

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

January 7, 2016

NMCB 1 Seabees raise money for Toys for Tots through breakfasts

By MC1(SW) Brannon Deugan
NMCB 1 Public Affairs

U.S. Navy Seabees donated more than 70 toys for Toys for Tots toy drive on Naval Station Rota, Spain, Dec. 18.

Members of Naval Mobile Construction Battalion (NMCB) 1's Coalition of Sailors Against Destructive Decisions (CSADD) sold breakfast to raise more than \$750 to purchase the toys for donation.

"It was important for CSADD to participate in Toys for Tots because it allowed for the members to make constructive decisions that benefits children in the community," said Engineering Aide 3rd Class Marrisona Cochennic, NMCB 1 CSADD president. "This was an opportunity for us to give back while being a positive influence."

Throughout the months of November and December, CSADD had five breakfast fund-raiser events following morning quarters to allow Seabees to purchase pan-cakes or burritos.

"We went with the idea of breakfast sales because everyone is gathered in one lo-



U.S. Marine Corps Capt. Nathan Vanotterloo, left-center, receives a Toy for Tots toy donation from U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 on board Naval Station Rota, Spain, Dec. 18. Members of NMCB 1's Coalition of Sailors against Destructive Decisions sold breakfasts during the months of November and December to fund-raise to purchase more than 70 toys to donate. (U.S. Navy photo/Released)

cation for morning formation before they disperse for the work day," said Electronics Technician 3rd Class Charles Holbrook. "It was successful because we were able to raise a enough money to purchase toys for boys and girls ranging in age two to 10 years old. We purchased a variety of toys to included stuffed animals and puzzles that would be suitable for children in those age groups."

While the fund-raising

provided for children in the community, NMCB 1 Seabees received their own comfort and joy during the deployment that keeps them separated from friends and family during the holidays.

"It made me happy to know even though we couldn't have the ideal Christmas since we are deployed and away from our families," added Cochennic. "We were able to make someone else's Christmas special."



U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 donate toys for Toys for Tots to the Fleet Anti-terrorism Security Team, Europe at Naval Station Rota, Spain, Dec. 18. (U.S. Navy photo/Released)

Navy to combine BU, EA and SW ratings for senior chiefs

From Chief of Naval Personnel Public Affairs

Active duty and Reserve senior chief builder (BU), engineering aide (EA) and steelworker (SW) general ratings will be combined into the constructionman senior chief (CUCS) according to NAVADMIN 294/15, announced Dec. 21.

The goal of the change is to strengthen the advancement opportunity, career diversity and duty assignments for Sailors in the BUCS, EACS and

SWCS ratings.

Sailors in these ratings will continue wear their current rating badge as their source rating badge and will use the same badge criteria as master chief constructionman (CUCM).

The first CUCS selection boards will be the fiscal year 2017 boards, to convene Feb. 29 for Reserves and April 18 for active duty. All valid letters to the board received from prior BUCS, EACS and SWCS

candidates will be considered in the CUCS competitive group.

All billets previously coded as BUCS, EACS and SWCS will now be coded as CUCS and available for any CUCS to fill.

Sea-shore flow will follow source rate tour lengths as outlined in NAVADMIN 361/12.

For more information, read NAVADMIN 294/15 at the NPC website www.npc.navy.mil.

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DoD forwards to Congress proposed changes to the Uniform Code of Military Justice

By Department of Defense Press Operations

The Department of Defense forwarded to Congress a legislative proposal to reform the Uniform Code of Military Justice, the statutory framework of the military justice system. The proposal is based on the recommendations of the Military Justice Review Group, which conducted a detailed analysis of each article of the UCMJ, including the historical background of the UCMJ, current practice, and comparison to federal civilian law, Dec. 28.

In October 2013, former Secretary of Defense Chuck Hagel, in response to a request from the senior uniformed leadership, directed the review of the UCMJ and its implementation in the Manual for Courts-Martial. He also directed the

review to consider the recommendations of a separate, congressionally-established panel that examined the systems used to investigate, prosecute and adjudicate adult sexual assault and related offenses in the military. Each of the military services detailed military personnel to serve as members of the Military Justice Review Group. Andrew S. Effron, former chief judge of the United States Court of Appeals for the Armed Forces, serves as director of the MJRG.

"The services assigned a highly talented group of individuals to the MJRG," said Effron. "Their comprehensive recommendations will contribute to the positive evolution of the military justice system."

The department's proposal is the first comprehensive military justice reform package submitted to Con-

gress by the Department of Defense in more than 30 years. The proposed legislation includes 37 statutory additions to the UCMJ, and substantive amendments to 68 current provisions of the UCMJ. Among the major reforms, the proposed legislation would:

- * Strengthen the structure of the military justice system by: establishing selection criteria for military judges and mandating tour lengths; authorizing military judges to handle specified legal issues prior to referral of a case to court-martial; establishing the authority for military magistrates to preside over specified pre-referral matters; establishing a military judge-alone special court-martial similar to the judge-alone forum in civilian proceedings, with

See **UCMJ** page 5

FOCUS: Tip for January

From Families Over Coming Under Stress (FOCUS)

Military families and couples are aware that change is the most "consistent" experience of military life. This New Year is a great time to embrace change as a positive opportunity for growth, and to celebrate

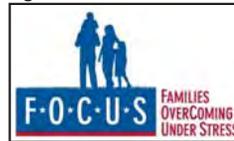
the achievements that your family and relationships have gained!

Come identify these strengths and achievements through the fun activities in FOCUS!

FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main office phone number is 228-822-5736, and our

general email is gulfport@focusproject.org.

For more information about FOCUS, visit us online at www.focusproject.org or www.facebook.com/FOCUSresiliencytraining.



Thank You NCBC

The men and women of Security would like to extend a heartfelt thank you for the food and assorted "goodies" they received from people on board NCBC while they stood watch over the holidays. The acts of kindness were very much appreciated!

January 7, 2016

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

Seabee Courier



Clint Berkheimer (standing) assists Michael Gargiulo during an exercise at the Fitness Center on board the Naval Construction Battalion Center, Gulfport, Dec. 5. The Fitness Center is currently holding weigh-ins for the Choose to Lose in 2016 Weight Loss Challenge Competition vs. Keesler! Call the Fitness Center at 228-871-2668 for more information. (U.S. Navy photo by Rob Mims/Released)



Workers from All Signs Inc. install a new sign at the Navy Exchange (NEX) main store on board Naval Construction Battalion Center Gulfport, Jan. 4. As a reminder, due to required maintenance, the gasoline pumps at the NEX Mini Mart are closed to customers until further notice. The diesel fuel pumps are open for customer use. (U.S. Navy photo by Rob Mims/Released)



Seabees assigned to Naval Mobile Construction Battalion 133 make improvements to the MWR Nature Trail located near Seabee Lake. The Seabees are repairing sections of the elevated walkway, along with creating several new ramps for accessibility. (U.S. Navy photo/Released)

January 7, 2016

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

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.



'BEE INFORMED
 DOWNLOAD SEABEE MOBILE 3.0

Seabee Courier

What should you do when an Active Shooter is in the vicinity?

You must be prepared both mentally and physically to deal with the situation. Everyone must quickly determine the most reasonable way to protect their lives. Customers and clients are likely to follow the lead of employees and managers during an active shooter situation.

1. Run

Have an escape route and plan in mind.

Leave your belongings behind.

Keep your hands visible.

2. Hide out

Hide in an area out of the active shooter's view.

Block entry to your hiding place.

Call 911 when it is safe to do so.

3. Take action

As a last resort, and only when your life is in imminent danger.

Attempt to incapacitate the shooter.

Act with aggression and throw items at the shooter.

How to respond when law enforcement arrives on the scene

1. How you should act when law enforcement arrives:

Remain calm and follow officer's instructions.

Avoid pointing, screaming and/or yelling.
~ Immediately raise hands and spread fingers

~ Avoid making quick movements to-

wards officers and attempting to hold on to them for safety

~ Do not stop to ask officers for help or directions when evacuating

~ Proceed in the direction from which officers are entering the premises

2. Information you should provide to law enforcement or 911 operators:

~ Location of the active shooter
~ Number of shooters, if more than one
~ Number and type of weapons held by the shooter(s)

~ Number of potential victims at the location
~ Physical description of shooter(s)

Recognizing signs of potential workplace violence

An active shooter may be a current or former employee. Alert your human resources department if you believe an employee exhibits potentially violent behavior. Indicators of violent behavior may include one or more of the following:

- ~ Increased use of alcohol and/or illegal drugs
- ~ Unexplained increase in absenteeism, and/or vague physical complaints
- ~ Depression/withdrawal
- ~ Increased talk or problems at home
- ~ Increase severe mood swings, and noticeably unstable or emotional responses
- ~ Increase in unsolicited comments about violence, firearms and other dangerous weapons and violent crimes



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/

From UCMJ page 2 confinement limited to a maximum of six months and no punitive discharge; requiring issuance of guidance on the disposition of criminal cases similar to the United States Attorneys Manual, tailored to military needs; and mandating additional training for commanders and convening authorities focused on the proper exercise of UCMJ authority.

* Enhance fairness and efficiency in pretrial and trial procedures by: facilitating victim input on disposition decisions and providing for public access to court documents and pleadings; expanding the authority to subpoena documents during criminal investigations; replacing the current variable panel (military jury) sizes with a standardized number of panel members (military jurors) and a consistent voting percentage in order to convict in noncapital cases (75 percent); and requiring learned defense counsel in capital trials and appeals.

* Modernize military sentencing by: replacing the current sentencing

standard with a system of judicial discretion guided by parameters and criteria; ensuring each offense receives separate consideration for purposes of sentencing to confinement; and providing for effective implementation of sentencing reforms by establishing sentencing by military judges in all non-capital trials.

* Streamline the post-trial process by eliminating redundant paperwork and requiring an entry of judgment by the military judge similar to federal civilian practice to mark the end of a court-martial.

* Reform military appellate practice by: providing service members, like their civilian counterparts, with the opportunity to obtain judicial review in all cases; transforming the automatic appeal of cases to the service Courts of Criminal Appeals into an appeal of right in which the accused, upon advice of appellate defense counsel, would determine whether to file an appeal; focusing the appeal on issues raised by the parties and placing the burden to demonstrate

factual insufficiency on the accused; establishing standards to review errors in guilty pleas similar to that in federal criminal cases; and permitting the government to appeal a sentence under conditions similar to those applied by federal civilian courts of appeals.

* Update the punitive articles by proposing new offenses, including Article 93a (Prohibited activities with military recruits and trainee by person in position of special trust; Article 121a (Fraudulent use of credit and debit cards); Article 123 (Offense concerning government computers); and Article 132 (Retaliation); and aligning the definition of "sexual act" in Article 120 with federal civilian criminal law.

The department looks forward to working with Congress as lawmakers consider the recommendations.

The full report of the Military Justice Review Group, the legislative proposal forwarded to Congress, and a section-by-section analysis of the legislative proposal can be found at www.dod.gov/dodgc/mjrg.html

Buzz on the Street

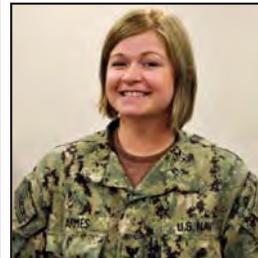
By Rob Mims
NCBC Public Affairs
Officer

"What is your resolution for the new year?"

"My new year's resolution is to be good to all people."



Quirino Molina
Retired U.S. Navy



"My new year's resolution is to get my SCWs (Seabee Combat Warfare) pin."

Construction Mechanic 3rd Class Mary Armes
Naval Mobile Construction Battalion (NMCB) 22

"To be more involved with my family."



Yeoman 2nd Class Ria Tardieu
Navy Operational Support Center (NOSC) Gulfport

Stormwater Pollution Prevention ... Everybody's Business



Report illicit discharges to NCBC Environmental at: 228-871-2373

Susan A. Buffett, ship's sponsor for the littoral combat ship Pre-Commissioning Unit, Omaha (LCS 12), breaks a bottle across the ship's bow during a christening ceremony at Austal USA shipyard in Mobile, Ala. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)



NMCB 11 presents the Colors for USS Omaha (LCS 12) christening

By MC1(SW) Michael C. Barton
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 participate in the christening ceremony for the Navy's newest Littoral Combat Ship USS Omaha (LCS 12) at the Austal USA shipyard in Mobile, Ala., Dec. 19.

The Funeral Detail of NMCB 11 were called were upon to assist the christening of USS Omaha (LCS 12). The request came after their exemplary performance during the christening of the USS Jackson (LCS 6) in Gulfport in early December.

"A feeling of pride overwhelms me, knowing that I was apart of Naval history today," said Steel Worker 2nd Class Patrick Hammond. "Being a Seabee, I don't get to see the fleet side of the Navy very often; these ships are very impressive."

This group of Seabees

has participated in similar events in the surrounding area – Mississippi, Louisiana, Alabama to name a few. They have performed ceremonies ranging from commissioning, retirements, change of commands and flag raisings.

"We've completed 35 ceremonies since October and I make sure I perform at 100 percent no matter how small the ceremony," Said Utilitiesman 2nd Class Dylan Lucas.

There are multiple phases leading actual christening. Omaha is the fourth ship in a block buy contract with Austal to build Independence - variant ships. Gabrielle Giffords (LCS 10) was christened in June 2015 and is currently completing system testing in preparation for trials. Montgomery (LCS 8) is preparing for builder trials. Manchester (LCS 14) is under construction preparing for an early 2016 launch. Tulsa (LCS 16) will have her keel laid later this year.



Secretary of the Navy (SECNAV) Ray Mabus, left, and distinguished guests render honors as Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 present the colors during the christening ceremony for the Navy's newest littoral combat ship, USS Omaha (LCS 12), in Mobile, Ala., Dec. 19. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

NCBC Weapons Policy

Navy regulations require that all privately owned weapons brought on board a U.S. Navy installation be registered with Base Security and approved by the Installation Commanding Officer (ICO) BEFORE bringing a weapon on board.

For personnel who request Temporary Storage, personnel MUST declare the weapon

upon arriving at any Entry Control Point.

Personnel residing in government family quarters may keep their weapons at their quarters, AFTER approval of the ICO.

Persons residing in the barracks are required to store their weapons with the Base Security Department.

All weapons owners desiring to store a privately owned weapon in their family quarters or with the Security Department must com-

plete weapons registration forms and documentation relating to the Lautenberg Act.

All registrations must be approved by Base Security Forces.

Persons found bringing unauthorized weapons on board NCBC will be subject to criminal and administrative penalties to include base debarment and loss of base driving privileges.

For further information, refer to NCBCG-PTINST 3593.1.

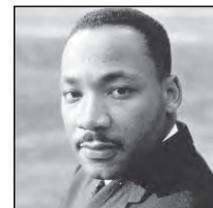
Energy Savings Tip

Draft proof your home - Protecting against drafts is one of the cheapest and most efficient ways to save energy but is often overlooked. Where it is practical you should seal windows, doors, loft hatches, electrical outlets and pipework leading outside.



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
BBQ Ribs	Southern Style
Fried Catfish	Greens
Smoked Sausage	Green Beans
Macaroni and Cheese	Corn Bread
Baked Beans	Cole Slaw

Salad Bar
Desserts:
Pecan Pie
Sweet Potato Pie
White Cake
Ice Cream Bar

Open to all personnel with authorized base access

'First and Finest' recognizes Sailors for completing cycling challenge

By MC1(SW) Brannon Deugan
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 recognized four Sailors for participating in a cycling challenge earlier in the year at Camp Mitchell on Naval Station Rota, Spain, Dec. 24.

The battalion's S6, Computer and Information Management department conducted a 2,359 mile cross country cycling challenge on stationary bikes from March 25 to April 22, 2015 in Gulfport while preparing for the current deployment.

With deployment nearing the end, the S6 department, led by Senior Chief Information Systems Technician Sunny Williamson, issued the "Heroes to Home Bike and Run Challenge" for all members of NMCB 1 deployed across the globe.

"Heroes to Home started as the next step in our drive to move forward with our advanced physical fitness here at NMCB 1," said Williamson. "We started this last year to see how people would react and what the end result would produce. It turned into a true team building event, and we all have been anxiously waiting to implement this with the entire command. It is a serious motivator for this NMCB 1 team, and so much that it is motivating others around us, which was our goal from the start. We all feel very proud of being a part of this challenge, and everyone is taking this on with an 'all in, all the time' dedication."

Participants in the challenge will be able to complete miles on cardiovascular equipment (a treadmill, stationary bike, elliptical, etc.) or outdoors by running or bicycling to accumulate

the 12,378 miles, the total distance from the two deployment sites of Rota, Spain and Guam back to Gulfport.

"With this challenge you will see a big boost in teamwork as we all pull together to complete this challenge," said Williamson. "There are 51 troops in this challenge, and we are all focused on the end goal. There are teams within the challenge, so I can tell you now that the competitive spirit will increase every day to push the limits, which will bring Sailors that wouldn't normally do something like this to the front of the pack. Sailors need goals. With this challenge, we can achieve our goal, and somewhere along the way many of these Sailors will surprise even themselves with what they are capable of and take that onboard for this next year. So for me, the results I am betting we all will see out of this challenge are teamwork and self-motivation, which are two really key areas of being successful."

The Heroes to Home challenge is also a chance to honor the memory of those who have made the ultimate sacrifice.

"In our first challenge, last year, we dedicated our NMCB 1 Communicator Bike Challenge to Information Systems Technician 1st Class Jared Day who was killed in action when his CH-47 Chinook helicopter (Extortion 17) was shot down in Afghanistan on Aug. 6, 2011," said Williamson. "Day is our silent COMMS [communication] warrior that will forever guard our NET [network]."

The communications team has decided to dedicate their miles and effort to the memory of the entire crew by going by the team name of "Extortion 17."

The participants of the earlier cross country cycling challenge experienced improvement in overall fitness as well as developed stronger relationships within the department.

"The bike challenge we did as an S6 Shop was one of the best bonding experiences I've ever experienced in my career," Information System Technician 1st Class Andrew Bankey. "It brought our entire shop together with a shared goal in



Builder Constructionman Sean Rodriguez-Lopez, left, and Electronics Technician 3rd Class Tony Juarez, assigned to Naval Mobile Construction Battalion (NMCB) 1, ride stationary bikes during the NMCB 1 "Heroes to Home Bike and Run Challenge" at Camp Mitchell on Naval Station Rota, Spain, Jan. 4, 2016. (U.S. Navy photo by Mass Communication Specialist 1st Class Brannon Deugan/Released)

mind. I lost over 20 pounds and 2.5 inches off my waist to help me achieve one of my best physical readiness test scores."

"My goals for this challenge are much like the last one: to bring our shop closer together while reaping the healthy benefits of physical competition," added Bankey.

Shortly past midnight, as the New Year had begun along with the start of the "Heroes to Home Bike and Run Challenge," pools of sweat form on the floor mats of the Camp Mitchell gym as miles are quickly accumulating, and the anticipation of the challenge evolved to friendly competition among friends.

"The ball dropped at midnight, we all high-fived, and toasted the New Year, and to the gym I went," said Electronics Technician 3rd Class Tony Juarez. I found half my ship family already geared up, and starting the New Year and challenge off right. It is a great feeling to have when your ship family is there to motivate and push you to make yourself better."

Back in Time: Seabee History

1943: Seabees of Construction Battalion Maintenance Unit (CBMU) 549 were told they were to erect a "typical Seabee camp" for a new Hollywood movie, "The Fighting Seabees," starring John Wayne and Susan Hayward. The Seabees erected tents, show-ers, heads, electric generators and a refrigeration plant. At the end of the week, the camp was complete in all details including water system, roadways and street lights. (Photo courtesy of U.S. Navy Seabee Museum)



Focus on Education

Education Notes

ASIST

ASIST (Applied Suicide Intervention Skills Training) - a two-day workshop that teaches participants to carry out live-saving interventions for people at risk of suicide will be offered at Seabee Memorial Chapel from 8 a.m. - 4 p.m., Jan. 14 - 15. For more information call 228-871-3504 or 228-871-2454.

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.

Duties of NCBC Gulfport School Liaison Officer

The Naval Construction Battalion Center (NCBC) School Liaison Officer (SLO) Kevin Byrd, serves as a link between parents, educators and the command so military-connected children make a smooth school transition.

There are seven core components of the SLO program:

1. School Transition Support
2. Deployment Support
3. Special Education System Navigation
4. Communications: Command, Educator, Community, Parents
5. Partnerships In Education (PIE)
6. Home School Support
7. Post-Secondary Preparation

Kevin Byrd is located in MWR building #352, 1706 Bainbridge Ave. He may be contacted by email at kevin.r.byrd@navy.mil or by phone at 228-871-2117.

CPR/AED Classes NCBC Fire and Emergency Services is offering Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes to organizations on board the Center. For more information, call 228-871-2414.

New to military family housing? Did you know that OP-NAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held at the NCBC Fire Department on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.



New U.S. Naval War College exhibit features Seabees



John Kennedy, director, U.S. Naval War College (NWC) Museum, speaks with a visitor during a museum tour at Founder's Hall in Newport, R.I. Jan. 4 marked the grand re-opening of the museum following closure July 2015 to install a new climate control system. In addition to the new climate control system, two new exhibits, "Deep Freeze: The Seabees in Antarctica, 1955-1956," and "Life Mask of Admiral Lord Nelson," were added to the museum. (U.S. Navy photo by Chief Mass Communication Specialist James E. Foehl/Released)

Save the Date! 74th Annual Seabee Ball



March 5, 2016
IP Casino, Biloxi

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

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



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



Meeting Your Needs. At Home. At Sea.

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.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The keys to happiness in 2016

As we board life's run-away train for another year of twists and turns and ups and downs, I can't help but wonder, "Will this ride be better than the last?" We make resolutions, but so many factors are beyond our control. The economy, deployments, orders, our health, the future – with so many unknowns, how can we guarantee happiness in the coming year?

Simply put: we can't.

However, in my little house-wifey world of dust bunnies, freezer burn, minivan odors, and doggie doo bags, there are literally hundreds of things I control every single day that have an impact on the well-being of not only me, but my entire family.

This New Year, instead of resolving to lose that same stubborn 10 pounds I've lost and gained for the last 30 years, I'm making a list of a few small, manageable things I can reasonably accomplish every day. Just like the tiny folks who captured Gulliver, Chinese water torture's infuriating droplets, and the industrious Oompa Loompas, sometimes the little things

make all the difference.

Sure, I'll start with getting enough sleep, drinking more water and all that jazz. But there are other unexpected daily goals that may just be the keys to true happiness...

#1 Wear comfortable underwear.

Ever had one of those days when your knickers keep inching up? When no one is looking, you dig your skivvies out of your crevasse, but they creep back in. The constant wedgie adds a subtle undertone of discomfort to your day, making you grumpy.

This may not seem like that big of a deal, but think about it. When you're grumpy, you snap at your boss. When you snap at your boss, he fires you. When you get fired, you go broke. When you go broke, you are definitely not happy.

See how that works?

It doesn't matter if you prefer the near-command feel of a thong, or the maximum coverage of cotton briefs – wear comfy undies if you want to this to be a good year.

#2 Install a new showerhead.

Does your showerhead



emit a wimpy trickle, making it difficult to lather, rinse and repeat? Do you dare to condition, only to find it impossible to rinse out? Do you spend the rest of the day feeling greasy and lacking self-confidence?

When you lack self-confidence, you can't decide what to cook for dinner. When you can't decide what to cook for dinner, you make chicken nuggets. When you serve chicken nuggets for the third time this week, your spouse gets annoyed. When your spouse gets annoyed, you argue. When you argue, he sleeps on the couch. When he sleeps on the couch, you are not happy, and neither is he.

So dash to your nearest hardware store, and find

a showerhead with a water output similar to that of a regulation fire hose. The therapeutic massaging action of the pelting water will blast away stress, tension, troubles, soap, conditioner . . . and sometimes the first layer of skin. Regardless, you will emerge clean, refreshed, and ready to face the year with confidence.

#3 Attain digestive regularity.

Have you ever had one of those days when your pipes are clogged? Do your intestines occasionally go on strike? Does your digestive tract stubbornly maintain a holding pattern, hovering with no landing scheduled on the flight plan?

Let's face it – if the "magic" doesn't happen, you feel full, heavy, lethargic, bloated. When you feel bloated, you're irritable. When you're irritable, you yell at other drivers when they cut you off. When you yell at other drivers, they stop to give you a piece of their mind. When they give you a piece of their mind, you swat them with your purse. When you swat them with your purse, you get arrested. When you

get arrested, you are not happy.

Eat leafy greens, guzzle copious amounts of coffee, get new reading material for the bathroom -- do whatever it takes to convince your nether regions to declare a truce. Succeed in attaining digestive regularity, and you will face the challenges of this year with a cheerful spring in your step.

In all seriousness, I'm sure that none of us will end up broke, on the outs with our spouses, or in jail in the next 12 months. Nevertheless, if we want to be happier this year, we need to remember that sometimes, it's the little things in life that make the biggest difference.

*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."*

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 Jan. 31 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 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.

NCBC Helping Hands

WREATH PICKUP - BILOXI NATIONAL CEMETERY – Volunteers are needed to collect holiday wreaths and floral arrangements that have been placed on headstones or markers at Biloxi National Cemetery as part of the Wreaths for Biloxi National cemetery holiday project. The artificial wreaths will be collected and placed in storage for use during next year's holiday season. All interested volunteers will meet at 11 a.m., Jan. 9 at Biloxi National Cemetery, 400 Veterans Ave., Biloxi. Point of contact is Graham Wright, Cemetery Director, 228-388-6668.

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.

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.

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>.



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 8-14 MWR

FREE FOR ALL HANDS!

THURSDAY, JAN. 14 & 28

5:30 A.M. - 1:30 P.M.

FITNESS CENTER POOL

DOUBLE YOUR DISTANCE SWIM CHALLENGE

SWIM 10 LAPS AND RECORD 20!

FREE COFFEE & DOUGHNUTS PROVIDED

CALL FITNESS CENTER AT 228-871-2668 FOR MORE INFO

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.

JANUARY SERVICE

Auto Skills Center Bldg. 397

Call 228-871-2804 to schedule!

VEHICLE SAFETY INSPECTION

FREE check of lights, tires, wiper blades & undercarriage!

By appointment
Open:
Wed-Fri 2-3 pm
Sat & Sun 10am-5pm



- 1/8 - 5 p.m., Cornhole, Horseshoes & Bucketball @ Bldg 306.
1st Place Prizes for All Events
 - 1/9 - 9 a.m., Wizard World Comic Con in New Orleans, \$50
 - 1/9 - TBA, NFL on the Big Screen Playoffs: Wildcard
 - 1/10 - TBA, NFL on the Big Screen Playoffs: Wildcard
 - 1/11 - 4 p.m., Rocky Movie Marathon
 - 1/12 - 6 p.m., Tournament Tuesday: Bucketball, 1st Place Prize
 - 1/13 - 6 p.m., Painting with Watercolors Workshop
 - 1/14 - 6 p.m., Guitar Lessons Workshop
- Call for more information

CHOOSE TO LOSE

ANNUAL WEIGHT LOSS COMPETITION

JAN. 18-MARCH 11

Join Team NCBC Gulfport as we face off against Keester Air Force Base in our annual weight loss competition!

FREE TO PARTICIPATE!
SIGN UP JAN. 4-15 AT THE FITNESS CENTER

Boost your weight loss by joining classes at the Fitness Center - Cycling, Zumba, Circuit Training, Virtual Training & Fitness Incentive Program!

Questions? Call 228-871-2668

Stop into the Fitness Center for complete rules

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!



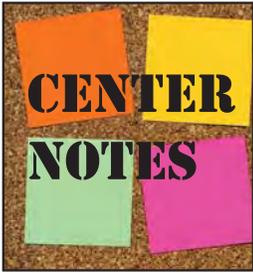
Regular movie showings Thursday- Sunday of every week!
Showing this weekend: In the Heart of the Sea, Creed, The Good Dinosaur, Krampus, The Hunger Games: Mockingjay Part 2
COMING SOON: STAR WARS: THE FORCE AWAKENS!
For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times

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 7, 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 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.

A Reminder from NCBC Security

All units on board NCBC Gulfport are required to have written building/facility specific procedures in place covering bomb threats, fires, tornados, hurricanes, floods, earthquakes, explosions, civil disturbances, hazardous material incidents, loss of utilities, and shelter in place for active shooters. The annual Physical Security Survey will determine if those plans have been developed, posted in common areas, and if personnel assigned to that unit have been prepared. Please take time to review emergency plans, ensure they are adequate, and completed for 2016.

Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

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

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.



NCBC Public Affairs

228-871-3664

Stay in Touch with NCBC Gulfport

Inside the Gate:
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Seabee Courier:
tinyURL.com/CBCCourier

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NCBCGulfport

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@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

