

SEABEE COURIER

www.cnbc.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

January 14, 2016

CNO VISITS MISSISSIPPI GULF COAST



Chief of Naval Operations (CNO) Adm. John Richardson visited several areas on board Naval Construction Battalion Center (NCBC), Gulfport, during his visit Jan. 8. Capt. Cheryl Hansen, NCBC commanding officer, along with several tenant commanding officers gave the CNO and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens a brief overview of the installation and its mission. CNO and MCPON took time to speak with dozens of Sailors across the base. Their trip also included stops at Naval Air Station Pensacola, Fla., and Stennis Space Center, Miss. (U.S. Navy photos/Released)

Search Naval Construction Battalion Center Gulfport on Facebook for more photos

Center Events

Special Meal in honor of Dr. Martin Luther King, Jr.



Jan. 14, 11 a.m. - 12:30 p.m.
Colmer Dining Facility
Price: \$5.55

- | | | |
|---------------------|-----------------|------------------|
| Featuring: | Corn On The Cob | Salad Bar |
| BBQ Ribs | Southern Style | Desserts: |
| Fried Catfish | Greens | Pecan Pie |
| Smoked Sausage | Green Beans | Sweet Potato Pie |
| Macaroni and Cheese | Corn Bread | White Cake |
| Baked Beans | Cole Slaw | Ice Cream Bar |

Open to all personnel with authorized base access

NCBC Active Shooter exercise advisory

From NCBC Public Affairs

There will be an active shooter exercise on board Naval Construction Battalion Center (NCBC) Gulfport beginning at 8 a.m., Jan. 15. All personnel on base will be required to shelter in place upon notification. Drivers should expect delays entering and exiting the installation. Everyone is advised to avoid the area around the Fleet and Family Support Center, building 30, until the

completion of the exercise.

There will be multiple ways to garner information pertaining to events; visit the NCBC Facebook and Twitter pages, sign up for AtHoc messages at www.Cnbc.navy.mil/gulfport, listen for Giant Voice notices or monitor emails from NCBC PAO.

This exercise is not in response to any specific threat in the area; however, it will help the base prepare for Exercise Solid Curtain/Citadel Shield.

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

BUCN Samantha Opyoke

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeeCourier@navy.mil.

Captains Call Q & A

Questions from the last captain's call will be answered in this edition and upcoming editions of the Seabee eCourier.

Question: How can I gain access to information about the base (i.e. eCourier and Inside the Gate publications) if I don't have a computer?

Answer: For those base work areas without routine computer access, supervisors should print copies and post in a common area for use by employees. All public affairs products are available via computer and smart phone. The Chapel, FFSC, Clinic, Navy Marine Corps Relief Society, Balfour Beatty Community Housing and all battalions have Facebook pages which contain a plethora of information about the base. The Seabee Courier and Inside the Gate are published online and are accessible on the base Website. These products are also sent out via email to the base populace and

subscribers. A multitude of information is posted on the base Facebook and Twitter sites, as well as the MWR Facebook site. There are also computers available for use at the Fleet and Family Support Center (FFSC) and at MWR's Information, Ticket and Tours.

Question: Could MWR include a Mom's/Baby Carriage course for the annual mud-run?

Answer: Mom's with running strollers/carriages can still participate in the mud run. They just cannot participate with the strollers on the obstacles/mud pits due to safety concerns. MWR is planning to hold additional fun runs in which families can participate such as the Zombie run that was held in October and a color run in early 2016.



**VITA TAX CENTER OPENS
JAN. 25
BUILDING 60 116Z
(Rear of Building, First Floor)**

Walk-ins: Monday-Thursday
Appointments: Monday-Saturday
Call: 228-871-2301

HOURS OF OPERATION:
Monday, Wednesday and Friday
8 a.m. – 5 p.m.
Tuesday and Thursday
8:30 a.m. – 6 p.m.
Saturdays (by appointment only)
8:30 a.m. - noon

Please bring last year's tax return, W2(s), proof of insurance and tax forms (ex. 1099)

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

Legal Note:

Mississippi Vehicle Tax Exemption

Applying for Mississippi vehicle tax exemption? To be eligible, you must have a valid active duty military ID, be stationed in Mississippi, not be a legal resident of Mississippi (and show your LES verifying which state taxes you pay), and the vehicle must be registered in the military member's exact name (not the spouse only). Questions? Call Legal Assistance at 228-871-2626.

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.

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

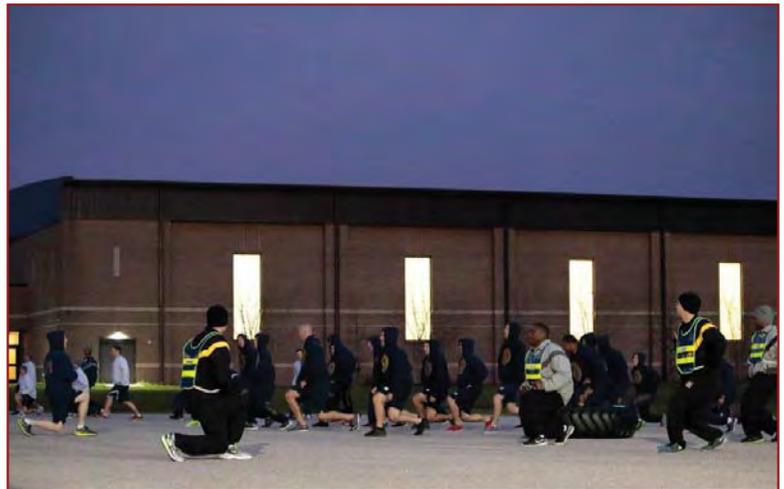
Call FFSC at (228) 871-3000



Molly Devonis, Navy Marine Corps Relief Society (NMCRS) Thrift Shop lead, works alone sorting through donated items on board NCBC Gulfport, Jan. 6. The Thrift Shop is in desperate need of volunteers from 9 a.m. to 1 p.m. Tuesdays, Wednesdays and Fridays. Free childcare is provided for volunteers. To volunteer, call the Thrift Store at 228-871-2070 or NMCRS at 228-871-2610. (U.S. Navy photo by Rob Mims/Released)



Naval Mobile Construction Battalion (NMCB) 11 personnel conduct an entry control point (ECP) drill during their command post exercise (CPX) on board NCBC Gulfport, Jan. 12. The battalion must complete a certain number of CPXs before they begin their field exercise in February. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Naval Construction Training Center (NCTC) Gulfport Navy, Army and Air Force service members warm up with calisthenics before heading out to play ultimate football on board NCBC Gulfport, Jan. 7. NCTC has been a multi-service training site since 1995, when an initiative called Interservice Training Review Organization (ITRO) was introduced to reduce costs by consolidating similar training in the Armed Forces. (U.S. Navy photo/Released)

January 14, 2016

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.

Register to Vote

If you want to register to vote, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant (fvap.gov/military-voter/registration-ballots),

or fill out the PDF (fvap.gov/uploads/FVAP/Forms/fpca2013.pdf), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.



Seabee Courier

Buzz on the Street

By Rob Mims
NCBC Public Affairs
Officer

"What type of food establishment would you like to see on board NCBC?"

"I would like to see Newks come on base."



Lt. Cmdr. Josh Perry
Naval Construction Group
TWO



"I would like to see a Zaxby's put on base because the closest one we have is in Mobile."

**Master at Arms
1st Class
Timothy Harrison**
NCBC Security

"I would like to see a taco place/Mexican food."



**Steelworker 3rd Class
Steven Vinson**
Naval Mobile Construction Battalion Eleven

NCHB ONE Seabee to return to the South Pole for the 5th time

By U.S. Navy Live

Sailors assigned to Navy Cargo Handling Battalion ONE (NCHB 1) are preparing to deploy to Antarctica in support of the U.S. Antarctic Program (USAP), the nation's research program on the southernmost continent, which is managed by the National Science Foundation (NSF).

One of those Sailors deploying soon is Chief Equipment Operator (EXW/SCW) Samuel Acosta, Ship Supervisor, who hails from Brooklyn, New York. He is returning to the southernmost continent for a fifth time and is bringing his Seabee "Can-do attitude" with him and describes his upcoming deployment in his own words.

"I have seven years of cargo handling experience and look forward to applying that knowledge again when we return to Antarctica. During my deployment I will serve as a ship supervisor which requires me to manage more than 50 Sailors responsible for offloading supplies to be used by scientists and support personnel.

The team deploying to Antarctica will work around the clock for nearly a month in below freezing temperatures to transport more than 1,000 containers on and off of the ship. Bringing senior level experience provides that quality mentorship to push forward when operating in a cold weather operating area.

NCHB 1 deploys to NSF's



EOC(EXW/SCW) Samuel Acosta

McMurdo Station, where less than one percent of the world's population has ever visited, as part of Operation Deep Freeze the military's logistical support component of the USAP.

The experience I have learned in the Seabee construction force over the past 17 years has been easily applied to the cargo handling trade. The last time I was stationed at NCHB 1, I worked all the way from a stevedore to ship's supervisor where I gained a lot of experience handling cargo from containers to vehicles.

During my limited off time in Antarctica I plan on visiting some of the historic sites at McMurdo Station, such as Scott's Discovery Hut ("Scott's Hut") which was built in January 1902 and later used by famed explorer Ernest Shackleton in 1909.

To see some of the original stuff on display really takes you back in time such as seeing remnants of a Chiefs Mess from when McMurdo Station was an active U.S. naval base is inspirational. It's

really amazing to share in that history."

McMurdo Station, the main U.S. station in Antarctica, is a coastal station at the southern tip of Ross Island and is the primary logistics facility for supply of inland stations and remote field camps, and is also the waste management center for much of the USAP.

As the USAP manager, NSF has a Presidential mandate to manage three year-round research stations in Antarctica. McMurdo is the largest of the three stations and the globe's southernmost seaport.

NAVELSG, a component of NECC, is a Navy Reserve command organized and staffed to provide a wide range of supply and transportation support critical for peacetime support, crisis response, humanitarian and combat service missions. NAVELSG consists of a full-time, selective reserve support staff and five Navy Expeditionary Logistics Regiments and 11 Cargo Handling Battalions.

NEX Mini Mart Gas Pump Closure

Due to maintenance issues, the Mini Mart gas pumps are being serviced and are closed until further notice. We are sorry for the inconvenience this may cause our customers.

NCBC Commissary January operating schedule

Due to Martin Luther King, Jr. Day holiday, the NCBC Commissary will be closed Monday and Tuesday, Jan. 18 -19. For additional information call 228-871-2039 or check the store website at <https://www.commissaries.com>.



cric.
CNO RAPID INNOVATION CELL

Have a radical idea to solve a Naval problem?
Join the CRIC
CNO Rapid Innovation Cell!

Visit us on Facebook to find out more:
www.facebook.com/NavyCRIC/
Applications due by 31 JAN 2016.

Seabees around the World



Utilitiesman 1st Class Roberto Pinto, left, and Builder 2nd Class Keith Hamblin, assigned to Naval Mobile Construction Battalion (NMCB) 1, fortify a structure in Nzara, South Sudan, Dec. 29. (U.S. Navy photo by Construction Electrician Constructionman Daniel Morrison/Released)



Builder Constructionman Apprentice Samantha Besler, assigned to Naval Mobile Construction Battalion (NMCB) 1, removes existing roof membrane during a roof renovation at the National Museum of the Republic of Marshall Islands in Majuro, Republic of Marshall Islands, Jan. 7. NMCB 1 is conducting community relations with the locals by performing minor renovations to the National Museum and providing humanitarian aid to the Republic of Marshall Islands. (U.S. Navy photo by Hospitalman 2nd Class Isaac P. Cajinas/Released)



Lt.j.g. Collin T. Sturdivant assigned to Naval Mobile Construction Battalion (NMCB) 3, pulls his teammate up to reach the top of a wall obstacle during a six-hour endurance course at the Marine Corps Jungle Warfare Training Center (JWTC), Okinawa, Japan, Jan. 12. The JWTC endurance course tests the Seabees' will, stamina and the ability to work together as a team. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Gomez/Released)



Construction Electrician 2nd Class Nolan Long, and Utilitiesman 1st Class Kenna Runyon, both assigned to Naval Mobile Construction Battalion (NMCB) 1, replace C-wire with hedge hogs and tie them together with towing cable to be used as soft anchors at an entry control point in Garoua, Cameroon, Dec. 24. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Lt. j.g. Jason McGee/Released)



Equipment Operator 2nd Class Robert Lasick, assigned to Naval Mobile Construction Battalion (NMCB) 3, operates a bulldozer to remove rocks from the quarry floor to create a level working surface, Dec. 27. NMCB 3 is homeported in Port Hueneme, Calif., and is currently deployed to Okinawa, Japan. (U.S. Navy photo by Equipment Operator 3rd Class Austin Wickham/Released)

NMCB 11 takes to the road for CSE training

By CM2 Brittney Ebbert
 NMCB 11 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 11, departed from Naval Construction Battalion Center, Gulfport to conduct Convoy Security Element (CSE) training in December.

The training, a prerequisite for the unit's readiness and deployment, reinforced CSE's combat mind-set and tactical proficiency.

A team of 44 Seabees trained for 22 days at Camp Shelby near Hattiesburg, Miss. The training covered a wide range of scenarios and was designed to test the team's response under various levels of stress.

Tactical movements through urban environments, breaching of buildings, locating Improvised Explosive Devices (IED) indicators name a few. The CSE team also had the opportunity to sharpen their skills in tactical marksmanship and sending reports.

"This is actually very strenuous training," said Lt. Cmdr. Kenneth Sowell, operations officer of NMCB 11. "The most rigorous in their homeport training pipeline."

Care for Distinguished Visitors is a real scenario encountered by the CSE team. This was covered in the training's pipeline. Their safety is crucial and communication both internal and external becomes difficult at elevated levels of stress. Understanding that reality the instructors worked hard to replicate likely scenarios the team would experience during their operations.

"We have been given an incredible



Naval Mobile Construction Battalion (NMCB) 11's Convoy Security Element (CSE) prepares for convoy through a simulated urban environment. (U.S. Navy photo/Released)

skillset, and have certainly come a long way. This training helped us evolve as a team," said Lt. j.g. Michael Scaplehorn, officer in charge.

Litter teams were heavily involved in the training evolution. While "self-aid" and "buddy-aid," are the initial response in a combat situation, the litter teams are the field ambulatory responders.

"There was a ton of great training in regards to aid and litter teams," said Hospital Corpsman 2nd Class Brandon Grant.

Communication is very important to in the effective execution of any mission, CSE operations is no different.

"I have realized the importance of communications throughout the team and especially during convoy



Members of Naval Mobile Construction Battalion (NMCB) 11's Convoy Security Element (CSE) are briefed prior to step-off of their training, Dec. 7. The battalion trained for 22 days at Camp Shelby, Miss. (U.S. Navy photo/Released)

operations, probably the best on the job training I could have received coming into battalion," added Information System technician Seaman Jeffery Dumag.

Throughout the various stages of training that idea was constantly reinforced and eventually led to the team's successful completion of the course.

January 14, 2016

Nothing but net in Dakar



Construction Electrician Constructionman Tyler Christiansen, left, and Construction Electrician 2nd Class Steven Shaffer, assigned to Naval Mobile Construction Battalion 1, separate nets for embark on Marine National in Dakar, Senegal, Jan. 5. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Builder 3rd Class Bryan Rodriguez/Released)



NCBC Gate Hours

Pass Road:

24 hours, 7 days a week

Broad Avenue:

Monday-Friday,
 6 to 8:30 a.m. only
 Closed Saturday/Sunday
 and Holidays

28th Street:

Monday-Friday,
 6 a.m. to 3 p.m., In-
 bound and 6 a.m. to
 6 p.m., Outbound
 Closed Saturday/Sunday
 and Holidays

Seabee Courier

NMCB 27 is accomplishing the global mission



Builder 3rd Class Andrew Lentine, left, and Builder 2nd Class Jennifer Kennedy, assigned to Naval Mobile Construction Battalion (NMCB) 27, construct form work during a runway apron expansion project in Chebelley, Djibouti, Dec. 17. (U.S. Navy photo by Mass Communication Specialist 1st Class Brannon Deugan/Released)



Construction Electrician 2nd Class Thomas Oliveira, left, and Steelworker 1st Class Ronald Post, assigned to Naval Mobile Construction Battalion 27, measure the placement of joists in a tent deck project on Camp Tassone in N'Djamena, Chad, Dec. 19. (U.S. Navy photo by Builder 2nd Class Phillip Grindstaff/Released)

Back in Time: Seabee History

Jan. 10

1942: The first man received at Quonset Point, Rhode Island for the newly formed construction force was Shipfitter 1st Class Robert Thomas Adams, USNR, from Newport, Rhode Island. He arrived on Jan. 10, 1942. Adams was not the first man enlisted, but because of the alphabetical sequence of his name, he appears in the original construction battalion books as the first Seabee.

1967: Seabee Team 0510 deployed to the Republic of Vietnam (RVN).

Jan. 11

1967: Five Naval Mobile Construction Battalion (NMCB) 8 personnel were wounded in an enemy mining incident approximately 12 miles south of Chu Lai, RVN on a road leading from Route 1 to the 2/7 Marines Echo Company area. The vehicle involved was well sand-bagged and as a result, the personnel injuries were relatively slight. The two men in the cab of the vehicle were air evacuated to the First Medical Battalion.

Jan. 12

1968: Steelworker (Fabricator) 3rd Class J.R. Couch, USN, drowned while swimming near Red Beach, Da Nang Bay, RVN. His body was recovered on Jan. 16 by a U.S. Marine Combined Action Platoon near Nam O Point.

Jan. 13

1968: Equipment Operator (Construction Equipment) 3rd Class Daniel E. Houle, and Equipment Operator (Hauling) 3rd Class Rodney L. Taylor, were wounded by shrapnel from a booby-trapped sand bag while working on Route No. 1, RVN.

Jan. 14

1944: The world premiere of The Fighting Sea-

bees was held simultaneously at seven Seabee camps across the country.

Jan. 15

1960: Men and equipment from the NCBC, Port Hueneme, California, began work on Operation Packdown. In this operation, Seabees turned a 125-acre snow-covered meadow at Squaw Valley, California into a parking lot for the Winter Olympics. Since snowfall in the High Sierras, where Squaw Valley is located,

can bury a car overnight, the compaction of the snow in the meadow was no small job. However, the parking lot was completed early in February and could accommodate between 10,000 and 12,000 of the cars that arrived daily between February 18-28 for the Winter Games.

Jan. 16

1968: Main body of NMCB 53 departed Davisville, Rhode Island for Da Nang, RVN.



Seabees repairing the runway at Marble Mountain after an attack on the facility on the night of July 23, 1966, Da Nang, Vietnam. (Photo courtesy of U.S. Navy Seabee Museum)

Focus on Education

Education Notes

CFS

CFS (Command Financial Specialist) Training and Refresher Course for E6 and above, will be presented from 8 a.m. - 4 p.m., Jan. 19 -22 at Fleet and Family Support Center (Building 30). Please call FFSC at 228-871-3000 for additional information or to register.

SafeTALK

SafeTALK - A workshop that prepares participants to identify people with thoughts of suicide and connect them with life-saving first aid resources will be offered at Seabee Memorial Chapel from 8 a.m. - 11:30 p.m., Jan. 20. For more information, call 228-871-3504 or 228-871-2454.

Ten Steps to a Federal Job

Ten Steps to a Federal Job will be held from 8 a.m. - Noon, Feb. 22 at Fleet and Family Support Center (Building 30). Please call FFSC at 228-871-3000 for additional information or to register.

Career Fair

Jan. 28, 10 a.m. - 1 p.m.
Fleet and Family Support Center
(Building 30)

Employers are currently hiring,
so bring a resume and come
prepared to interview.

Spouses welcome!



For more information:
228-871-3000

Naval War College seeks papers on Women, Peace, Security

By Daniel S. Marciniak
U.S. Naval War College
Public Affairs

U.S. Naval War College (NWC) is issuing a 'call for papers' in preparation of its fourth annual Women, Peace and Security (WPS) Conference to be held at the college, May 17.

In an effort to gather theoretical and practical ideas from a wider audience not normally represented in a limited conference format, the conference series chair is soliciting papers from academics, researchers, military personnel, non-governmental organizations and individuals who have an interest or experience in issues pertaining to WPS.

"Conferences have limited room for participants," said Mary Raum, NWC professor and chair of the WPS Conference series. "To have available, online and in the networked world, some quality thoughts on components of WPS from

thinkers and practitioners who have a direct tie to the subjects being discussed is an invaluable resource.

"This call for papers will allow for a broader reach in exchanging ideas and enable us to network on a global scale - a first step for formalizing the sharing of ideas allied with conference precepts."

Since the inception of the U.S. National Action Plan on WPS in 2011, NWC has been at the forefront of exploration into national and international issues involving WPS, working toward the goal of empowering women in conflict prevention and peace.

In support of the conference theme, "Critical themes in global security," interested parties can contribute to this goal by submitting a paper on one of the following subjects:

- Cyber
- Food security and agriculture
- Religion

- Department of Defense components of WPS

Papers that focus on WPS issues in Africa, Southern Hemisphere, and Asia-Pacific regions are of particular interest.

"Being a contributor to this call for papers will allow for an additional avenue of exchange between theorists and practitioners in academia, military and non-governmental organizations," said Raum. "These ideas are important for better operationalizing WPS components in the most meaningful way possible."

Proposals must be submitted by Feb. 28.

Selected papers will be published and accessible via the NWC website at <http://www.usnwc.edu>.

Submission guidelines can be found at <http://www.usnwc.edu/wps2016-callforpapers>.

For more news from Naval War College, visit www.navy.mil/local/nwc/.

NCBC Gulfport School Liaison Officer
Kevin Byrd

MWR building #352, 1706 Bainbridge Ave.
kevin.r.byrd@navy.mil or 228-871-2117

Valentine's Day "Shout-Out" for ALL Sailors

For the upcoming Valentine's Day holiday, NAVCO is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for ALL Sailors to their families.

Deadline: Feb. 5, 8 a.m. EST

Instructions:

Call 1-855-OUR-NAVY (1-855-687-6289)

Wait for 3-5 second pause after voice directions and record message, after beep, using the template script below.

Once you hang-up, the audio file

will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailors' hometown.

Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command your shout-out will be unusable.

Script:

HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP), OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AOR).

I WANT TO WISH MY (SIGNIFICANT OTHER, FAMILY, MOM AND DAD) AND EVERYONE IN MY HOMETOWN OF (HOMETOWN) HAPPY VALENTINE'S DAY! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!

Example:

HI, I'M NAVY PETTY OFFICER JOEL SMITH FROM LOUISVILLE, KENTUCKY, CURRENTLY SERVING ABOARD THE GUIDED-MISSILE DESTROYER USS ROSS, DEPLOYED TO THE MEDITERRANEAN SEA. I WANT TO WISH MY WIFE, SARAH, MY DAUGHTER, JILL, AND EVERY-

ONE BACK IN LOUISVILLE A HAPPY VALENTINE'S DAY! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The boy is back in town

There is a room in our creaky old base house that we try to avoid. It's a dangerous hazard, a treacherous obstacle, a toxic wasteland. Those who enter are well-advised to wear eye protection, use a gas mask, and wield a knife, just in case.

You see, buried deep in debris and dirty gym socks lies the creature who is responsible for turning that room into a veritable landfill: our 20-year-old son, Hayden, who has been home from college for three weeks.

Every time Hayden goes back to college, it takes a month to turn his bedroom into an acceptable guest room. It's not just a matter of cleaning - more like the disaster restoration services that are performed after fires, floods, or lethal mold infestations.

The room stays clean until Hayden comes home from college on break, and the cycle repeats itself all over again.

Now, although I provided my son with clean sheets, the mattress is, once again, bare of linens, which were presumably thrown off in the

middle of the night and lay crumpled in a dusty corner. The bed is instead strewn with gum wrappers, cords, empty soda cans, and wrinkled clothing. The floor is covered with piles of neglected books, empty boxes, tangled electronics, crusty dishes, and stiffened gym clothes. Every flat surface holds teetering stacks of college boy castoffs, all coated in an unhealthy sprinkling of dust and toenail clippings.

Interestingly, none of this seems to interfere with our son's daily routine while home on break. He is perfectly happy to wake up at noon on his litter-strewn mattress, wearing the same pizza sauce stained t-shirt he had on yesterday, and stumble like a zombie with crazed hair down to the kitchen for his daily roast beef sandwich, which he likes to consume on the couch while watching old episodes of "Judge Judy" and wiping his hands on the upholstery.

After a sufficient number of crumbs have been deposited on the carpet, Hayden finds his way back to his bedroom,



somehow negotiating the familiar piles of debris without so much as a scratch, to spend a few hours on one of several electronic devices before getting serious about his day.

Sometime in the mid afternoon, he emerges once again from his personal cesspool, ready to face the day, or what's left of it, with vim and vigor. He has not shaved, combed his hair, or changed his clothes, but he does manage to grab his coat (which doubles as a blanket while his bedding is in that forgotten corner) and his shoes (both of which remain untied.)

He spends the rest of his day walking the dog, going to the gym, and visiting friends. I wonder

if Hayden's buddies are alarmed by his disheveled state, but I realize that young men his age are too caught up in youthful exuberance to care.

He returns home in time for dinner, during which he consumes his meal in a manner normally associated with rabid wolverines. To his credit, Hayden courteously drops his fork and plate into the dishwasher before retiring to his putrid quarters for the night. We remind him to take a shower, which he always does, even if that occurs at 1:00 am, after various phone calls to friends, old movies, and rounds of Pokemon Super Mystery Dungeon.

We'll take him back to college next week, after which I will excavate, fumigate and disinfect his room so guests can sleep there without breaking an ankle, contracting a fungal infection, being strangled by electrical cords, or catching Legionnaire's Disease.

Why do we enable our son to live in such a primitive and unsanitary way when he's home from college? Shouldn't

we, a military family, require him to wake with morning revelry, and spend his day with productive, ship-shape pursuits?

Perhaps. But seeing as Hayden tackles Differential Equations, Algorithms, and Software Design while at school; we figure he deserves a break. Besides, someday when our kids are through with college and on their own, our house will be perpetually clean and ready for guests - with hospital corners, gleaming surfaces, and Febreze freshness.

And then, we'll long for the days when our home was dirtier, because that was when it was when it was their home too.

*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](https://twitter.com/MolinariWrites)."*

January 14, 2016

Energy \$avings Tip

Retaining heat and comfort:

Cover all bare floors, but take care not to block air vents. Carpeting or rugs add to comfort and heat retention, especially if there is little or no floor insulation.



Save the Date! 74th Annual Seabee Ball - March 5, IP Casino, Biloxi Point of contact: CMCS Houk, 228-871-2031

'BEE INFORMED
DOWNLOAD SEABEE MOBILE 3.0



Seabee Courier

NCBC Helping Hands

ST. MARTIN EAST ELEMENTARY - St. Martin East Elementary, 7508 Rose Farm Road, Ocean Springs is asking for volunteers to assist with an outdoor deck project on the school campus. Help is needed with engineering/design work, drawings, advice on construction and skilled labor. Point of contact is Principal Whitehead, 228-875-3204.

TNT RANCH RECOVERY HOME - Volunteers are needed to help build a new residential treatment facility on the TNT Ranch property at 11373 Allen Road in Gulfport. The foundation has already been completed and labor help is needed to assist the contractor with framing and drywall. Information about the Ranch can be found on Facebook by searching "XX TNT RANCH XX". Point of contact is Tony Stapleton, 228-669-7859.

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 - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

FEED MY SHEEP - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. Point of contact to volunteer is Christina Lipke, 228-731-4883.

Call for Artists ... Design the theme and/or logo for the 75th Anniversary of the Seabees. Show us your "CAN DO" spirit and your submission could be used as the Official logo and/or theme for the year-long celebration in 2017! This is your opportunity to be part of the Seabee legacy. Send entries for consideration to seabee75thanniversary@gmail.com by Jan. 31, 2016. Download submission information and view official rules at <http://navfac.navy.mil/seabee75thanniversary>.

A Safety Note from NCBC Fire and Emergency Services

In accordance with base fire regulations, coffee makers with automatic timers and other automatic timing devices shall not be used on board this installation. Coffee makers are subject to inspection and shall not be placed on top of microwaves, filing cabinets, desks, or other work locations at any time. Coffee makers shall be disconnected from outlets when not in use. Adequate and safe clearances shall be maintained between all such electrical devices and combustible materials.

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

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

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

JAN 15-21



HAVEN'T SEEN IT YET OR
WANT TO SEE IT AGAIN

STAR THE FORCE AWAKENS WARS

COMING JANUARY 15th

JANUARY 15 - 6 P.M. 3D

JANUARY 16 - 5 P.M.

JANUARY 17 - 2 P.M.



24-Hour Movie Hotline
228-871-3299



MWR January Outdoor Recreation Special



ONLY
\$38!*

Camping Rental Package

- 1 - Two bedroom tent
- 2 - Fishing poles (tackle not included)
- 1 - 60 quart cooler with ice
- 6 - Sleeping bags
- 2 - Lanterns (batteries not included)
- 1 - Table Top Camping Grill (fuel not included)



Reservations required. For more information and to make reservations contact the Community Recreation Outdoor Rental Center at 228-871-2127.

Men & Women Basketball Challenge

11:30 a.m. - 12:30 p.m.
January 22nd

Free for All Hands

Play HORSE, Knockout & 2!

Sign up at the Fitness Center

Call for details 228-871-2668

General Maintenance Classes

Learn to do-it-yourself and save money!

FREE

By Appointment Call 228-871-2804 to schedule

At the Auto Skills Center Bldg 397

Open to All Hands

MWR January Special at The Grill

Bacon cheeseburger topped with fresh cole slaw & fried pickles

Taste of Summer Burger

\$6.50

Served with side of potato chips & fountain soda

Call 228-871-2494 to order!

NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

- 1/16 - 9 a.m., Southern Alabama Paintball, \$22
- 1/16 - TBA, NFL on the Big Screen Playoffs: Wildcard
- 1/17 - TBA, NFL on the Big Screen Playoffs: Wildcard
- 1/18 - 4 p.m., Rocky Movie Marathon
- 1/19 - 6 p.m., Tournament Tuesday: Trivia, 1st Place Prize
- 1/20 - 6 p.m., Painting with Watercolors Workshop
- 1/21 - 6 p.m., Guitar Lessons Workshop

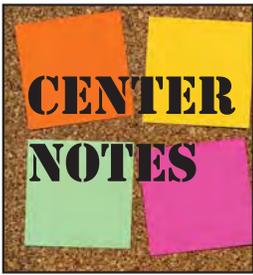
Call for more information

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		

January 14, 2016

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 tariqah.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@cablone.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](mailto: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.

Active Shooter Exercise to cause delays

**Active Shooter Exercise
Jan. 15 at 8 a.m.**

**Get Notified
Sign up for ADHOC
Notification System at
Cnic.navy.mil/gulfport**

People inside and outside the fence line of the Naval Construction Battalion Center may experience traffic congestion and gate entry delays as the installation conducts an active shooter exercise from 8 a.m. to noon, Jan. 15. Many people on board the installation will be affected by the exercise as the gates will be closed for a short period of time between 8 a.m. and 8:45 a.m., and others

will be required to shelter in place. Everyone without official business is encouraged to avoid the Fleet and Family Support Center, building 30, from 8 to 11 a.m. This exercise is required annually. It 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.

**Veterans
Crisis Line**

1-800-273-8255
PRESS 1

NCBC Public Affairs
228-871-3664
**Stay in Touch
with NCBC Gulfport**
Inside the Gate:
tinyURL.com/NCBCITG
Seabee Courier:
tinyURL.com/CBCCourier
Facebook:
NCBCGulfport
Twitter:
@SeabeeCenter

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

**Office hours: Monday - Friday
8 a.m. - 4 p.m.**

Free services:
FAX, Send and Receive:
228-575-5225, Copies, United
Through Reading program,
Computers with web cams,
Internet/email access, X-Box

