifreeze, car wash and tire cleaner, wax, and fragrances. We want to be your "One-stop car shop."

Make it a point to cruise by your MWR Auto Skills Shop today and pay us a visit.



Softball champs --The NAVSTA Softball Team poses with their championship trophy, concluding the summer softball season with a 7-0 record. Coached by BM2(SW) Thelma Matthews, the team consisted of a conglomeration of people from Security, Admin, the Fire Station, USS Ticonderoga, SupShip, DESRON 6, and reservists.

MWR Photo by Tim Neese

MWR Activities

Cracker Jacks has Sunday, Monday football

Naval Station Pascagoula's Morale, Welfare and Recreation department has a wide range of activities and events planned for September. They include:

Sept. 3 -- Movie night at Cyber Cafe. Movie starts at 6:30 p.m.

Sept. 4 -- 60-minute triathlon starts at 11:30 a.m. in the gymnasium. Event consists of 20 minutes on the treadmill, 20 minutes on the stationary bike, and 20 minutes of swimming. Participants receive t-shirts. Trophies will be awarded to the firstplace male and female. Entry fee of \$5. For more information, call the gymnasium at 761-2107.

Sept. 5 -- Paintball field is open 4 - 8 p.m. For more information, call 761-2293.

Sept. 7 -- ITT trip to Geysers Falls Water Theme Park in Philadelphia, Miss. Depart from base CBQ at 7 a.m. Cost for adults is \$25, children under 48 inches is \$20, cost includes transportation. RSVP not later than Sept. 3. For more information call 761-2432.

Sept. 8 -- NFL on the big-screen at Cracker Jacks.

Sept. 9 -- Monday Night Football at Cracker Jacks. Pittsburgh vs. New England. Free nachos.

Sept. 10 -- Pool tournament at Cyber Cafe. Play begins at 6:30 p.m.

Sept. 11 -- Sunrise Operation Freedom 5K Run. 6 a.m. on the station jogging trail. Participants receive t-shirts. Entry fee is \$8. Register at the gym no later than Sept. 9. For more information, call the gym at 761-2107.

Sept. 11 -- Pool tournament at Cracker Jacks. Play begins at 7 p.m. Entry fee is \$5. Winners share the purse.

Sept. 12 -- Paintball field is open 4 - 8 p.m. For more information, call 761-2293.

Sept. 15 -- Liberty trip to the Superdome for the Saints vs.

Packers. Depart from Cyber Cafe at 6 a.m. Purchase tickets from ITT for \$31.50 per person by Sept. 5. Transportation provided. For more information call 761-2293.

Sept. 15 -- NFL on the big-screen at Cracker Jacks.

Sept. 16 -- Monday Night Football at Cracker Jacks. Philadelphia vs. Washington. Free popcorn.

Sept. 18 -- Liberty cook-out at Cyber Cafe. Starts at 6:30 p.m.

Sept. 18 -- Dart tournament at Cracker Jacks. Play begins at 7 p.m.. Entry fee is \$5. Winners share the purse.

Sept. 19 -- Paintball field is open 4 - 8 p.m. For more information, call 761-2293.

Sept. 21 -- ITT trip to New Orleans Hurricane Festival. Scheduled acts include Cow-



boy Mouth, Train and Soul Asylum. Purchase advance tickets at TicketMaster for \$20, \$25 at the gate. Children under 10 admitted free with paying adult. Transportation cost is \$10 per person. RSVP no later than Sept. 17. For more information call 761-2432.

Sept. 22 -- NFL on the big-screen at Cracker Jacks.

Sept. 23 -- Monday Night Football at Cracker Jacks. St. Louis vs. Tampa Bay. Free pizza.

Sept. 26 -- Paintball field is open 4 - 8 p.m. For more information, call 761-2293.

Sept. 29 -- NFL on the big-screen at Cracker Jacks.



Sept. 30 -- Monday Night Football at Cracker Jacks. Denver vs. Baltimore. Two hot dogs for the price of one.

Tickets for most activities and events are available through the Information, Tickets and Tours office, 761-2432. ITT also has tickets to Disney World, Universal Studios, Jazzland, Six Flags, Busch Gardens, Sea World, the Audubon Zoo and the Aquarium.

The Sports and Fitness Center at the gymnasium is open seven days a week and holidays. The telephone number is 761-2107. The Sports and Fitness Center also has group cycling on Tuesday and Thursday

at 8:30 a.m.; ABS classes on Mondays and Wednesdays at 11:30 a.m.; Aerobics on Thursdays at 11:30 a.m.; Cardio-kick-boxing, Tuesdays at 11:30 a.m. and 4 p.m., and Thursdays at 4 p.m.; Intramural softball on Tuesdays and Thursdays at 6 p.m.

The swimming pool is open for lap swimming Monday through Friday from 6 - 8 a.m. and from 11 a.m. - 1 p.m. Open swimming Monday through Thursday 1 - 7 p.m., and on Friday from 1 - 4 p.m., weekends and holidays, noon - 5 p.m.

The Cyber Cafe is open Monday through Friday, 4:30 - 10 p.m., and Saturday and Sunday, noon to 10 p.m.

MWR's Outdoor Rental is open Mondays through Fridays, 7:30 a.m. to 4 p.m. Phone 761-2038.

Cracker Jacks is open Monday through Friday, 5- 10 p.m., and on Sundays, noon - 7 p.m.

MWR's Auto Hobby Shop is open Wednesday through Friday, 4:30 - 8:30 p.m., and on Saturdays, 9 a.m. - 4 p.m.

Sara's fitness corner

Burn those calories!

In order to reach weight loss goals, you need to burn more calories than you consume.



By Sara Felton
Fitness Specialist

Here are six cardio exercises for an average 130-lb. woman to burn 350 calories. If you are heavier you will do fewer minutes, if you are lighter then you will add a few more minutes. Choose what works for you and go with it!

- To burn 350 calories:
- Bike (14 mph) for 45 minutes
 - Run (8 mph) for 40 minutes
 - Kick-box for 35 minutes
 - Circuit train for 45 minutes

utes

- Use a stairclimber for 40 minutes

- Weight train for 116 minutes

If you have any fitness questions email Sara at mwrgym1@ns-pascagoula.navy.mil. She will email answers back and choose some for the next edition of the Homeport.

