

# SEABEE COURIER

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## Seabee Base hosts grand opening for new fitness zone

**By MCC Rosalie Chang**  
NCBC Public Affairs

The Morale, Welfare and Recreation program on board Naval Construction Battalion Center (NCBC) Gulfport, Mississippi, hosted the grand opening of the Navy Operational Fitness and Fueling System (NOFFS) Zone at the base fitness center, Aug. 14, 2018.

NOFFS provides the Navy with "best in class" physical fitness and nutrition information, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative. It instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in

both shore-based and operational environments.

The purpose of NOFFS is to provide a complete physical training program that will "eliminate the guesswork" for the individual Sailor who is participating in his/her personal, physical training program and the Navy health and fitness professional who is interested in obtaining a readily-prepared comprehensive and biomechanically-balanced individual or group physical training program.

The NOFFS project goals are to improve operational performance, provide foundational and performance nutrition guidance, and decrease the incidence and severity of musculoskeletal physical training related injuries.



**Capt. William Whitmire, Naval Construction Battalion Center (NCBC) Gulfport commanding officer, speaks at the ribbon-cutting ceremony commemorating the grand opening of the Navy Operational Fitness and Fueling System (NOFFS) Zone at the base fitness center, Aug. 14, 2018. (U.S. Navy photos by Construction Electrician 2nd Class Alyssa Ware/ Released)**

## Sailor Spotlight: Fire controlman learns the ways of the master-at-arms at NCBC Gulfport



**By Ryan Labadens**  
NCBC Public Affairs

Swapping from one career field to work in another can sometimes be a daunting task, even with formal training. For Fire Controlman 2nd Class Lance Stewart, who came to Naval Construction Battalion Center (NCBC) Gulfport in November 2017 to work in the security department, it was a task he was more than willing to undertake.

Before coming to the Seabee base, Stewart worked aboard the aircraft carrier USS Gerald R. Ford (CVN 78), working in his rate as a fire controlman. Fire controlmen are re-

sponsible for tasks such as operating and maintaining the control systems used in aiming and firing the weapons on board ships like the close-in weapons system, which is basically a huge Gatling gun used to shoot down incoming missiles and aircraft at short range.

It just so happens that Stewart is the only fire controlman stationed at NCBC Gulfport. A Gulfport native, Stewart was able to get humanitarian orders (HUMS) from the Navy to be stationed close to home so he could help his mother take care of his father, who was recovering from cancer treatment.

While here, Stewart began working in the security department, assisting Maj. Jeff Graf, security department training officer.

"I felt like a fish out of water at first since I'm not a Seabee or a Master-at-Arms (MA), but it's cool because I've been able to learn things that I've never been exposed to until now. I'm real appreciative of that," said Stewart.

Even though Stewart has no formal base security or law enforcement training, Graf

said the fire controlman threw himself right in, taking on whatever tasks were asked of him and even volunteering to assist with others wherever he could. Stewart's positive attitude and willingness to learn didn't go unnoticed by his trainers in the security department.

"This guy is the absolute epitome of what I would think the highest standard of the Navy is," said Graf. "The highest integrity, beyond reproach, always willing to volunteer – if you ask him to do anything, he'll put one hundred percent into it, no questions asked."

Whether it was going out to learn how to conduct live fire weapons at night, participating in martial arts demonstrations, or simply learning and then teaching others about the records and administrative systems used in the security department, Graf said Stewart was eager to help.

Lt. Katie Morrison, security department training officer, agreed saying, "from day one he (Stewart) asked the right questions, and any task I gave him, he just took it and ran with it. We started relying

**Fire Controlman continued on next page**

# NCBC commissary serves as collection points for Feds Feed Families Program

By Mike Perron

DeCA public affairs specialist

Commissaries are again serving as common collection points for 2018's Feds Feed Families campaign, which began Aug. 10 this year, and continues through Oct. 15 at participating stateside military installations. During this campaign, participating installations help collect items most needed by food pantries and then donate them to area food banks. 2018 marks the ninth consecutive year commissaries have participated.

"It started with the local area food banks just in the D.C. area. It was only for them," explained Randy Eller, chief of the Defense Commissary Agency's U.S. distribution, equipment, property and recycling division. "The Pentagon and all those people would participate, and they would put out boxes so people would donate. They got us interested, and we took it from the capital area and put it in every commissary we have in the United States."

Overall, the Department of Defense collected 2.6 million pounds of grocery items for donation last year.

"For their part, commissary employees and patrons collected 1.5 million pounds, or 60 percent of the total DOD donation," said Eller. "DeCA's 2017 total increased by 480,000 pounds from 2016. We've got it down to a fine art now. After you get past the first couple of times it's pretty smooth, and the stores are used to doing it."

Once the items have been collected, installation officials work with their commissary to deliver the items to local food banks.

For more information on this campaign, go to the United States Department of Agriculture website, [www.usda.gov/fedsfeedfamilies](http://www.usda.gov/fedsfeedfamilies).

## The most-needed items for donations

- Canned vegetables – low sodium, no salt
- Canned fruits – in light syrup or its own juices
- Canned proteins – tuna, salmon, chicken, peanut butter and beans
- Soups – beef stew, chili, chicken noodle, turkey or rice
- Condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils
- Snacks – individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers
- Multigrain cereal
- 100 percent juice – all sizes, including juice boxes
- Grains – brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese
- Paper products and household items – paper towels, napkins and cleaning supplies
- Hygiene items – diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo

**To participate in the Feds Feeds Families program, contact the Seabee Memorial Chapel staff**

### Fire Controlman Continued

on him more and more, just knowing he was able to get the task completed – and for us, with our workload, that was a huge help. We're going to miss him."

Stewart is scheduled to separate from the Navy in September 2018 after having served six years. Now that his father is on the road to recovery, he and his family are planning to move to Houston, Texas, since Stewart was able to find employment there. He and his wife have two daughters.

Stewart said he greatly appreciated the opportunities he's had to train with the security department during his last few months in the Navy.

"Everything here has been wonderful," said Stewart. "Just being here and being able to train with them, and especially learning all the tactics from Maj. Graf, that's been one of my favorite things to do here. I couldn't think of a better way to end my Navy career. This has been awesome."



**Naval Construction Battalion Center personnel teams up with the Armed Forces Retirement Home to host an ice-cream social for the residents there. NCBC is dedicated to serving our veterans though works like this. The Seabees and other Sailors at NCBC continually volunteer here throughout the year.**



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