

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

November 14, 2013

Gulf Coast Veterans Day Parade



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 on board Naval Construction Battalion Center (NCBC) march in the 2013 Gulf Coast Veteran's Day Parade in Biloxi, Nov. 9. Units from Naval Construction Training Center (NCTC), Naval Construction Battalion Center (NCBC), NMCB 11, NMCB 1 and Naval Construction Group

(NCG) 2 participated in parades and programs on the Mississippi Gulf Coast throughout the Veterans Day holiday weekend. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

For more photos, see page 5 and NCBC Facebook



You're Invited . . .
United States Marine Corps
238th Anniversary Cake Cutting
Nov. 17, Noon, Building 114 (NOSC)
Uniform: NWU or Civilian attire

**Housing Yard
Sale**

Nov. 16

8 a.m. - 1 p.m.

**YARD
SALE**
This Saturday

NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
 Editor
 Bonnie L. McGerr
 Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
 Special Contributors
 CECN(SCW)
 Lucinda Moise
 UTCN Alicia Fluty

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By Lt. Cmdr. Ammie Davis, CHC
 NCBC Chaplain

Weekly we receive prayer requests that are inscribed "God remember our deployed Marines, Sailors and their families." Many of us may be carrying invisible scars associated with the Global War on Terrorism; we must begin to think through innovative ways to implement Read-justment Centers within our culture and ourselves. Our Marines and Sailors are putting their lives on the line for our liberties, so the question becomes does God remember us? As we are challenged to answer the question, we often cannot find the comforting words individuals are seeking when their loved ones are in harm's

way.

I am reminded of the scriptures in the Christian Bible in the book of Isaiah 49:14-26 which depicts a dialogue between God and Israel. The people complained about the atrocities of life and felt that God had forsaken and forgotten them. God reminds them that in reality it was Israel who had forsaken and forgotten God. The text shows God's comfort and guidance through reassuring the people to remember that God's divine love is always presence.

We must acknowledge our need for a divine presence and God's comfort through the acts of prayer, singing and/or worship. Often times, I seek out some of the great hymns of the church for words of

comfort and guidance.

Precious Lord, Take My Hand, a hymn written by Thomas A. Dorsey, expresses themes of comfort and guidance. Dorsey acknowledges his need for God's comfort when he writes, "[w]hen my way grows drear, precious Lord, linger near." He expresses awareness that there are difficult moments in life when God's presence is our only source of comfort. The assurance that God is near gives comfort and allows inner peace in the midst of our most tragic and difficult moments. "Take my hand," is the songwriter's expression of his confidence that God cares about him and his struggles in a personal, intimate way.

The idea of guidance



Chaplain Ammie Davis is much needed for our military and as we acknowledge that a divine presence is necessary for our peace of mind, we must travel through life's turmoil with a divine presence. Through it all, we must remind our Marines and Sailors that God remembers them. Let's keep praying for them.

New support group for survivors of sexual assault beginning at FFSC

By CECN(SCW) Lucinda L. Moise
 NCBC Public Affairs

The Fleet and Family Support Center (FFSC), on board Naval Construction Battalion Center (NCBC) Gulfport will soon begin offering the Audra Group, a support program for active duty female victims who have been sexually assaulted as adults.

Audra was created by Commander, Navy Region Southeast (CNRSE) Counseling and Advocacy Program as a region-wide effort to provide support for victims of sexual assault. The group gives female victims of sexual assault a safe, open atmosphere for discussion and activities to facilitate the healing process. Audra was chosen as the name for the group, because of its French meaning, "nobility and strength."

The day and time for group meetings is decided by group members, and could change with each new group. Meetings will be facilitated by Dr. Jamie Williams, a licensed marriage and family therapist, and Dr. Melinda Harthcock, a licensed clinical social worker, both clinical counselors at FFSC. The confidential group will meet at FFSC once a week, for eight



weeks, starting and finishing with the same group members.

Williams expressed the positive impact she hopes the group will have for victims of sexual assault.

"We hope the group will provide support with healing for victims of sexual assault," said Williams.

Attending the Audra Group is one way to initiate the healing process for those who have been victims of sexual assault; however, there are counselors at FFSC who are available to speak one-on-one as well.

For more information, please contact Fleet and Family Support Center at 228-871-3000.

Seabee eCourier Thanksgiving edition: All ads/flyers/info for the Nov. 21 edition of the Seabee eCourier should be submitted to seabeeecourier@navy.mil no later than close of business Nov. 17. The eCourier will not be published Nov. 28.

You are Invited:

Ready and Resilient Navy Families webinar series
 Nov 21, noon (local)

This month's topic is:
Overview of Fleet and Family Support Programs

To attend webinar, Sailors and family members should:
 ~ Log into <http://zeiders.adobeconnect.com/deployment-families/>
 ~ Select "Enter as a Guest" and type your name into the box
 ~Click the "Enter" button

Note: You will need the most up to date version of Adobe Flash player. If prompted, click "YES" to install. If needed, disable pop-up blocker security setting

Everyone can help prevent suicide

Buzz on the Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

“What do you think about the monthly requirement to log on to Navy websites?”



“I think it’s ridiculous. We don’t have to update our info that much.”

EOCN Chelsey Blasko

NCBC
Hometown: Elmira, Mich.



“Sometimes it’s not very convenient, but it’s good for keeping your info up to date.”

CMCN Ruyu Qui

NMCB 133
Hometown: Dallas, Texas



“I think it’s good to keep up with your NKO and rate courses.”

BUCN Patrick Reiter

NMCB 74
Hometown: Ferndale, Mich.



Beehive Dart Challenge - November 2013 – MWR sponsored a Beehive Dart Challenge Nov. 7. The Budweiser girls kept score as 10 players competed for trophies and one lucky winner walked away with a brand new Samsung Tablet. Keep an ear out for the next one and come out to try your luck! (U.S. Navy photo courtesy of MWR/Released)



Commissary employee Helen Banks cuts a cake at the NCBC Commissary Nov. 8 in honor of Veterans Day and to recognize the 50th Anniversary of the Vietnam War, while Air Force Veteran Archie Holland looks on. Over the Veterans Day holiday weekend the commissary highlighted the service of Vietnam War veterans with special sales promotions and events to mark the introduction of the 50th Anniversary Vietnam War Commemoration Flag. “We cannot thank the Vietnam War veterans and all war veterans enough for what they have done for our country, our Constitution and our families,” said Walt Taylor, Store Director, Gulfport. (U.S. Navy photo by Rob Mims/Released)



Representatives from Shell, ISC Constructors, Turner Industries and Bechtel offered information on training and job opportunities for skilled construction workers at an Industrial Construction Career Fair outside the Navy Exchange (NEX), Nov. 5. Free Jambalaya, pastalaya and refreshments were served at the career fair which was sponsored by Fleet and Family Support Center (FFSC) Gulfport. U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

NCBC Frames

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

Photos by BU2(SCW) Randy Smart
NCG2

BU2(SCW) Michael High

Instructor

Naval Construction Group (NCG) 2/R75

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

MH: Revealing the schoolhouse we constructed during participation in exercise Balikatan 2010 in Ilocos Sur, Philippines. Seeing the excitement on the faces of the children was priceless.

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

MH: Seeing the Battalion's Convoy Security Element (CSE) team succeed both in the field on FTX/FEP and watching each and every one of them step off the bus after deployment motivates me every day to train each and every Seabee to a high and accurate level.

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

MH: I always encourage new Seabees to

put their best effort forward every day, both on and off the job. I also advise everyone to find a strong, motivated, hard-charging mentor to help guide his/her career down the correct path.

FF: What is your favorite part about being/working with the Seabees - why?

MH: The opportunity to learn a trade and use it to help people who truly need it is extremely rewarding. Building the boardwalk for the wounded warriors on Kandahar Airfield (KAF) is just one example.

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

MH: BU1(SCW/EXW) Brian Wong has always been a motivated and influential mentor. Always encouraging and a driving force behind many of my accomplishments and goals.



November 14, 2013

Colmer Dining Facility Hosting Thanksgiving Day Meal, Nov. 28

Brunch

7 - 10 a.m.

Cost is \$5.25

(\$4.55 for dependents of E4 and below)

Crispy Bacon
Sausage
Egg to Order
Assorted Omelets
Hash Browns
Pancakes
Biscuits
Fruits
Chicken Vegetable Soup
Sloppy Joes
Tater Tots
Baked Beans
Salad Bar
Dessert Bar

Dinner

1 - 3:30 p.m.

Cost is \$7.60

(\$6.45 for dependents of E4 and below)

Chicken Veg. Soup	Giblet Gravy	Buttered Corn
Roast Turkey	Mashed Potatoes	Peas & Carrots
Rib-eye Roll	Mac & Cheese	House Rolls
Glazed Pit Ham	Candied Sweet Potatoes	Salad Bar
Corn Bread dressing		

OPEN TO ACTIVE
DUTY, RETIREES,
DOD AND THEIR
DEPENDENTS

Thanksgiving Celebration

2013 CFC Run for a Reason 5K

Dec. 6, 6:30 a.m.

Fitness Center

\$15 registration/contact your command CFC Rep to sign up



Male/Female 1st, 2nd and 3rd place finishers will get money donated to a charity of their choice! 1st place - \$50 and a trophy, 2nd place - \$30 donation, 3rd place - \$15 donation.

Note: All proceeds will go toward 2013 Greater Mississippi Combined Federal Campaign general fund and will be undesignated.

Seabee Courier

2013 Gulf Coast Veterans Day Parade Honoring all veterans past and present

Seabees and Sailors attached to NCBC Gulfport marched and operated military equipment, as they joined the Gulf Coast community for the 2013 Gulf Coast Veterans Day Parade in Biloxi, Nov. 9. The parade was dedi-

cated to all veterans past and present, and this year's Grand Marshall was Retired Air Force Col. Phyllis Luttman. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Energy Awareness Month is over, but energy awareness should not end

By MCC(SCW/SW/AW)
Ryan G. Wilber

NCBC Public Affairs
 Fiscal Year 2013 (FY-13) was a good year for NCBC Gulfport as the command won the Secretary of the Navy's Energy and Water Management Award, Navy Small Shore category; however, there is always work to be done.

"You're never 'there,'" said Matt Schultz, Naval Facilities Engineering Command (NAVFAC) Southeast Public Works Department Gulfport, production division director. "There is always the next year, and another three percent reduction coming up."

As October and National Energy Awareness Month comes to an end, energy conservation continues to be an important part of everyone's social and economic responsibility on board NCBC Gulfport.

"My administration is committed to leading by example in the use of clean energy and increased energy efficiency," said President Barack Obama during a proclamation declaration initiating the national Energy Awareness Month, Oct. 2, 2009. In that proclamation, Obama recognized the federal government as the largest consumer of energy in the United States, and declared an official government effort to reduce energy consumption

and develop more energy efficient technologies. As part of NCBC Gulfport's 2013 Energy Awareness Month efforts, the PWD transmitted dozens of energy awareness messages via social media, the Seabee Courier, Commanders Access Channel and base marquees. PWD also held an Energy Fair outside the Navy Exchange (NEX), where representatives from Mississippi Power and CenterPoint Energy helped educate consumers on the best ways to save energy and how best to change their energy habits.

"Increasingly, the shift has been toward improving our culture of energy conservation," said Cmdr. Brian Nottingham, NAVFAC PWD Gulfport, public works officer. He said they would refocus their efforts to that end. But getting there will take more education.

Schultz said that many people don't understand the scale of electrical usage, even on a small base like NCBC Gulfport. There are still a few people who that if it doesn't impact them personally, why should they care. "That is the cultural change we're trying to get to; everybody needs to think conservatively," said Schultz.

The NCBC Gulfport team is planning a yearlong energy awareness program that includes different



Representatives from Mississippi Power and CenterPoint Energy discuss energy conservation techniques and new technologies with attendees of Naval Facilities Engineering Command (NAVFAC) Southeast Public Works Department (PWD) Gulfport's Energy Fair at the Navy Exchange (NEX) on board NCBC Gulfport, Oct. 10. In addition to information on energy efficiency in the home, an electric car and a CO2 powered car were on display to educate attendees on the merits of alternative powered vehicles. The energy fair was part of National Energy Awareness Month, observed during the month of October. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

energy topics each month, such as light, electronics and water conservation. They will include seemingly insignificant items that can result in significant savings.

"It's all these little things that add up," said Schultz. "It's not just one thing you do and you're going to meet your goal."

Some of the things included is reminding people

that the heat set point is 66 degrees; however, space heaters, as well as coffee makers, microwaves and refrigerators are prohibited in individual offices. People are encouraged to layer clothing and wear long sleeves to keep warm.

The energy dollars saved could go toward desired programs, while energy dollars wasted could take

money from those programs, Schultz said. He cited mindful decision making, obeying the rules and talking to a shipmate or coworker as the three most important ways an individual can make a difference.

To report an energy issue, or place a trouble call, contact your building manager or Command Duty Officer.

Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

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



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

- rates who are:
- Motivated/Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Able to obtain SECRET/TOP SECRET clearance

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

See Something Wrong, Do Something Right . . .



NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Focus on Education

Educational Notes

Mississippi Governor's School

Mississippi Governor's School (MGS) is now accepting applications for the 2014 session from current 10th and 11th grade students who are Mississippi residents and enrolled in an accredited Mississippi high school.

MGS will be held on the campus of The Mississippi University for Women ("The W") in Columbus, Miss., June 1-20. The theme for this year's session is Social Responsibility: Ethics & Collaboration in a time of Crisis.

Mississippi Governor's School is a residential honors program established in 1981 by Gov. William F. Winter and the faculty and administration of

"The W." MGS is designed to provide academic, creative and leadership experiences for a limited number of rising high school juniors and seniors. Students must show high intellectual and leadership potential. The scholars must also demonstrate exceptional ability and achievement in academics, as well as, community involvement.

If you would like to attend Governor's School, application materials are now available on the MGS website: <http://web2.muw.edu/index.php/main-govschool/>. The deadline for scholar applications is Jan. 24. For more information, please contact the Governor's School office at 662-241-6096 or email mvgovernorsschool@gmail.com.

NCBC School Liaison Officer Kevin Byrd, is located in MWR building 352, 1706 Bainbridge Avenue on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email: kevin.r.byrd@navy.mil.

School volunteers

West Harrison High School is in need of 13 volunteers to assist in proctoring and monitoring the hallways during the next administration of the Miss. SATP tests Dec. 3,4,5,6,7 and 9. Volunteers should report to WHHS, 10399 County Farm Road, Gulfport at 7:15 a.m. Testing will be complete no later than 3 p.m. (with most being completed by noon.) Please contact Julie Cullinan at jcullinan@harrison.k12.ms.us.

28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteer time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested, please call Samantha Benson, 228-867-2140.

A Reflection on Bullying By Abigail "Can I play?"

Once my best friend and I were playing at recess. It was a nice, calm day until I was snapped out of it by my friend. One of our classmates asked the simple question, "Can I play?"



I was about to say, "Yes", when my friend said, "Scram," to our classmate who was really nice, sweet and smart. My best friend was turning into a bully. I couldn't believe it.

I quickly went to the girl who wanted to play, and we played together until it was time to go inside. I'm glad I did because I would have been a "side-kick" to my best friend that day and every day after.

I just brought up that story because we are learning about cyberbullying and bullying at school. There was a girl in the news who took her own life because of two bullies. There also was a recent school shooting done by a 12 year old (who had been bullied.) He shot a few kids and killed a math teacher. Then he shot himself.

I think bullying is a hurtful thing that should stop. Many kids of all ages experience bullying every day, and it hurts to think the bullies would be that extreme. ... I have seen older kids and kindergarteners get bullied, and I feel so sorry for them. I wish every bully would just back off. If you are bullied or see it, speak up.

Kids in the Kitchen



Balfour Beatty Communities partnered with FOCUS (Families Overcoming Under Stress) to host a Kids in the Kitchen Workshop for Naval Construction Battalion Center (NCBC) base house children, Nov. 6. The children were invited to learn to make a feeling thermometer out of rice crispy treats. The kids had a great time cooking in the kitchen and worked at expressing their feelings. U.S. Navy photo courtesy of Balfour Beatty Communities/Released)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Thanksgiving's Forbidden Fruit

As a kid, my favorite part of the Thanksgiving meal wasn't the turkey. I didn't drool over the mashed potatoes or my father's giblet gravy. I didn't love, or even like for that matter, those miniature pickles and what-nots on my mother's sectioned relish tray. I thought the stuffing had too many unidentifiable objects in it to be palatable, and I wouldn't even touch a yam, candied or otherwise. Believe it or not, I never got jazzed up about the pumpkin pie, even with a humongous dollop of Cool Whip.

Nope. My favorite part of my family's Thanksgiving meal was the one that sat inconspicuously in a little pressed glass dish at the corner of the dining table. It didn't require much preparation, but it was an essential part of our feast that I looked forward to every year.

It was the canned cranberry sauce.

Now, don't judge. After all, it was the 70s, when we ate everything out of cans. Peas, corn, fruit juice, grapefruit sections, ham, chow mien, beef stew, liver-wurst, and even chocolate syrup. It was a decade that celebrated ingenious cooking short cuts like canned foods, processed meats, flavored gelatin and mini marshmallows. Back then, canned cranberry sauce was downright trendy.

Besides, that stuff is delicious. Admit it.

When I was old enough to use the can opener, my mother would let me prepare the canned cranberries for our Thanksgiving meal. After releasing the suction, and prying off the lid, the



jellied cylinder would slide right out onto the pressed glass dish, perfectly intact and still showing the ridges of the can, with a pleasing little "PLOP." Using a table knife, I'd slowly carve the rounded mold into uniform disks that wiggled as I carried them to the table.

To me, the sweet, tangy, chilled, translucent, smooth, slices glowed like rubies in the candlelight refracting through the glass dish, and they tasted simply divine.

Back then, I thought that canned cranberry sauce gave our Thanksgiving meal elevated status – it was gourmet, fancy, high class.

So why then, 40 years later, has canned cranberry sauce been relegated to the ranks of the boxed stuffing, jarred gravies, and other homely short cuts of the culinary world?

Twenty years ago, I married a Navy man, and we've moved around the world. Most holidays, we were unable to travel the distance to be with extended family, so we shared meals with other Navy friends who were in the same boat [pun intended.] During the inevitable Thanksgiving meal planning conversations between the wives, it soon became clear

that it wasn't cool to serve canned cranberry sauce.

"You don't serve canned cranberries, do you?" they would ask, incredulously. And of course, to save face, I would lie.

"Oh gosh no! I always make it from scratch, you know, with the real cranberries and the sugar and, uh ..." I'd fib, praying that the other wife would volunteer to make it so I wouldn't have to search for a recipe.

And at every Thanksgiving meal we shared with other military families over the years, I fawned over the homemade cranberry relishes they had been stewing all day with fresh ginger, orange zest or cloves.

However, a year has not gone by, that I did not get a secret snack of my beloved canned cranberry sauce around Thanksgiving time. It's easy to saunter by the seasonal commissary display with its fried onions, condensed milk, and chicken broth, and inconspicuously slip a can of cranberries into my grocery cart without any of the other wives noticing.

But all these years of shame and secrecy are wearing on me. Now in my 40s, I'm ready to come out of the closet. Yes, I wear comfortable cotton underwear. Yes, I color my grays. Yes, I'm saving my puka shell anklet from 1981 just in case it comes back into style.

And yes, I will always love canned cranberry sauce.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>

Health Watch

Did You Know? Health Net services include a newsletter

From Lt. Adam Susmarski, MC

Naval Branch Health Clinic Gulfport

Health Net Federal Services, LLC (Health Net) offers a monthly Healthy Lifestyles Newsletter.

If you are interested in receiving the monthly Healthy Lifestyles Newsletter all you have to do is visit:

https://www.hnfs.com/content/hnfs/home/tn/bene/wellness/healthy_lifestylesnewsletter/enewsletter_request_form.html and enter your e-mail and the Newsletter will be automatically sent every month!

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account to contact or follow-up with your provider.

CBC First Class Petty Officer Association Chili Sale

Nov. 15, 10 a.m. – 2 p.m.
Commissary/NEX plaza



Featuring CS1 Young's award winning Southwestern Chicken Chili; Bam! Bam! Deer Chili; Firehouse Spicy Chili; Turkey Chili; Howling Mad Beef Chili; Texas Hold'em Chili.

Donation: \$5/bowl, including drink.



TOYS FOR TOTS

Applications for Toys for Tots will be accepted for E-6 and below (all others on a case by case basis) through Nov. 22, Monday - Thursday, 8 a.m. - 4:30 p.m. and Friday, 8 a.m. - 3:30 p.m.

Service members (or spouses) can come to Fleet and Family Support Center (FFSC), building 30, with military identification and complete a brief application.

For further information, please call 228-871-3000.

Mailing packages? Moving? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!



MWR and FFSC are hosting a Month of the Military Family Celebration on Friday, November 15th at the 5pm showing of Turbo (PG) at the Training Hall. Come out for a free movie and popcorn. Thanks families for all you do!



**Friday, November 22, 2013
Starts at 7:00am
NCBC Fitness Center**

**This event is FREE and open to all eligible patrons
Participation medals will be given out to ALL runners!
FREE snacks and water at end of race.**

Signups encouraged but not required



Questions? Call Mike McLaughlin 822-5103 or email michael.e.mclaughlin@navy.mil

MWR Program Contacts

Anchors and Eagles, 228-871-4607
Auto Skills Center, 228-871-2804
Beehive All Hands Club, 228-871-4009
Child Development Center, 228-871-2323
Fitness Center, 228-871-2668
Information, Tickets & Travel, 228-871-2231
Liberty Center, 228-871-4684
Seabee Heritage Center, 228-871-3619
Navy Outdoor Recreation, 228-871-2127
Shields RV Park, 228-871-5435
The Grill, 228-871-2494
Training Hall, 228-871-4750
Youth Activities Center, 228-871-2251
Main Office, 228-871-2538



Free Movies at the Training Hall

Don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet! If you have a question or comment, please send to Michael.sweetapple@navy.mil

Friday: *Turbo*, PG, 5 p.m.; *Elysium*, R, 7:15 p.m.
Saturday: *Planes*, PG, 1:15 p.m.; *Paranoia*, PG13, 3:30 p.m.; *We're the Millers*, R, 6 p.m.
Sunday: *The Smurfs 2*, PG, 3 p.m.; *Getaway*, PG13, 5:30 p.m.

**Movie Hotline
228-871-3299**

HOLIDAYS IN THE SOUTH

Call ITT 228-871-2231 to book today!

LOUISIANA

Start the holiday season off right with a two night New Orleans experience! Listen to the holiday jazz and view the lights of the French Quarter. Hotel and local attraction package is \$188
A SAVINGS OF 54%!!



GEORGIA

Take a road trip through the south to romantic town of Savannah and take in the holiday season with hotel and attractions for the low price of \$256
A SAVINGS OF 41%!!

TENNESSEE

Enjoy the holiday lights in the little town Gatlinburg, nestled in the Smoky Mountains. Only a day's drive away! Get a two night's stay and take in the local attractions for \$296
A SAVINGS OF 23%!!



Prices based on family of 4 (2 AD & 2 CH), in a Standard or 1 BR hotel room; one attraction available through ITT and one featured city attraction. Savings percentage based on outside pricing. Hotels are subject to availability and black out dates.



We celebrate American Indian and Alaska Native Heritage in November

From Chief of Naval Personnel Public Affairs

The Navy joins the nation in celebrating American Indian and Alaska Native Heritage Month, which will be observed Nov. 1 through Nov. 30.

The 2013 national theme, Guiding Our Destiny with Heritage and Traditions, encourages the nation to reflect and celebrate the cultures, histories and traditions of the indigenous peoples of North America, including parts of Alaska and the island state of Hawaii.

Today more than 12,000 Sailors and 1,500 civilians of Native American and Alaska Native heritage serve in the Navy. Accord-

ing to the U.S. Department of Interior's Bureau of Indian Affairs, 565 federally recognized American Indian tribes and Alaska Natives reside in the United States, composed of nearly 4.5 million American Indians and Alaska Natives, or 1.5 percent of the nation's population.

Despite the fact that American Indians did not become citizens until 1924, their legacy of military service dates back to the American Revolutionary War when George Washington began enlisting them for the Army, Navy and Marines. They have contributed their fighting spirit and warrior ethos to help U.S. military forces defend

America's national interests. Both past and present, these members have made remarkable contributions to our Navy's legacy. In the twentieth century, three Sailors of American Indian heritage received the Medal of Honor, the United States' highest military honor, including Boatswain's Mate First Class James E. Williams. Williams, a Cherokee from South Carolina and one of the Navy's most highly decorated veterans, was awarded the Medal of Honor for actions while serving as Boat Captain and Patrols Officer aboard a River Patrol Boat during the Vietnam War. In 2004, the United States Navy honored him by naming

one of the guided missile destroyers after him, USS James E. Williams (DDG 95). Native American Sailors served on Continental and state vessels during the War of Independence and have continued their proud service during every armed conflict since then, contributing to the lasting traditions and heritage of both the nation and the Navy.

Recognized annually, Native American Heritage Month first began with the establishment of American Indian Day by the governor of New York in May 1916. Several additional states enacted celebrations during the fourth Friday in September, but the celebration

did not gain official national recognition until President George H. W. Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations under different names, including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month," have been issued each year since 1994.

For more information about American Indians and Alaska Natives in the Navy from the Naval History and Heritage Command, visit <http://www.history.navy.mil/special%20highlights/NativeAmerican/NativeAmerican-index.htm>.

A seasonal reminder from NCBC Security Stay vigilant and aware of your surroundings while shopping or out enjoying the holidays. Park in well-lit areas and don't carry large amount of cash. Keep personal items secured and close to your body while moving through crowds.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabecourier@navy.mil and check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

NCBC Helping Hands

WEST HARRISON HIGH SCHOOL is asking for 13 volunteers to assist in proctoring and monitoring the hallways during the next administration of the Miss. SATP tests Dec. 3-7 and Dec. 9. Volunteers should report to WHHS, 10399 County Farm Road, Gulfport at 7:15 a.m. Testing will be complete no later than 3 p.m. (with most being completed by noon.) Please contact Julie Cullinan at jcullinan@harrison.k12.ms.us.

MILITARY FAMILY NEEDS YOUR HELP

A military family with a special needs child needs moving to an apartment Nov. 20 on the ground floor which will accommodate the child's needs greatly. The service member is away at training and the family could use your help. If you can help, please contact Susan Smith at Fleet and Family Support Center (FFSC), 228-871-3640 or susan.smith2@navy.mil.

RETIRED VETERAN NEEDS ASSISTANCE

A retired Army veteran with limited mobility due to health issues has a few home projects that he needs help with. If you have the time, he has the materials. Please contact Susan Smith at Fleet and Family Support Center (FFSC), 228-871-3640 or susan.smith2@navy.mil.

BOOST READING PROGRAM - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please contact Samantha Benson, 228-867-2140.

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. If you are interested in volunteering, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

USS ALABAMA NEEDS 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. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

BILOXI VA AMBASSADORS - The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

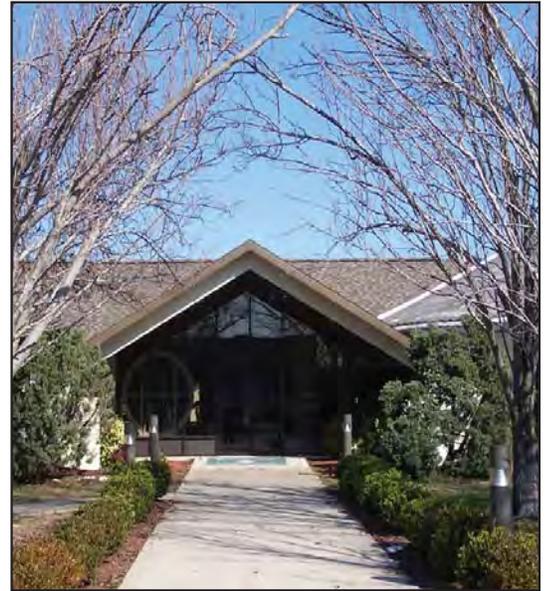
COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610.

Seabee Memorial Chapel



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

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

Religious Services

Sunday: Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.

November 14, 2013

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Contemporary Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

Contact the chapel at 228-871-2454 for more information.

Seabee Courier

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

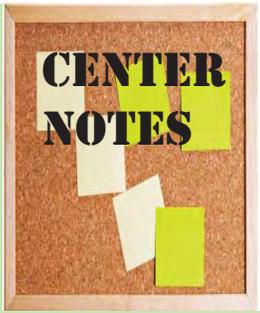
Safe Helpline

Sexual Assault Support for the DoD Community

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.

SEABEE GIFT STORE

Working on your holiday shopping list? Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, DVD's, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday – Friday, 10 a.m. to 4 p.m. Stop by and see what we have to offer. Call 228-871-4779 for more info.



SUPPORT Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com. **NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

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 Center. Children are welcome and babysitting 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 (FOCUS), 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 The Gulfport Officers' Spouses' 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. The 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.com for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are

reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

PMI Membership Drive

The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact

Mike Saunders at saudersmt@earthlink.net or Len Krapcha at lkrapcha@aol.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural

Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel at 228-871-2454 for details.

VFW Post 3937 Long

Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

The Ladies Auxiliary to the VFW Post 3937 Long

Beach would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange

Grove is open daily from Noon to 10 p.m. and locat-

ed at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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 about our organization.

Navy Seabee Veterans of America (NSVA) Island

X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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



GULF COAST USO

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

Free services: FAX - Send/Receive: 228-575-5225, Copies, United Through

Reading program, Computers with web cams, Internet/email access, X-Box

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

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