

SEABEE COURIER

NCBC Frocking Ceremony

Sailors assigned to Naval Construction Battalion Center (NCBC) Gulfport were frocked to the next higher paygrade during a ceremony at the flagpole outside of Building 1, Dec. 3. Frocking, a Navy tradition that dates back to the early 1800s, authorizes newly advanced Sailors to wear the rank and assume the responsibilities of the paygrade for which they have been selected.



(U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



NCBC Annual Christmas Tree Lighting

Dec. 5, 6 - 8 p.m., Youth Activities Center

Cookies and milk, children's games, food and gift vendors, ice skating, FREE prizes and Santa! The event will feature Christmas carolers from Long Beach High School. Sponsored by MWR - call 228-871-2538 for details.

Active Shooter Exercise to cause delays

From NCBC Public Affairs

There will be an Active Shooter exercise from 12:30 to 3 p.m. Dec. 11 on board Naval Construction Battalion Center. Everyone will be affected by the exercise as the gates will be closed for a short period of time between 12:30 and 1p.m., and everyone will be required to shelter in place.

Everyone is encouraged to avoid the immediate area around the Naval Branch Health Clinic.

This exercise gives first responders a chance to practice their skills in case of an actual event. Base personnel should react as if this was a real event and their safety is threatened.

When a lockdown is ordered:

- ~ Seek cover in a safe place
- ~ Lock doors and windows
- ~ Barricade the door
- ~ Turn off lights to help make area appear unoccupied
- ~ Contact the chain of command
- ~ Stay put until authorities give further instructions or the lockdown has been lifted.
- ~ Take action against the perpetrator if there are no other options and danger is imminent.

It's important for people to understand that the exercise will affect all facilities on base. Base

NMCB 11 welcomes new Skipper



Command Master Chief Moses Sampson, assigned to Naval Mobile Construction Battalion (NMCB) 11, receives the battalion flag from Cmdr. Jorge R. Cuadros during the NMCB 11 change of command ceremony Nov. 21, on board Naval Construction Battalion Center, Gulfport. Cuadros relieved Cmdr. Steven J. Stasick as commanding officer of NMCB 11. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

Read story on page 6

See ACTIVE page 2

Advent begins the season of hope and anticipation

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By Dr. Mary Lewis
NCBC CREDO Facilitator

This year, Nov. 30 marked the beginning of the holy season of Advent. Advent is the season of preparation for Christmas and a time of renewal for us. The word "Advent" is a Latin term, adventus, which means "coming."

During the Advent season the church will observe a period of waiting and preparation for the coming nativity (birth) of Jesus Christ, which is celebrated Dec. 24, Christmas Eve, and Dec. 25, Christmas.

Advent is celebrated mainly in traditional churches, especially Episcopal, Lutheran and Roman Catholic. The season's central symbol is the Advent wreath, which holds four candles, a new one lighted each Sunday until Christmas. Each church lights a large wreath and many

homes often have smaller versions.

First Sunday of Advent: Hope - a feeling that something desirable is likely to happen.

Second Sunday: Peace - a state of tranquillity.

Third Sunday: Joy - the emotion of great delight or happiness.

Fourth Sunday: Love - a feeling of strong or constant affection.

During Advent the church reflect on the importance of watchfulness, expectant waiting and repentance. In this sense, Advent helps us understand the importance of not rushing toward Christmas, but rather spiritually preparing for it by immersing ourselves in the religious dimensions of the season.

Since Advent is a time to stir-up our faith, the wreath and its prayers provide us a way to augment this special preparation for Christmas. Moreover, this tradition helps us to



remain vigilant in our homes and not lose sight of the true meaning of Christmas.

Your Seabee Memorial Chapel, the Chapel of Choice, will observe Advent during their 9 a.m. Catholic and their 10:30 a.m. Protestant services. You are welcome to worship with us.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

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.Safe-Helpline.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.

Holiday Gate hours for Christmas and New Years

Pass and ID

Dec. 23: Normal Hours
Dec. 24: 6 a.m. - Noon
Dec. 25: Closed
Dec. 26: Normal Hours
Dec. 27: Normal Hours
Dec. 31: 6 a.m. - Noon
Jan. 1: Closed
Jan. 2: Normal Hours

Jan. 1: Closed
Jan. 2: Closed

Broad Avenue Gate

28th Street Gate

Dec. 23: Normal Hours
Dec. 24: 6 a.m. - Noon
Dec. 25: Closed
Dec. 26: Normal Hours
Dec. 30: Normal Hours
Dec. 31: 6 a.m. - Noon

Dec. 23: Normal Hours
Dec. 24: Closed
Dec. 25: Closed
Dec. 26: Closed
Dec. 29: Closed
Dec. 30: Closed
Dec. 31: Closed
Jan. 1: Closed
Jan. 2: Closed

Pass Road Gate

Open 24/7 throughout the Holiday's

Mini Mart Extended Hours - Beginning Dec. 5, the Navy Exchange Mini Mart will be open until Midnight on Fridays and Saturdays.

From **ACTIVE** page 1 officials apologize for any inconvenience and delays the exercise may cause; however, they are necessary.

Everyone is encouraged to sign-up for the AtDoc notification system at <https://waansecdap01.nmci.navy.mil/SelfService/>

MyInfo.aspx?sub=MYINFO and monitor base Facebook (<https://www.facebook.com/NCBCGulfport>) or Twitter (<https://twitter.com/SeabeeCenter>).

For more information, please contact the NCBC Gulfport Public Affairs Office at 228-871-2699 or 701-330-1169.



Capt. Paul Odenthal, Naval Construction Battalion Center (NCBC) Gulfport commanding officer, NCBC Command Master Chief Mark Thomas and Lt. Cmdr. Ammie Davis, NCBC command chaplain, serve Thanksgiving Dinner to patrons at the Colmer Dining Facility on board NCBC Gulfport, Nov. 27. Diners were treated to a traditional Thanksgiving feast complete with pumpkin pie and all the trimmings. (U.S. Navy photo by Rob Mims/Released)



Lt. Cmdr. Ben Waite and Ensign Abigail Check, assigned to Naval Mobile Construction Battalion (NMCB) 1 were the respective winners in the male and female categories in Morale Welfare and Recreation's (MWR) annual Turkey Trot 5K run on board NCBC Gulfport, Nov. 21. Waite and Check each received a turkey for their accomplishments. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Naval Construction Battalion Center (NCBC) Morale, Welfare and Recreation (MWR) employees replace more than 1,800 Christmas tree light bulbs with new, energy efficient LED bulbs during the MWR LED Replacement Party on board NCBC Gulfport, Nov. 24. The MWR Christmas Tree Lighting is Dec. 5 from 6 to 8 p.m. at the Youth Activities Center. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

It's ... Movember Ready, Set, GROW!



Personnel from Naval Branch Health Clinic (NBHC) Gulfport show off their mustaches during "Judgment Day" at the conclusion of their Movember Foundation fundraiser on board NCBC Gulfport, Dec. 1. NBHC Gulfport personnel grew mustaches to help raise awareness about prostate cancer, testicular cancer and mental health. "Movember



was not only to raise awareness about prostate cancer, testicular cancer and mental health but to strengthen all ties on base," said Hospitalman 2nd Class Simon Coker. "We are Sailors and we all have to stick together for a good cause." (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

MWR/CYP Toys for Tots special events

Here is a list of opportunities to have fun and also contribute to the happiness of children during the holidays:

Fitness - Holiday Toy Run 5K, Dec. 5 at 7 a.m.: Get an event shirt with toy donation, limited to the first 50 at Fitness Center

Tree Lighting - Share the holiday spirit by bringing a toy to the Youth Center Dec. 5

Fitness/Youth - Dec 6: Jingle Bell Run and Ice Skating - 1.5 mile family fun run complete with jingle bells for all starts at the Grinder, run starts at 9 a.m. Ice skating at the Youth Center from 10 a.m. - 3 p.m.

CBC Theater - Free child admission with a Toy at the afternoon matinee Dec. 6.

Liberty - until Dec. 12: Bring in a toy for Toys for Tots and receive a \$5 voucher good on any Liberty Trip in December

Youth - Every Friday until Dec. 12: Bring in a toy for Toys for Tots and attend the Movie Night for free!



Fraud, Waste and Abuse Hotline:

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

NCBC Frames

Logistics Specialist 2nd Class(SCW/SW)

James R. Felsing

Naval Mobile Construction Battalion 11

Table of Allowance (TOA) Manager

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

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

JF: Getting to see the poor quality of life some have in other countries. Makes you really appreciate being an American.

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

JF: I just want to be successful. That's all the motivation I need.

FF: What advice would you give to future Seabees and Sailors?

JF: It's an Honor to serve your country, so take it serious. Get everything you can out of it.

FF: What is your favorite



part about being/working with the Seabees - why?

JF: Just learning a different aspect of the Navy. Most fleet Sailors don't have the opportunity to work with the Seabees. It's been a good experience.

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

JF: Chief Logistics Specialist Ivy Cristobal. She really took care of her people and was always there for advice and support.

Buzz on the Street

By BUCA Elizabeth Mills and BUCA Samantha Opyoke
NCBC Public Affairs

"What do you want for Christmas?"



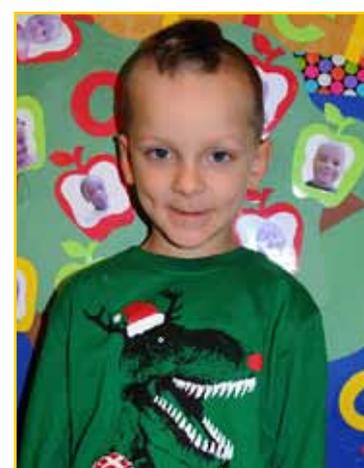
"I want a new Disney Infinity game."

"Tanner"
Child Development Center



"I would like an Elsa doll."

"Allyson"
Child Development Center



"Mario 3DS video games."

"Noah"
Child Development Center



"I want make up!"

"Terryn"
Child Development Center



"I want a talking snowman, Batmobile, with a Batman guy and a Santa that can walk and talk!"

Jordan
Child Development Center



"The things I want for Christmas are an Ariel doll and a Princess Jasmine doll."

"Georgia"
Child Development Center



December 4, 2014

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnbc.navy.mil/regions/rse/installations/ncbc_gulfport.html

Energy \$avings Tip:

Save energy with creative and reflective holiday decorating

Not everything is about strands of lights. Reflective ornaments and tinsel are just as bright at night, so getting creative with your lighting display can multiply your resources for shine. You could even mirror your next door neighbors' frighteningly costly display with a string of silver bells on your railing. Don't forget the ribbons, wreaths, garland, and reflective menorahs, for electricity-free age-old traditions still bring holiday cheer.



NMCRS Base Thrift Shop Secret Santa Shopping (for kids)

Dec. 22, Building 29, Base Thrift Shop

9 - 10 a.m. Child Development Center 4 and 5 year olds
10 - 11 a.m. MWR School After Care Kids in CAMP
11 a.m. - 2 p.m. Open Shopping for Kids (ages 4 and up)

Volunteers will help our small shoppers find just the right gift for their immediate family members and stay within Mom and Dad's budget!

Our shoppers leave with their presents wrapped, ready to put under the Christmas tree!

(Thrift Shop accepts cash only for sales)
Call 228-871-2610 for more information

All proceeds support Seabees, Sailors and Marines through NMCRS programs.
Open to all with authorized access to NCBC Gulfport



Seabee Courier



Left: Cmdr. Jorge R. Cuadros delivers his speech during Naval Mobile Construction Battalion (NMCB) 11s change of command ceremony, Nov. 21. Cuadros, relieved Cmdr. Steven J. Stasick as commanding officer, NMCB 11. Above: Cmdr. Steven J. Stasick addresses the Seabees of NMCB 11 during his change of command speech. During the ceremony, Stasick had the Battalion break ranks and form a circle around him as he gave his closing remarks. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael C. Barton/Released)

NMCB 11 welcomes new leadership

By MC1 Michael C. Barton
NMCB 11 Public Affairs

Naval Mobile Construction Battalion (NMCB) 11 welcomed its newest commanding officer in a ceremony on board Naval Construction Battalion Center (NCBC), Nov. 21.

Cmdr. Jorge R. Cuadros, previously Operations officer of Naval Construction Group (NCG) TWO, relieved Cmdr. Steven J. Stasick whose next assignment is in Gulfport, as the Operations officer of NCG 2.

"This battalion is ready to answer the call of duty, anytime and anywhere. I'm so proud to be joining their team today," said Cuadros during his change of command speech. "Ladies and gentlemen, I'm ready to give it my all to serve the Seabees, Sailors standing in

front of you today and their families. Let's get started."

Military members wore full ceremonial dress white uniforms with the battalion formed in ranks facing the guests and participants.

After transferring the colors, both Cuadros and Stasick observed the battalion perform a Pass in Review across the Parade Field Grinder aboard NCBC.

Guest speaker, Capt. John Adametz, commander of Naval Construction Group 2, awarded Cmdr. Stasick the Meritorious Service Medal for leading NMCB 11 through numerous successful evolutions and a deployment over the course of his command.

"All the great accomplishments of the command were due to the hard work of the Sea-

bees of NMCB 11 and the tour I had wouldn't have been so rewarding if it wasn't for them," said Stasick in his farewell address.

During the ceremony, Stasick had the Battalion break ranks and form a circle around him when he delivered his remarks. While the Battalion was circled around him, he closed his remarks with, "Who's better than Eleven?" The Battalion responded, "NOBODY!"

Originally commissioned in June 1942 and twice recommissioned since, NMCB 11 has built and fought in World War II, Korea, Vietnam, Iraq, and Afghanistan in addition to a multitude of humanitarian assistance and disaster response missions throughout the world. The battalion is currently preparing for deployment to Rota, Spain.

December 4, 2014

Naval Support Unit U.S. Department of State Information Session

Dec. 9 and Dec. 10, 9 - 10 a.m.
Building 433, Room 154

CPO's, First and
Second Class Petty Officers
(BU, CE, CM, EA, EO, UT, SW)

**Interested family members
are welcome**

Are you ready for something
different and challenging?

Come see what Nval Support Unit does in
support of The Department of State

Keep What You've Earned

About one out of four underage drinkers have given money to someone else to purchase alcohol for them. Doing so not only puts their lives at risk, it makes you liable. Don't be an enabler - it's not worth it for either of you.



RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS

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

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



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

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

Seabee Courier

NMCB 133 Seabees off load supplies



Sailors assigned to Commander, Navy Expeditionary Forces Command Pacific (CTF 75), Coastal Riverine Squadron 3, and Naval Mobile Construction Battalion (NMCB) 133 off-load supplies, including two Riverine Command boats, from the Military Sealift Command large, medium-speed roll-on/roll-off ship USNS Soderman (T-AKR 317), Nov. 24. The new command boats will bring added versatility to CTF-75 and increase capabilities and readiness in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo/Released)

NAVFAC announces 2015 Engineers of the Year

By Don Rochon

Naval Facilities Engineering Command Public Affairs

Naval Facilities Engineering Command (NAVFAC) announced the winners of its Military and Civilian Engineers of the Year Awards Nov. 24.

Lt. Cmdr. Keith Benson from NAVFAC Washington was selected as the Military Engineer of the Year and Timothy Bayse from NAVFAC Mid-Atlantic was selected as the Civilian Engineer of the Year for 2015.

"I am very proud of everyone who was nominated," said NAVFAC Commander Rear Adm. Kate Gregory. "We are very fortunate to serve with a vast number of extraordinary engineers who lead NAVFAC and the Navy with dedication, service, selflessness and technical superiority. They continue to build on our 172-year legacy of serving the Navy with the 'Can-Do' spirit."

Benson and Bayse will represent NAVFAC in February at the National Press Club in Washington, D.C., where the National Society of Professional Engineers (NSPE) will announce their Federal Engineer of the Year.

Benson currently serves as the NAVFAC Washington energy officer and made significant contributions in the field of engineering throughout the year. He served in several critical positions for NAVFAC that supported the Navy shore enterprise

and energy programs.

"I am truly honored and humbled to be selected for this competitive NAVFAC engineer award," said Benson. "It's a privilege to serve our country in uniform, and with such a diverse and talented team of professionals."

While serving as the Naval Support Activity (NSA) Bahrain Public Works officer, Benson led a team of 424 personnel in managing 320 active construction projects valued at \$618 million that supported 94 commands across the Middle East. His efforts ensured continued support to warfighters while increasing readiness and effectiveness, while more than doubling the base's footprint.

When he was assigned to Commander Navy Installations Command (CNIC) headquarters, he was appointed as the energy action officer and skillfully spearheaded the Navy's renewable energy "Net Zero" program. While at CNIC, Benson developed over 150 energy projects valued at \$225 million and achieved \$50 million in annual consumption reduction savings.

Bayse served as a construction manager in support of Operation Enduring Freedom in Djibouti, Africa during 2013 and 2014. While in Djibouti Bayse executed a substantial workload of 33 projects valued at over \$340 million, while fostering collaborative teamwork processes to ensure mission success.

He completed a complex \$150 million, multifacil-

ity, multiutility, fast tracked project on schedule and within budget. He was also the lead U.S. government subject matter expert on a European Union sewer line project.

"It is hard to briefly describe how beneficial that TAD (temporary assigned duty) was, as I was able to do so much there that I had not experienced before," said Bayse. "You get to directly see your impact on the warfighter, and it is exhilarating. From airfield operations to building the first brick and mortar barracks for troops, it's very fast paced and rewarding. You can see just how important running water is, and laying down the first paved roads."

At NAVFAC Mid-Atlantic Public Works Department (PWD) Pennsylvania, Bayse provided invaluable technical expertise and leadership vital to numerous Department of Defense, Department of the Navy and international missions.

Bayse used his vast knowledge to lead the successful completion of projects valued over \$200 million. He spearheaded a fast-tracked \$21 million energy initiative that leveraged the utility company to install gas fired furnaces throughout the Philadelphia Navy Yard facilities with no upfront taxpayer dollars. The efficiency initiatives resulted in a \$2 million per year utility savings.

Bayse described his team's effort on the many projects he has worked.

"First and foremost this award truly is driven by teamwork," Bayse said. "No man is an island upon himself. The success I have had and the large volume of work I have been able to accomplish is because of the great colleagues I have to support me."

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

Focus on Education

Education Notes

COASTLINE COMMUNITY COLLEGE

Registration for the Spring "A" Term, 2015, which runs from Feb. 2 – March 29, will begin Nov. 24 and end Jan. 21. Additional information can be obtained in the Navy College Office, building 60, room 239 or by contacting Dr. David Drye, 228-871-3439 or email at DDRYE@coastline.edu

COASTLINE COMMUNITY COLLEGE SCHOLARSHIPS

2014 – 2015 Scholarship applications are available now! Scholarships can assist you in achieving your academic goals, allows the freedom to seek topics of curiosity, and demonstrate your talents through education. The application is available online at: www.coastline.edu/scholarships. Application deadline is Feb. 16. For questions, contact scholarshiphelp@coastline.edu

SCHOLARSHIPS FOR MILITARY CHILDREN

Applications for the 2015-2016 school-year scholarship awards become available Dec. 15 at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Visit the site for details on program awards and requirements.

NAVY LEAGUE SCHOLARSHIP

The Navy League Scholarship Foundation is accepting applications from high school seniors until March 1, 2015. Children and grandchildren of current or former members of the Navy, Marine Corps, Coast Guard and Merchant Marines, as well as members of the Naval Sea Cadet Corps are encouraged to apply. The Navy League Foundation awards four-year, \$10,000 scholarships. To apply for any of the Navy League Foundation's scholarships, visit <http://www.navyleague.org/aboutus/scholarship>.



Donate To
The Seabee Memorial Scholarship Association (SMSA)
Through The Combined Federal Campaign
CFC CODE 11959



The Seabee Memorial Scholarship Association's purpose is to provide scholarships for sons, daughters, and grandchildren of Seabees, both past and present, active, reserve, or retired.

Important Facts

- SMSA has awarded scholarships to over 650 students since 1972
 - SMSA has 116 named perpetual Scholarships
 - 15-25 new scholarships are awarded each year
 - The value of scholarships awarded totals over \$3.6 million with the current value of each award at \$2,500
 - Approximately 75% of scholarships go to children or grandchildren of Seabees in the active component from all areas
- Help Seabee Families by donating through the Combined Federal Campaign!
CFC CODE 11959

Thank you for giving. Your contribution makes all the difference.

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

Thanksgiving Feast at Liberty Center



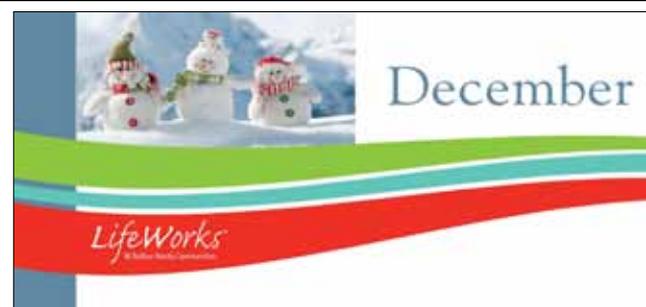
The Liberty Center hosted their annual Thanksgiving Dinner for single Sailors and geographical bachelors, Nov. 27. This year more than 190 guests were served 12 turkeys, four hams, nine pans of mashed potatoes, six pans of stuffing, nine pans of sweet potato casserole, six pans of green bean casserole, 210 rolls, eight pumpkin pies, eight sweet potato pies, eight pecan pies, eight apple pies and 18 gallons of drinks - all of which was devoured in less than an hour! Thanks go out to the USO for their support in purchasing all of the desserts. (Photo courtesy of MWR/Released)

Responding to the Military Child with Exceptional Needs (RMCEN)

Feb. 23, 24, 8 a.m. – 4 p.m., Mississippi Coast Coliseum & Convention Center, Biloxi
Funded by the Air Force;
No cost to participants

This two-day institute, formerly known as the Special Educators Leadership Institute prepares professional educators, social service providers, parents and community leaders to address the additional challenges associate with transitioning military-connected students with exceptional needs. For the purposes of this course, children with exceptional needs are defined as those who need either special education services or gifted education services to maximize their individual potential, with special emphasis on the importance of synchronization of services during transition.

For more information about this training or to register, visit: military-child.org/training



Balfour Beatty Christmas Party

Dec. 4, 4 - 6:30 p.m. Rhodes Hall Building 303. Bring the family for a fun filled night. Santa will be here!

Ladies' Pinterest Party

Dec. 9, 10 - 11:30 a.m. 609 Palm Court DIY Family Ornament

Deployed Spouse Toy Assembly

If your spouse is deployed and you have toys that need to be assembled, please call our Maintenance Line at 228-284-1637 to schedule. Appointment dates will be between Dec. 17 - 18. If you have any questions please feel free to email Leah Ladner @ lladner@bbcgrp.com

Fire Safety Briefing

All new residents are required to attend a Fire Safety Briefing. They are held the 1st and 3rd Wednesday of the month at 3:30 p.m., at the Base Chapel.

Kids Christmas Craft

Dec. 16, 10 - 11:30 a.m. and 4 - 5:30 p.m. Bring the kids to 609 Palm Court to make their own Reindeer Food to put out on Christmas Eve!

Resident Participation in all Lifeworks activities is voluntary and all activities, seminars, & events are FREE! Please feel free to email lladner@bbcgrp.com if you have suggestions. Be sure to like us on Facebook to stay updated. Search "NCBC Gulfport Homes".

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The essence of giving

Here you go again. You're running from store to store, buying baking supplies, twinkle lights, a "Frozen" Plush Olaf for your niece and flat screen TV for your husband. You've got to get home to bake 12 dozen pecan tarts for the neighborhood cookie exchange, when it dawns on you.

You forgot the butter.

For the second time today, you approach the irresistibly cute Salvation Army bell ringer outside the grocery store. You want to tell the sweet little old man freezing his bippy off in the name of the needy, "I gave earlier today," but you know darned well he doesn't remember and will think you're a cheapskate. So you sort through the gum wrappers and bob-by pins to see if you can find a few more quarters in your purse.

But you realize that you put all your coins in the kettle during your last trip to the store, so you look for a single or two, only to find that you've only got a five spot. With trembling hands you fork over the five dollar bill you were hoping to use for a Vente Skinny Peppermint Mocha Latte with extra sprinkles on the way home.

You intentionally hesitate with your hand over the red kettle, wanting the bell ringer and everyone else to see the denomination of your bill and think, "Wow, she gave five whole dollars."

"Thank you for your kindness," the old man says, and you walk into the grocery feeling good about your decision to feed the poor rather than



slurp another overpriced specialty coffee.

In fact you feel so charitable that you decide to buy a few canned goods, in addition to your stick of butter, to put in the food bank collection at the front of the store. And while you're at it, you grab a whiffle ball set to put in the Toys for Tots box too.

With a sanctimonious flip of your wrist, you zip your debit card through the reader just as the cashier asks, "Would you like to give a dollar to the Orphaned Kittens' Sweater Knitting Guild?" Seven other impatient customers are in line behind you. The baggers are waiting for your answer. The cashier is staring blankly into your eyes.

Dead silence.

Another dollar? Seriously? Don't you remember that I just gave a dollar for the stinking kittens when I was in here an hour ago, for criminy's sake? This is entrapment! Let someone else dress the orphaned kittens! I just want to buy this d . . . stick of butter and go home!

As you search your brain for a valid excuse to say "No thanks," you contemplate the essence of giving.

Charitable organizations raise the bulk of their income between Thanksgiving and New Year's Eve, when people are feeling generous. Salvation Army, for example, needs to collect \$1.3 million this holiday season to fund its programs for the homeless and the poor, and they hope about \$450,000 of that will be in donations to its iconic red kettles.

The U.S. Marine Corps Reserve Toys for Tots Program collects toys in the months of October, November and December, to give to less fortunate youngsters as a message of hope to encourage them to become responsible, productive, patriotic citizens. Other national and local charities are collecting anything from money to canned goods to blankets to teddy bears for worthy causes.

Is giving about risking death by trampling to get the best bargain on an Xbox Assassin's Creed Unity Bundle at Wal-Mart, or is it about providing for those who are truly in need?

"Absolutely," you tell the cashier, realizing that the essence of giving is that it is no bargain at all.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Safety Corner: Beware of the 'Silent Killer'

From NCBC Safety

Carbon monoxide is an odorless, tasteless and colorless gas known as the silent killer. The Centers for Disease Control estimates that carbon monoxide (CO) poisoning claims nearly 400 lives and causes more than 20,000 visits to hospital emergency departments annually.

- ~ Have home heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician
- ~ Never use portable generators inside homes or garages, even if doors and windows are open
- ~ Only use generators outside, far away from the home
- ~ Never bring a charcoal grill into the house or garage for heating or cooking
- ~ Never use a gas range or oven for heating
- ~ Open the fireplace damper before lighting a fire and keep it open until the ashes are cool
- ~ Install battery-operated CO alarms outside each sleeping area

Because CO is odorless, colorless and otherwise undetectable to the human senses, people may not know when they are exposed. The initial symptoms of low-to-moderate CO poisoning are similar to the flu, but without the fever. They include:

- ~ Headache
- ~ Fatigue
- ~ Shortness of breath
- ~ Nausea
- ~ Dizziness

High-level CO poisoning leads to progressively more severe symptoms. It is important to be on the lookout for mental confusion, vomiting, loss of muscular coordination and loss of consciousness.

Don't ignore any of the symptoms, especially if more than one person is experiencing them. If you think you are suffering from carbon monoxide poisoning, you should:

- ~ Leave the house
- ~ Get fresh air immediately
- ~ Call 911 from your cellphone or a neighbor's house
- ~ Go to an emergency department and be sure to tell the physician that you suspect CO poisoning

If untreated, CO poisoning can lead to death. For more information on carbon monoxide poisoning please visit the Consumer Safety Product Commission's website at www.cpsc.gov.



"Like" Naval Branch Health Clinic Gulfport on Facebook!

The page is frequently updated with medical news and information, upcoming events, TriCare updates and other interesting Navy news. Please go to Facebook, search "Naval Branch Health Clinic Gulfport", click "LIKE." Note: If two pages come up in search results, it will be the one without "Mississippi" after Gulfport.

NCBC Helping Hands

D'IBERVILLE HIGH SCHOOL TEST PROCTORS - Volunteers are needed to serve as test proctors at D'Iberville High School Dec. 5, 8 and 9. If you are interested, please call 228-392-2678 for more information.

JROTC STUDENT INSPECTIONS WEST HARRISON HIGH SCHOOL- Volunteers are needed to grade and inspect JROTC students at the West Harrison High School football field Dec. 6, 7 a.m. – 1 p.m. Please contact CWO4 Sam Smith, 808-779-2059 for more information or to volunteer.

WEST HARRISON HIGH SCHOOL PROCTORS - Volunteers are needed to proctor test exams at West Harrison High School, 10399 County Farm Road, Gulfport, Dec. 8 – 12 and Dec. 15 – 17, from 7 a.m. – 3 p.m. Volunteers will serve as test proctors or hall monitors for the testing area. No cell phones will be allowed in testing area. Volunteers are asked to remain at the testing site until each day's testing is completed. Point of contact is Julie Cullinan, 228-539-8900 or email: JCullinan@harrison.k12.ms.us.

SANTA IN THE HARBOR - The city of Gulfport is asking for 45 volunteers, Dec. 20, for "Santa in the Harbor" at the Barksdale Pavilion in Jones Park. Volunteers are asked to arrive at the pavilion by 4 p.m., and be prepared to remain until 10 p.m. During the event, volunteers will help with Santa's toy line, serve refreshments, help at college station and perform other event-related tasks. To volunteer,

please contact Brittany Dyess, 228--860-4444.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS 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. Point of

contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR 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. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

December 4, 2014

Seabee Memorial Chapel

What's happening at the Chapel?

Religious Services

Sunday:

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass:

Tuesday: 11:15 a.m.



NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

Sundays: The Rosary/Confession: 9 a.m.; Protestant Bible Study: 9:15 a.m.; Catholic Mass: 9:30 a.m.; Catholic CCD Class (Confraternity of Christian Doctrine): 10:30 a.m.; Protestant Service: 10:30 a.m.; Club Beyond (middle to high school students): 2 p.m.; Beyond Club (middle to high school students): 4 p.m.

Mondays: Catholic Mass: 11:15 a.m.

Tuesdays: Catholic Mass: 11:15 a.m.

Wednesdays: Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon

to 1 p.m.

Thursdays: Catholic Holy Hour: 5 p.m.; Catholic Mass: 6 p.m.; Catholic Fellowship: 6:30 p.m.; Catholic Bible Study: 7 p.m.

Fridays: Catholic Mass: 11:15 a.m.

The Chapel is currently undergoing renovations and events schedule will be subject to change. Please go to the Seabee Memorial Chapel Facebook page for updates on chapel events - <https://www.facebook.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil with any questions, or call us at 228-871-2454.

Seabee Courier

DECEMBER 5-11



NCBC ANNUAL CHRISTMAS TREE LIGHTING!

Friday, December 5th
6-8 pm @ Youth Activities Center

Cookies & Milk, Children's Games, Food and Gift Vendors
Christmas Carolers from Long Beach High School
Call 871-2538 for details

ICE SKATING!
FREE PRIZES!
SANTA CLAUS!

TOYS FOR TOTS
BOX LOCATION



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ALL MONTH at The NEW DIGITAL THEATER!

Movie Showings Thursday - Sunday

Schedule can be found by calling the Movie Hotline at 228-871-3299



Outdoor Recreation

DECEMBER SPECIAL CAJUN COOKER RENTAL
\$10 per Day! (limited supplies)

Information, Tickets & Travel

Bellingrath Gardens Magic Christmas in Lights tickets are IN!
Call 228-871-2231

Fitness

November - April
WINTER POOL HOURS
M-F, 0530-1330 Sat, 1000-1600

12/5- Jingle Bell Jog 5K at 7:00am
12/6 FAMILY Fun Run & Family Ice Skating (Both at YAC) at 9:00am

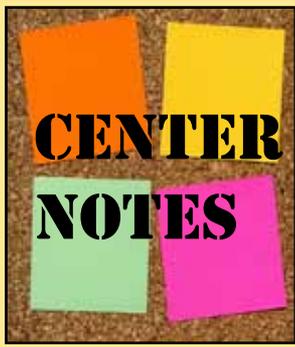
Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	



Dec 6- 5:00p, Ice Skating at MS Coast coliseum, \$10 for 90 min
Dec 7- 9:00a, New Orleans Saints vs. Carolina Panthers, **SOLD OUT**
Dec 9- 6:00p Smash Rudolph's Nose Ping Pong Tournament, 1st Place Prize
Dec 10- 6:00p Auto Skills 101: Win a Free Winterization

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

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 Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For

more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families Overcoming Under Stress 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@focusproject.org

Gulfport Officer's Spouse 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@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

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 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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 weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

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 information.

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, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at 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.

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. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.

A reminder from NCBC Security:

Holiday Awareness! As the holiday season approaches, remember while shopping or just out and about, park in well-lit areas; don't carry large amounts of cash; keep personal items secured and close to your body while moving through crowds. Try to do bulk shopping for gifts or groceries during daylight hours. Quickly load and unload vehicles and always keep your vehicle secured. Be extra cautious of anyone asking for help, change, directions, etc. Don't be a target! Stay vigilant and aware of your surroundings. Keep personal and physical security at the for-front of your mind.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and 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.

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, 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.