

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

November 19, 2015

NMCB 3 - Chinhae, Korea



CHINHAE, Republic of Korea - Equipment Operator Constructionman Zachary Aserr assigned to Naval Mobile Construction Battalion (NMCB) 3, transports gear using a front end loader at Commander, Fleet Activities Chinhae (CFAC), Oct. 30. NMCB 3

assisted Explosive Ordnance Disposal Mobile Unit 1 with relocating their equipment from CFAC to the Republic of Korea Jinhae Naval base. (U.S. Navy photo by Utilitiesman 3rd Class Guadalupe Vallejo/Released)

For more on NMCB 3, see page 6

NCBC

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Special Contributors

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**NCBC Gulfport
NJP Results**



On Oct. 19, 2015, Commanding Officer, Naval Construction Battalion Center Gulfport held non-judicial punishment for an E-2 suspected of violating a lawful general order, wrongful drug use, and obtaining services under false pretenses in violation of UCMJ Articles 92, 112a, and 134. The

CO found the member guilty of the general order and drug charges, and imposed punishment as follows: restriction and extra duties for 30 days, forfeiture of \$773 per month for two months, and reduction to the next inferior paygrade (suspended for three months).

Prize For The Winner!



What's my name??
Help me, please!

**Name the Feeling Fox
at the Commissary or the
FOCUS Office thru 30NOV**

Help FOCUS (Families Overcoming Under Stress) celebrate the month of the Military Family by entering the Name the FOCUS "Feeling Fox" Contest!

Enter at NCBC Commissary or the FOCUS office until Nov. 30, when a winner will be announced.

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.

**Gulf Coast CFC 2015
5K Walk/Run**

The NCBC Combined Federal Campaign Team will hold a 5K Walk/Run at 6 a.m., Dec. 11 at the Fitness Center. Participants who have already filled out a donation slip or who have registered on line to donate to the CFC are asked to bring their slip with them to use as a registration form. Command CFC representatives will be on hand to help people who have not filled out a pledge slip. Although donating is not required, it is encouraged. Top 3 Winners! 1st place will be awarded the opportunity to pick where 50 percent of donation proceeds go to. 2nd place will be awarded the opportunity to pick where 30 percent of the donations go to. 3rd place will be awarded the opportunity to pick where 20 percent of the donation proceeds go to. 100% CONTACT IS OUR GOAL! Let us come together and have fun! The base wide goal for this year is \$45,000. See your CFC rep for more information.



Tis the Season ... Turn Off and UNPLUG appliances!
Safe mode is nice, but still consumes power. UNPLUG!

**Seabee eCourier/Inside the Gate
Holiday publishing schedule**

Due to the Thanksgiving holiday, the Seabee eCourier and Inside the Gate will not be published Nov. 26. The next edition of the Seabee eCourier will be published Dec. 3.

A holiday edition of Inside the Gate will be published Nov. 24. Readers are reminded that the weekly deadline for both publication is close of business Friday. All material should be sent to seabeeecourier@navy.mil.

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



Capt. Cheryl Hansen, commanding officer, Naval Construction Battalion Center, Gulfport receives help from many excited assistants at the ribbon cutting for the new playground at the Youth Activity Center (YAC), on board NCBC, Nov. 13. The new playground features various interactive areas, such as a weather station, painting walls, a wooden xylophone, planting beds for gardening and more! (U.S. Navy photo courtesy of MWR/Released)



Construction Electrician 3rd Class Heather Denney, assigned to Naval Construction Battalion Center (NCBC), Gulfport receives a \$250 Navy Exchange (NEX) gift card from NEX General Manager Brandy Asher and NEX Mini Mart Manager Melissa Duvall on board NCBC, Nov. 18. Denney won the gift card after completing a national survey about her NEX shopping experience. Denney said she will be using the money to buy a present for Toys-for-Tots and then spending the rest on her family. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



November 19, 2015

Laughter was heard throughout Seabee Cinema as guest comedians shared their unique brand of humor with an appreciative audience during the Laugh-Catchers Comedy Tour at Seabee Cinema, Nov. 7. Approximately 100 patrons braved windy conditions and rain to enjoy a side-splitting show with Red Bean, Carry B, David Crowe and Bryan Kellen leading the show! (U.S. Navy photo courtesy of MWR/Released)

Happy Thanksgiving

**Drunk Driving
Over the Limit. Under Arrest.**

Enjoy the Holidays Safely

**Use a designated driver!
Keep Safety a Number 1 Priority**

A Message from NCBC Security

**See Something Suspicious,
Say Something Immediately**

Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

A note from CBC Fire & Emergency Services to Fire Wardens/Facility Managers:

Please inspect and ensure all fire extinguishers are signed off. There should only be one white tag per extinguisher that covers three years of inspections, starting in 2015. If there is not a tag, stop by the fire department to obtain one. If you cannot safely reach the emergency lighting, please continue to annotate when you conduct your monthly walk through of your facility, that you cannot conduct monthly inspection due to safety concerns. This information should be in your fire warden folder. If you have extinguishers for vehicles or other power equipment and they are not serviceable, the Command that owns that equipment is responsible for replacing them.

Characteristics of Spearphishing and Cyber Security Awareness

From NCBC Information Technology

These are some common indicators of Phishing Emails and other methods our adversaries are using to compromise DoD and DoN computers and networks. Please take a few minutes to read through the list below and understand that a small mistake on your part could lead to mission failure down the line, as well as loss of your personal and financial information.

Spearphishing Awareness: (Spearphishing is a phishing attack that is specifically targeted at a group (.navy.mil), or an individual (SECNAV).

- ~ Ensure all users remain vigilant of emails that contain the following characteristics:
- ~ When the sender's name, organization, and/or company does not match the email address or digital signature.
- ~ When the email attempts to prove legitimacy by using words such as official, mandatory, urgent, etc.
- ~ When the link text may not match associated URL.
- ~ When the email contains unsolicited requests for personal information.
- ~ When the email uses overly poor grammar and contains multiple misspellings.

Accessing the internet and protecting your home computer:

- ~ Avoid using publicly available and non-secure WI-FI. If you must use it, do not go to sites where you put in your password or other personal data/information.
- ~ Enable encryption on your personal wireless routers, set a strong password.
- ~ Use firewall and antivirus programs on your home computers. Make sure they are updated, properly configured and running.
- ~ Install operating system and browser upgrades when they are available.

These updates often include significant security patches:

- ~ Do not allow anyone else to download software to your computer, they may inadvertently download malware.
- ~ Do not use USB thumb drives - unauthorized on your government computer.
- ~ Procure and download software and other files from reputable sources only.
- ~ Do not click on suspicious links or open attachments from unknown users.
- ~ Do not configure your computer to automatically open attachments.
- ~ Web sites and internet activity:
- ~ Avoid questionable websites.
- ~ Choose security questions that have answers not discoverable on the internet (e.g., do not choose the street you grew up on, your mother's maiden name, etc.).
- ~ Choose web browsers known to provide more security (e.g., Chrome).
- ~ Do not conduct work-related business on your personal commercial account.

Social media security:

~ Facebook, Twitter, LinkedIn and other social media platforms are invaluable tools, but they introduce numerous security hazards. Dangers include data leakage, reputational damage, social engineering opportunities and lawsuits stemming from inappropriate use.

~ Social media users tend to see these sites as a vehicle for personal expression, but used inappropriately may pose a risk to their organization.

~ Personal profile information about title or organizational role or details they divulge about organizational initiatives, travel, technologies, or management may be used by hackers for social engineering or phishing purposes.

~ Users have to be extra vigilant about friending bogus Facebook accounts, which can allow hackers to harvest sensitive user photos, phones numbers, and email addresses for social engineering attacks.

Passwords:

~ Use 2-factor authentication every time you log into a commercial account (e.g., G-mail will require not only a password but a code that is sent via text to a cell phone).

~ Use different passwords for every account.

~ Choose strong passwords.

~ A minimum of 8 characters long and include at least one number, one capital letter, one lower case letter, and one special character.

~ Do not use names or words that can be found in any dictionary (including foreign languages).

Note: We have software that will crack a dictionary password in less than 1 minute.

- ~ Do not use keyboard patterns.
- ~ Routinely change passwords on all accounts.
- ~ Do not change passwords in a serial fashion (e.g., password2015 replaced with password2016, etc.).

~ If you must save your passwords to a file (whether in the cloud, on your device, or on your hard drive) password protect and/or encrypt the file.

~ Do not write down your passwords and keep them in your wallet/purse - (or under your keyboard).

~ Do not store passwords in the cookies of your browser, it may be more convenient but it puts you at increased risk.



Buy a Brick for the Gulfport Seabee Heritage Center Memorial Plaza

Show your support for those who gave of themselves in the U.S. Navy Seabees with a commemorative brick at the new Seabee Memorial Plaza. The Plaza will be built at the east end of the Seabee Heritage Center in Gulfport. The Memorial Plaza will also serve as the new entrance to the Seabee Heritage Center. The Memorial Plaza will have over 10,000 paving bricks available for engraving.

Each brick is individually crafted of the finest quality. Customize your brick with your own special message. It can be a tribute to a former or current Seabee, a Seabee unit, your own service or any other appropriate text.

~ Each brick can have three lines with up to 20 characters (including spacing) per line

~ Lettering will be centered on bricks in capital letters

~ Letters are laser etched in black for durability and beauty

~ Order now and save \$25 per brick. Special introductory pricing through Dec. 31, 2015 of \$100 per brick. Regular price \$125 per brick. Offer valid for Gulfport only!

The first bricks will be placed when the Memorial Plaza is completed in 2017 and will be unveiled at an event commemorating the 75th anniversary of the creation of the Seabees. Subsequent placements will be made once a year.

For more information and to order a brick, visit: <http://www.seabeehf.org/museum/buy-a-brick-for-the-gulfport-seabee-heritage-center-memorial-plaza/>. Please contact the CEC/Seabee Historical Foundation at 228-865-0480 or via email at info@seabeehf.org if you have questions.

INTERNATIONALLY DISTINGUISHED PERFORMANCE GROUP

Based out of Long Beach, California



CREATING CULTURAL AWARENESS THROUGH PROACTIVE TRAINING



Pure Praxis is a socially adaptive performance group contracted with DON SAPRO. Together they work with Sailors and Marines both domestically and internationally.

Their performances use improvisational theater to rehearse for difficult life situations so that the audience can practice positive, creative and safe solutions.



The entire show is guided by the audience's participation which makes every performance unique!

COME BE PART OF A SHOW

Location: Base Theater

Date: Dec. 1

Time: 10 a.m., General audience
3:30 p.m. NCTC

Focus on Education



Hospitalman 2nd Class Elija Abrams from Naval Construction Group 2 talks with students about his career field during Pathways to Possibilities (P2P) at the Mississippi Coast Coliseum and Convention Center in Biloxi, Nov. 18. The two day event helps 8th grade students expand their knowledge of the wide variety of career fields available to them in the future. (U.S. Navy photo by Rob Mims/Released)



Hospitalman 2nd Class Cody Charpentier from Naval Construction Group 2 (NCG2) shows students a medical kit used by corpsmen during Pathways to Possibilities (P2P) at the Mississippi Coast Coliseum and Convention Center in Biloxi, Nov. 18. (U.S. Navy photo by Rob Mims/Released)



Equipment Operators 2nd Class Donald Lewis, left, and Wes Morris from Naval Construction Group 2, observe as students drill holes in plywood at Pathways to Possibilities (P2P) at the Mississippi Coast Coliseum and Convention Center in Biloxi, Nov. 18. At P2P, students experience a variety of 19 Pathways, which are aligned with the career Pathways set forth by the Mississippi Department of Education. (U.S. Navy photo by Rob Mims/Released)

P 2 P



Construction Mechanic 2nd Class Donald Harper and Constructionman Monica Walls from Naval Construction Group 2 speak with a student at Pathways to Possibilities (P2P) at the Mississippi Coast Coliseum and Convention Center in Biloxi, Nov. 18. P2P is an interactive career expo designed for 8th graders in private and public schools in Mississippi's six lower counties. (U.S. Navy photo by Rob Mims/Released)

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Education Notes

Latchkey Kid Class (Ages 10-11) Babysitting Class (Ages 11 & Up)
Fleet and Family Support Center (FFSC) will host a Latchkey Kid Class, Nov. 23, 8:30 - 10 a.m., and a Babysitting Class Nov. 23, 8:30 a.m. - 12:30 p.m. at FFSC, building 30. Preregistration is required. Call FFSC: 228-871-3000.

EFMP POC Command Training
Fleet and Family Support Center (FFSC) will host Exceptional Family Member Program point of contact training Dec. 15, 9 - 11:30 a.m. at FFSC, building 30. Please call 228-871-3000 to register.

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net for confidential, free support, 24/7



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



Seabees, from Naval Mobile Construction Battalion (NMCB) 3, participated in Harii Hamutuk Exercise 2015, Oct. 5 - Nov. 5. "Hari'i Hamutuk," Tetun for "build together, is a multilateral exercise designed to increase interoperability between U.S. Navy Seabees, U.S. Marine Corps combat engineers, Japan Ground Self Defense Force, Royal Australian engineers and engineers from the Timor-Leste Defense Force (F-FDTL). (U.S. Navy photos/Released)

Hari'i Hamutuk Exercise 2015 officially closes

By MC1 Michael Gomez
NMCB 3 Public Affairs.

HERA, Timor-Leste – Seabees from Naval Mobile Construction Battalion (NMCB) 3, marked the end of construction for Exercise Hari'i Hamutuk with a ribbon cutting ceremony at Hera Naval Base and Hera Health Post, Nov. 5.

Representatives from Timor-Leste, Australia, Japan, and the U.S., attended to celebrate the successful completion of the projects, which included two classrooms, a restroom facility, burn pit, and upgrades to a health post, among other projects.

"Hari'i Hamutuk," Tetun for build together, is a multilateral exercise designed to increase interoperability between U.S. Navy Seabees, U.S. Marine Corps combat engineers, Japan Ground Self Defense Force, Royal Australian engineers and engineers from the Timor-Leste Defense Force (F-FDTL).

"With Exercise Hari'i Hamutuk, we have improved the capabilities of our four militaries to work together to respond to humanitarian relief activities," said Karen Stanton, U.S.

ambassador to Timor-Leste. "This enhancement of our joint and combined capabilities will benefit Timor-Leste and the region. Through this exercise we have built the friendships and professional relationships that will enable us to respond together more quickly and effectively to emergency demands."

Engineers from the Fantil-Forças de Defesa de Timor Leste (F-FDTL) Combat Engineer Company, the U.S. Marine Corps 3rd Combat Assault Battalion, the Australian Combat Engineer Regiment, Japanese Ground Self Defense Force, and NMCB 3 all worked on the projects. A total of 99 personnel participated in the exercise.

Regardless of the different backgrounds, cultures, and languages, the units worked together to complete three major projects and various minor projects over the course of the 30-day exercise.

"We enjoyed working together with military members from different countries," said Builder 1st Class Perry McCombs. "We learned a lot from each other, especially the different traits and style of craftsmanship."

The teams completed a school house, an outside bathroom and storage facility, built wooden lectern, small storage warehouse, burn pit, repaired and resized a soccer field at Hera Naval Base, and built a protective security fence around The Hera Health Post grounds.

The new facilities will enhance the infrastructure of the Hera Naval Base, Metinaro Military Base and the Hera Community.

"I've never done anything like that before, it was a great experience. I would love to do it again," said Builder 3rd Class John Skoblicki.

Apart from Exercise Hari'i Hamutuk, Seabees from NMCB 3 are deployed to Timor-Leste to execute engineering civic assistance projects, conduct formal training with the host nation and perform community relations events to help enhance shared capabilities.

NMCB 3 is deployed throughout the Pacific performing critical construction projects in remote areas such as Timor-Leste, Cambodia and the Philippines. The teams are also conducting operations in Yokosuka, Sasebo, Fuji, and Okinawa, Japan; Chinhae, Republic of Korea and San Clemente, Calif.

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RACE ENGINES, DIRT BIKES, ATVs, 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 to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance |
|--|---|

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

Save the Date! 74th Annual Seabee Ball



March 5, 2016
IP Casino, Biloxi

Point of contact:
CMCS Houk,
228-871-2031

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



Seabee Courier



Central African Republic - Left to right, Builder 2nd Class Eric Limbert, Steelworker 3rd Class Joseph Benedict, and Construction Mechanic Constructionman Daniel Morrison, assigned to Naval Mobile Construction Battalion (NMCB) 1, build a tent deck in Obo, Central African Republic, Oct. 31. NMCB 1 is building the deck as part of ongoing improvements to increase the camp's capacity. (U.S. Navy photo by Utilitiesman 1st Class Roberto Pinto/Released)



NCBC Gate Hours over Thanksgiving

Pass and ID:
Nov. 26-27, **CLOSED**

Pass Road:
24 hours, 7 days a week

Broad Avenue:
Nov. 25-27, **CLOSED**

28th Street:
Nov. 25,
6 a.m. - noon, **OPEN**

Nov. 26-27,
CLOSED

Back in Time: Seabee History - Vietnam Era

Nov. 15

1967: Naval Mobile Construction Battalion (NMCB) 58's first advance party consisting of three officers and 62 men arrived at Camp Haskins, North, in preparation for NMCB 58's second deployment in the Republic of Vietnam (RVN).

Nov. 16

1945: 29th Special NCB inactivated at Guam.

Nov. 17

1969: Because of curtailment of DoD operating funds and completion of major construction tasks in Southeast Asia, seven Naval Mobile Construction Battalions were slated for retirement by the end of the year. The first four battalions disestablished were NMCB 9, NMCB 128, NMCB 6 and NMCB 58. In December 1969, NMCB 8, 11 and 53 were disestablished.

Nov. 18

1942: 38th NCB commissioned at Camp Allen, Norfolk, Va. 46th NCB formed at Camp Endicott, Davisville, R.I., 50th NCB commissioned at Camp Bradford, Norfolk, Va.

Nov. 19

1967: Firefighters from NMCB 9 and neighboring Marine units waged a successful day-long battle to contain a fire which threatened to destroy major exchange facilities at the Freedom

Hill Recreation Center near Da Nang, RVN. Despite the combined efforts of Marine and Seabee units, a post office, warehouse, and several small shops were lost. The task of cleaning debris from the twisted metal remains of two 40 x 200-foot buildings began

immediately as part of the effort essential to reconstruct the devastated facilities.

Nov. 20

Nov. 20-28, 1943: During World War II, the island campaign of the Central Pacific began. Tarawa, Makin and Apamama in the Gilbert

Islands fell between Nov. 20-28. The toughest objective was the fortress of Betio, main island of the Tarawa Atoll. A savage air and naval bombardment razed the above-ground defenses, but the well dug in Japanese defenders took a toll of nearly 1,000 American dead in one of the costliest island seizures of the Pacific War. D-Day plus 4 saw the first echelons of the 74th and 98th NCBs come ashore at Tarawa. The big problem was cleaning up ravaged Betio Island. As a base, it has been wrecked. Ruins, decaying food dumps, thousands of dead from both sides and chaos met the occupiers. The Seabees had to clear and grade virtually every square foot of the island, and put Tarawa's Japanese airstrip in use less than a day after landing. Keeping it in continuous operation, they resurfaced and lengthened the runway to 6,000 feet. In addition, they erected a fuel farm and housing facilities, and inventive Seabees used Japanese materials to rebuild Tarawa's principal dock.

Nov. 21

1965: NMCB 9 named its camp in honor of Steward 3rd Class Restituto P. Adenir, who was the first member of NMCB 9 killed in Vietnam (Oct. 28, 1965).



During their 1968-69 deployment, NMCB-58, Detail Hotel, deployed to the Mekong Delta Region of RVN near Moc Hoa and toward the Camodian border in an attempt to save the lives of River Patrol Boat sailors by clearing the riverbanks of the heavy jungle growth that provided ideal hiding places for Viet Cong snipers. Detail Hotel located over 200 booby-traps and cleared over 1 million square meters of land prior to the onset of monsoon season. SW3 J.S. Staff was killed and SW3 G.L. Thompson seriously wounded when they detonated a booby trap during this detail. (Photo courtesy of U.S. Navy Seabee Museum)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Power of Keeping Calm

The stump outside my house was the perfect place for chopping up earthworms. At least two feet in diameter, there was enough room across its ringed surface for me to sit and slice at the same time.

Despite what one might think, I was and am a non-violent person. But as a child, I believed that worm pieces regenerated. By cutting worms in half, I thought I was multiplying their population, thereby taking part in important zoological conservation work.

I had no idea I was actually committing mass murder.

My parents often scolded me when they found the holes I'd dug in our lawn to collect specimens. I may have even gotten a spanking. It was the 1970s after all.

So, one day when my father came home from work, and found me chopping a new batch of worms on the stump, he wanted to know where I'd dug up our lawn this time. Proudly, I told him that our grass was unharmed, because

I'd found my worms in the old lady's yard up the street!

He went inside the house, changed into his plaid polyester lounge pants and a belted sweater vest, then came back to the stump. With a lit pipe protruding from his bushy mustache, my father considered his options. Normally, he was loud and a little scary, but this time, he calmly announced, "Lisa, you're not supposed to dig holes in people's lawns without asking. We will go to the old lady's house, and you will tell her what you did."

My memory of our walk up the street is patchy. I recall feeling a nervous burning in the pit of my stomach, and tunnel vision that made the old lady's house seem a million miles away. Her porch stairs multiplied as I ascended them. My father waited on the sidewalk.

I don't even remember seeing the old lady that opened the door. But I will never forget the bone-crushing humiliation I felt while confessing my crime



to her.

I went on to make plenty of other bad choices in my youth, but I never dug up worms in anyone's yard again. The punishment I received was simple, quiet and highly effective.

In fact, looking back at mistakes I've made in my 49 years, the most vivid memories are of the quiet times when I was left to consider the gravity of my transgressions. When harshly accused, I recall the punishment, but can never quite remember what I'd done wrong in the first place. The heated emotions of intense moments seemed to drown out the underlying significance, leaving me feeling only sorry for myself.

One of the best lessons I learned as an adult happened when I was a new attorney. My client was one of a dozen defendants in a complicated products liability case. At the deposition of my client (my first deposition ever), I stood up and asked the roomful of older male attorneys if I could question my client first, rather than waiting until the other lawyers asked their questions, as was customary. I was confident that the facts would clear my client of liability, and I wanted to save everyone a lot of time. They all agreed.

The next day, my boss called me into his office. I had nothing but respect for this seasoned litigator whom I had come to know as my mentor. I sat across the desk from him with my legal pad and pen, jotting down a list of new tasks as he spoke.

"Oh, and one last item, Lisa," he said calmly. "About yesterday. You know, when the other side wants information, they need to work for it. Don't

make their job easier."

In that quiet moment, the clutter of my mind parted like the Red Sea, and I could clearly see my error: I had broken a cardinal rule of litigation procedure and felt an acute sense of shame. How could I be so stupid?

Much like the worm massacres of my youth, I certainly wouldn't make that mistake again while practicing law. The lesson was cemented in my mind permanently, never to be forgotten.

In today's world of angry rhetoric, violent attacks and knee-jerk reactions, sometimes it's the quiet voices that are best heard.

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

Energy Savings Tip



~ It is not necessary to preheat an oven for turkey or ham, which are long and slow cooking.

~ Check on cooking food by turning on the oven light; opening the oven door can lower the temperature by as much as 25 degrees.

~ Cook multiple dishes at the same time; just make sure there's enough room for the heat to circulate.

~ With an electric oven, turn off the heat a few minutes before food is fully cooked; the shut door will enable the residual heat to complete the cooking. This also applies to electric stove tops: heating elements remain hot even after they're switched off.

~ If using glass or ceramic pans, reduce heat by 25 degrees, the food will cook just as quickly.

Buzz on the Street

BUCN Elizabeth Mills
NCBC Public Affairs

“What is the best piece of advice someone has given you?”



“Do unto others as you want them to do unto you.”

MASA Leonardo Abarca
NCBC Gulfport
Hometown: Houston, Texas



“Keep working out while pregnant ... given to me by YN3 Shwakee.”

BU2(SCW) Susan Johnston
NCBC Gulfport
Hometown: Garden City, Kan.



“You can't finish what you never started.”

ET3 Matthew Kreinbihl
NCBC Gulfport
Hometown: Bell, Fla.

UNLIMITED EGGNOG

Enjoy Thanksgiving at Colmer Dining Facility
Nov. 26, 11 a.m. - 1 p.m.

MENU

FRENCH ONION SOUP	BUTTERED CORN
ROAST TURKEY	GIBLET GRAVY
GLAZED HAM	CRANBERRY SAUCE
MACARONI AND CHEESE	RAISIN SAUCE
GARLIC MASHED POTATOES	DINNER ROLLS
SWEET POTATO CASSEROLE	DEVILED POTATO SALAD
CORN BREAD DRESSING	SALAD
GREEN BEAN CASSEROLE	FRUIT BAR
BUTTERED CARROTS	ASSORTED PIES

Cost: \$9.05 for E5 and above and \$6.80 for E4 and below

Open to all with authorized access to NCBC Gulfport

Door Prizes! Dancing! Music! Great Food!

HOLIDAY PARTY

NCBC Holiday Party
Dec. 3, 6 - 11 p.m.
Lookout Steakhouse

For tickets contact:
NC1 Pringle and
YN1 Burke in Building
1; CS1 Moody at Colmer
Dining Facility and CS1
Darby at
Unaccompanied Housing

Ticket prices:
E4 & below: \$5
E5: \$10
E6 & above/Civilians: \$15

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Volunteer Your Time:

- ☺ To make a difference
- ☺ To use your free time in support of the causes you care about
- ☺ To learn more about programs & services
- ☺ To improve job skills
- ☺ To meet like-minded people

For more information about volunteer opportunities (on-base or in the community), contact Fleet & Family Support Center at
(228) 871-3000
Hours: Mon-Thurs 7 a.m. - 4:30 p.m. / Fri 7 a.m. - 3:30 p.m.

Seabee Courier

NCBC Helping Hands

GULFPORT SCHOOL DISTRICT MISSISSIPPI READING FAIR JUDGE

- A volunteer is needed to judge a district-level Reading Fair at Bayou View Elementary School Dec. 2 at 8 a.m. Judges will determine which projects in each category proceed to the next round of competition. To volunteer, contact patricia-cooper@gulfportschools.org.

WEST HARRISON HIGH SCHOOL PROCTORS - Volunteers are needed to serve as test proctors or hall monitors for West Harrison High School, Dec. 3, 4, 8, 9, 10 and 11, from 7:15 a.m. – 3 p.m. Volunteers do not have to work all of the days, but they are expected to stay until testing is complete the day they are volunteering. Hall monitors will maintain a quiet atmosphere in the testing halls. No cell phones are allowed in testing areas. To volunteer, please contact Cynthia Levins, 228-539-8900 or CLevins@harrison.k12.ms.us. West Harrison High School is located at 10399 County Farm Road, Gulfport.

WREATH LAYING - BILOXI NATIONAL CEMETERY - Crusaders for Veterans needs volunteers to help them place more than 7,000 wreaths at grave sites at the Biloxi National Cemetery Dec. 5 at 11 a.m. To volunteer, please contact Kevin Cuttill, 217-201-1330.

GULFPORT HARBOR LIGHTS WINTER FESTIVAL - Volunteers are needed to help the city of Gulfport with their winter festival at Barksdale Pavilion in Jones Park Dec. 10, 11, 17, 18 and 19 between 4 and 9 p.m., with a variety of duties including assisting at the Santa station, cookie decorating, kids workshop, photo booths, train, carousel and horse carriage rides. Please contact Katie King at kking@gulfport-ms.gov or Brittany Dyess at bdyess@gulfport-ms.gov or 228-868-5881 if you are interested in volunteering.

ST VINCENT DE PAUL SOCIETY - Volunteers are needed to load donated groceries into vehicles at the St Vincent de Paul Society D'Iberville office at 10046 Lemoyne Blvd., on Tuesdays, between 5 and 5:30 p.m. To volunteer, call Sandra Babuchna, 228-392-2113.

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.

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.

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.

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.

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.

2015 Angel Tree Program

Sign up today for the 2015 Angel Tree Program at the Seabee Memorial Chapel.

E-6 and below are eligible. Active Duty only
Sign up deadline is Nov. 30

Call 228-871-2454 for more information



NCBC Public Affairs
228-871-3664



Stay in Touch
with NCBC Gulfport

Inside the Gate:

tinyURL.com/NCBCITG

Seabee Courier:

tinyURL.com/CBCourier

Facebook:

NCBCGulfport

Twitter:

@SeabeeCenter

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School
10:30 a.m. - Protestant Service
11 a.m. - Children's Church

Wednesday

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)
11:30 a.m. - Men's Bible Study
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

9 a.m. - Mass
10 a.m. - CCD Class

Monday, Tuesday & Friday

11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour
6 p.m. - Mass
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at gulfportchapel.fct@navy.mil or by phone at 228-871-2454.

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

MWR
NOV 20-26

Regular movie showings Thursday- Sunday of every week!
 Showing this weekend: Bridge of Spies; The Last Witch Hunter;
 Paranormal Activity: The Ghost Dimension; Goosebumps;
 Love the Coopers; The Martian
 For more information, call the 24-hour
 Movie Hotline at 228-871-3299 for show times.



MWR MICHAEL B. JORDAN SYLVESTER STALLONE
SEABEE CINEMA

CREED

YOUR LEGACY IS MORE THAN A NAME
SNEAK PREVIEW
 Saturday, Nov. 21st
 7 pm
 Seabee Cinema
 Questions? Call 228-871-2538
 1 Ticket Per Person Present

FREE
 Pick up tickets after 3 pm
 Doors open at 5:30 pm

November Lunch Special at The Grill

The **GOBBLER**

Comes with your choice of fries or side salad
\$5.75/ half
 OR
\$8.75/ whole

Available for a limited time
 Have yours delivered from 11-1!
 228-871-2494

Traditional Turkey Dinner Begins at 5 p.m.
 Call 228-871-4684 for details

FREE!
 Thursday, November 26th

Celebrate Thanksgiving Day

At the Liberty Center

Open to authorized Liberty patrons
 Paid sponsors. No Navy or federal endorsement implied.

MWR Program Telephone Numbers

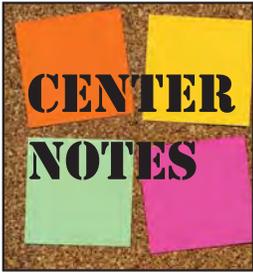
Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

NAVY FITNESS
 STAY HEALTHY. STAY FIT. STAY NAVY

All Month – Yoga, PIYO, Functional Fitness, Zumba and NOFFS workouts available
 11/20 – Turkey Trot 5K 6:45 a.m.
 11/21 – Turkey Shootout Racquetball Tournament 9 a.m.
 Call the Fitness Center at 228-871-2668 for more information

November 19, 2015

Seabee Courier



SUPPORT

NMCB 1 Family Readiness Group (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.

NMCB 11 FRG invites 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.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide 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 noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tarikah.miller@navy.mil for info.

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 now VFW Auxiliary - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Feters, President at 228-832-4893 or email cfeters@cableone.net 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 second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for 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 happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, 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. Contact them at www.seabeesmuseumstore.org or call the gift store at 228-871-4779.

Black Friday sales set for NCBC Commissary

By Sallie Cauthers
DeCA Marketing

Vendors in stateside commissaries will offer expanded discounts on 120 name-brand products during DeCA's first ever Black Friday sales Nov. 27-29. Commissaries in Alaska and Hawaii are also participating but with fewer items.

These sales will be in addition to savings on current sales packages, said Tracie Russ, the Defense Commissary Agency's director of sales.

"There will be free giveaways and high-value coupons available throughout the stores bringing prices down to levels we haven't seen in years," Russ said.

Some of the items expected to be discounted under the "Black Friday" tag include certain health and beauty products, coffee, tea, candy, nuts, juices, pet food, noodles, lunch meat, mayonnaise, energy drinks and paper products. For more information, go to the "Sales & Events" page on www.commissaries.com for a list of stateside locations for this three-day sale. Also look for the Black Friday banners that are located outside of local commissaries.

The NCBC Gulfport store will open Nov. 23, the Monday before Thanksgiving, and Nov. 27 for Black Friday.

For information on sales, programs and events at

commissaries world-wide visit: <https://www.commissaries.com/>

NCBC Commissary

Open Monday
Nov. 23 for
Thanksgiving
Shopping
Convenience

Black Friday Sales
Nov. 27 - 29!





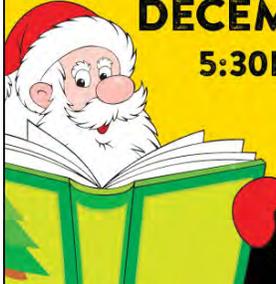
**ACTIVE DUTY, RESERVISTS,
GUARD MEMBERS &
THEIR DEPENDENTS**

USO GULF COAST PRESENTS

Storytime With Santa

DECEMBER 12TH

5:30PM-7PM



DICKEY'S
BARBECUE PIT

**FREE PICTURES WITH
SANTA AND OTHER GIVEAWAYS!
GULFPORT DICKEY'S**

USO Gulf Coast presents Storytime with Santa - 5:30 - 7 p.m., Saturday, Dec. 12 at Dickey's in Gulfport. FREE pictures with Santa and other giveaways. FREE for Active Duty Military, Reservists, Guard Members and their Dependents. Space is limited so RSVP by contacting usogulfcoast@uso.org. In the email, please include how many children will be in attendance and their names as well as which time slot you'll be attending, either the 5:30 p.m. or 6:15 p.m.

Brown and Bainbridge intersection changing

Brown Avenue and Bainbridge Avenue All Way Stop Reconfiguration

Reconfigure Brown Avenue & Bainbridge Avenue as an All Way Intersection



November 19, 2015

Seabee Courier

Over the Thanksgiving Holiday, Public Works will begin reconfiguring the intersection at Bainbridge Avenue and Brown Avenue to make the intersection safer for pedestrians and vehicles. Beginning Nov. 25, the inter-

section will become a 3-way stop. Flashing stop signs and warning signs will be in place for several weeks to alert motorists to the change. For more information, contact Public Works at 228-871-4270.