

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 55 No. 47

Naval Construction Battalion Center, Gulfport, Mississippi

December 10, 2015

New website helps identify victims of OPM data breach

From Navy Office of Information

The United States Office of Personnel Management (OPM) has steadily sent out notifications to individuals affected by the data breach that took place earlier this year.

In an effort to reach everyone affected, OPM has launched a website designed to help people check if their personal information has been compromised.

OPM's Cybersecurity Resource Center (<http://www.opm.gov/cybersecurity>) requires individuals to submit their information, but won't instantly be able to tell the user if his or her information has been compromised. Instead, the government will review submissions and respond in two to four weeks with a letter.

For those notified, OPM has offered up to three years of intensive credit monitoring with a company that specializes in identity theft protection, fraud resolution and a million dollars in identity theft insurance. So far only 1.2 million people have signed up for that protection, according to a blog post by acting OPM chief Beth Cobert.

"Part of its job, other than verifying for individuals if they were or were not affected, is providing another

See **BREACH** page 12



NMCB 1 continues to build global good will

ENNIBURR, Republic of Marshall Islands - Builder Constructionman Apprentice Samantha Besler, left, Builder 3rd Class DeJohn Reed, center, and Utilities Constructionman Valerie Trevino, assigned to Naval Mobile Construction Battalion (NMCB) 1, play with children at an elementary school on the island of Enniburr, Republic of Marshall Islands, Nov. 19. NMCB 1 installed seesaws at the elementary school during NMCB 1's deployment to provide humanitarian aid to the Republic of Marshall Islands. (U.S. Navy photo by Hospitalman 2nd Class Isaac P. Cajinas/Released)

For more on NMCB 1, see page 6



**Gulf Coast CFC 2015 - 5K Walk/Run - Friday (Dec. 11)
6 a.m., Fitness Center**

See page 2 for details

USS Jackson commissioned

By MC2 Kathleen L. Church

The crew of USS Jackson (LCS 6) ushered in a new era in naval warfare, Dec. 5, as the ship was brought to life before a crowd of nearly 10,000.

"I hereby place United States Ship Jackson in commission. May God bless and guide this warship and all who sail in it," said Secretary of the Navy Ray Mabus, who helped name the ship in 2011. "This certainly ranks right up there with great days that I've had."

Mississippi Senator Thad Cochran's daughter, Dr. Kate Cochran, was the ship's sponsor. It's the first ship to bear the name of Mississippi's capital city. The name held a special meaning for many of those at the commissioning.

"For it to be named after the city, the capital of the state in which you were born, is even more of a phenomenal feeling," said Command Senior Chief Ken Ballard.

Ballard and 52 other crew members will man missions aboard the Jackson,



Secretary of the Navy (SECNAV) Ray Mabus delivers remarks during the christening ceremony for the Navy's newest Independence-variant littoral combat ship, USS Jackson (LCS 6), in Gulfport, Miss. (U.S. Navy photo by Chief Mass Communication Specialist Sam Shavers/Released)

one of the fastest and most technologically advanced warships in the world.

"They're providing incredible presence. They're providing lethality. They're providing a lot of things that the United States Navy needs today and is going to need for years in the future,"

said Mabus.

For the crew, the commissioning was the culmination of three years of hard work.

A fast, agile, and high-technology surface combatant, Jackson will act as a platform for launch and recovery of manned and unmanned vehicles. Its modular design will support interchangeable mission packages, allowing the ship to be reconfigured for antisubmarine warfare, mine warfare, or surface warfare missions on an as-needed basis.

The littoral combat ship (LCS) will be able to swap out mission packages, adapting as the tactical situation demands. These ships will also feature advanced networking capability to share tactical information with other Navy aircraft, ships, submarines and joint units.

The brand new 417 foot ship weighs in at 3,100 tons. It can travel at speeds in excess of 40 knots. The USS Jackson will be home ported at Naval Base San Diego.

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Gulf Coast CFC 2015 5K Walk/Run

The NCBC Combined Federal Campaign Team will hold a 5K Walk/Run at 6 a.m., Dec. 11 at the Fitness Center. Participants who have already filled out a donation slip or who have registered on line to donate to the CFC are asked to bring their slip with them to use as a registration form. Command CFC representatives will be on hand to help people who have not filled out a pledge slip. Although donating is not required, it is encouraged. Top 3 Winners! 1st place will be awarded the

opportunity to pick where 50 percent of donation proceeds go to. 2nd place will be awarded the opportunity to pick where 30 percent of the donations go to. 3rd place will be awarded the opportunity to pick where 20 percent of the donation proceeds go to. 100 PERCENT CONTACT IS OUR GOAL! Let us come together and have fun! The base wide goal for this year is \$45,000. See your CFC rep for more information.



December 10, 2015

NEX and Mini Mart Early Closure ... The Navy Exchange and the Mini Mart on board Naval Construction Battalion Center (NCBC) Gulfport will close at 6 p.m., Dec. 12 for an annual Christmas party.

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



Cmdr. Anthony Conley, NCBC Executive Officer, presents Dr. John Hartsell, NCBC Youth Director, with the Council on Accreditation certificate of accreditation at the Youth Activities Center on board NCBC, Dec. 3. (U.S. Navy photo by Rob Mims/Released)



Lisa Howze, Navy Exchange Soft Lines Supervisor, adjusts a tag on the Angel Tree inside the NEX main store, Dec. 3 on board NCBC Gulfport. There are still tags on the tree waiting for someone to fulfill them. If you would like to help, visit the Angel Tree near the customer service desk. (U.S. Navy photo by Rob Mims/Released)



Hospitalman Bradly Reilly from the Naval Branch Health Clinic Gulfport, administers the Flu mist to Aubrey during the Inaugural Influenza Vaccination Drive Thru on the Grinder on board the Naval Construction Battalion Center, Gulfport, Dec. 5. Department of Defense beneficiaries were able to receive their immunizations without leaving their vehicles. (U.S. Navy photo by Rob Mims/Released)

NCBC Holiday Gate Hours of Operation



Pass and ID:

Dec. 23, **Normal Hours**
 Dec. 24, 6 a.m. - Noon - **OPEN**
 Dec. 25, **CLOSED**
 Dec. 28 - 30, **Normal Hours**
 Dec. 31, 6 a.m. - Noon, **OPEN**
 Jan. 1, **CLOSED**

28th Street Gate:

Dec. 23, 6 a.m. - Noon, **OPEN**
 Dec. 24 - 25, **CLOSED**
 Dec. 28 - 30, **Normal Hours**
 Dec. 31, 6 a.m. - Noon, **OPEN**
 Jan. 1, **CLOSED**

Pass Road Gate:

OPEN 24 hours, 7 days a week

Broad Avenue Gate:

Dec. 23, **Normal Hours**
 Dec. 24 - Jan. 1, **CLOSED**

Energy Savings Tip



Bag it and tag it – Almost anyone who has a chest freezer has experienced the frustration of digging through layers of frozen items to get to the 3 pound chuck roast that is needed for an upcoming meal. Save time and reduce energy consumption by placing similar categories of meat in freezer safe reusable bags and tagging them accordingly. It is much easier to pull a bag tagged “beef” out of the freezer and look through it, then to wade through an assortment of freezer items. This method also reduces the amount of time the freezer door is open, which in turn reduces energy consumption.

Annual Tree Lighting Brightens December Night



Capt. Cheryl Hansen, NCBC commanding officer, flipped the switch to light the Christmas Tree at the 2015 MWR Tree Lighting Ceremony on board NCBC Gulfport, Dec. 4. Hundreds of people braved the chilly temperatures to meet Santa Claus, listen to the USO Show Troupe sing, hear some tunes from the Navy Brass Quintet, play games, ride the carousel and play in the snow. (U.S. Navy photos by Rob Mims and Morale, Welfare and Recreation/Released)



New Navy OPSEC App is Out

By Mass Communication Specialist 2nd Class (SW/AW/IDW)

David R. Finley Jr.

Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet Public Affairs

The Navy released its new mobile Operations Security app designed to make annual training requirements more accessible to Sailors, Dec. 3.

The Naval OPSEC Support Team (NOST) from Navy Information Operations Command (NIOC) Norfolk, worked closely with Navy Education and Training Center (NETC), Sea Warrior Program (PMW 240) and TRACEN Technologies to develop the app.

Sailors can not only complete required training on the OPSEC app, but also access related resources and policies.

"Practicing OPSEC and understanding the OPSEC process will facilitate protecting critical information," said Jim Magdalenski, director of the Naval OPSEC Support Team. "If shared or not protected, we leave this information vulnerable to adversary collection and aggregation, which could result in actions taken against us and ultimately result in mission failure or even worse, loss of life."

Military family members play an active role in OPSEC and are responsible for protecting unclassified critical information.

"One of the biggest benefits for this particular app is that family members can also access the information and complete the training, if they desire," said Magdalenski. "Family members play a vital role in protecting critical information,

and also are the groups most frequently requesting OPSEC training briefs."

The app gives Sailors an alternative to completing their required GMT.

Upon completing the training, Sailors and DON civilians will be given instruction on how to automatically update their electronic training jackets. Updates occur within two days.

"OPSEC Officers will have all the appropriate reference material at their fingertips to enhance their ship or shore command programs," said Magdalenski. "The ultimate goal is persistent training and educating for Sailors, civilians and family on OPSEC, ultimately enhancing the readiness of the Navy."

The OPSEC app features:

* Policy/Guidance: Includes Joint, DOD, Navy and Marine Corps Policies; Navy Tactics, Techniques, and Procedures; Marine Corps Warfighting Publication; and handbooks.

* Training: Features links to three computer-based training modules, as well as information on courses offered by the Naval OPSEC Support Team Norfolk and other OPSEC agencies. This includes "Uncle Sam's OPSEC" (USOPSEC), a 14-section GMT video-based course designed to educate service members and their families on vulnerabilities and risks associated with sharing too much information, particularly on social media sites and via mobile devices.

* Products: Includes training videos/links on a multitude of OPSEC topics, training briefs, smart cards that provide synthesized information and best practices at a quick glance, and brochures and posters



to assist OPSEC program managers.

* Assessments: Features information and resources to assist OPSEC program managers on how to conduct OPSEC assessments at their command. A step-by-step guide, briefing tools, assessment checklists, sample questionnaires, and instructions are included.

* Favorites/FAQs: Highlight parts of the App the user finds most valuable. The Frequently Asked Questions module addresses some of the most common and prevalent OPSEC issues affecting DON personnel today, like spear phishing, social engineering, and computer hacking.

The Naval OPSEC Support Team (NOST), located at Navy Information Operations Command (NIOC) Norfolk, provides command OPSEC program development, awareness resources, assessment assistance, guidance and support training that promotes an understanding of OPSEC among both active duty and dependent personnel. The NOST supports these programs worldwide through a one-stop website for reach-back support to improve capabilities that strengthen war fighting effectiveness.

To find the free Navy OPSEC app, search "Naval OPSEC" in the app stores or your web browser.

Buzz on the Street

From
NCBC Public Affairs

"What do you plan to do for the holidays?"

"I am going to my daughter's house."



Bill Henn
Retired U.S. Air Force



"Staying here; my wife and kids are coming down for Christmas."

Tech. Sgt. Darrel Walters
Naval Construction Training Center, Structural Apprentice course student

"Going to go spend time with family."



SW2(SCW) Kenneth Lancaster
Naval Construction Training Center "C" School student

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.

NMCB 1: Rota, Guam and Marshall Islands



Upper left: **Builder 3rd Class Julian Nino, left, and Utilities Constructionman John O. Cotton, both assigned to Naval Mobile Construction (NMCB) 1, construct a bench for the Community Center on Ebeye Island, Republic of Marshall Islands, Nov. 20. The benches will be utilized during youth basketball and volleyball games. (U.S. Navy photo by Hospitalman 2nd Class Isaac P. Cajinas/Released)**

Upper right: **U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 position a backhoe on to weight scales at Camp Mitchell on Naval Station Rota, Spain, Nov. 18. (U.S. Navy photo by Mass Communication Specialist 1st Class Brannon Deugan/Released)**



Lower left: **Builder 2nd Class Whitney Taylor, assigned to Naval Mobile Construction Battalion (NMCB) 1, hangs up the Prisoner of War Plaque she made for Camp Covington Galley at Naval Station Guam, Nov. 27. (U.S. Navy photo by Culinary Specialist 3rd Class Mayte Melgoza/Released)**

Lower Right: **U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 place asphalt at the parking lot pavement project at the Chapel on Naval Station Guam, Dec. 3. (U.S. Navy photo by Culinary Specialist 3rd Class Mayte Melgoza/Released)**

Forward deployed to Guam, NMCB 1 is a Seabee battalion that specializes in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Culinary Specialist 3rd Class Mayte Melgoza/Released)

Buy a Brick for the Gulfport Seabee Heritage Center Memorial Plaza

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

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

- ~ Each brick can have three lines with up to 20 characters (including spacing) per line
- ~ Lettering will be centered on bricks in capital letters
- ~ Letters are laser etched in black for durability and beauty
- ~ Order now and save \$25 per brick. Special introductory pricing through Dec. 31, 2015 of \$100

per brick. Regular price \$125 per brick. Offer valid for Gulfport only!

The first bricks will be placed when the Memorial Plaza is completed in 2017 and 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.

NMCB 27 - CJTF-HOA



MANDA BAY, Africa - From the left, Utilitiesman 2nd Class Cole Johnson, Steelworker 2nd Class William Maldonado, Builder 2nd Jennifer Kennedy and Builder 3rd Class Aakash Shrestha, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 27, construct huts in support of Combined Task Force Horn of Africa at Camp Simba in Manda Bay, Africa, Dec. 2. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Chief Equipment Operator Brendan Warner/Released)

Back in Time: Seabee History Vietnam Era

- Dec. 6**
1971: A training complex built by and for Seabees at Port Hueneme, Calif., was dedicated and named in honor of a fallen United States Marine comrade, Captain John V. Francis. Francis was the assistant military training officer for the 31st Naval Construction Regiment (NCR) in 1969 and 1970. On Feb. 10, 1970, he, along with 12 others, was killed in a helicopter crash while on an inspection tour of Seabee units assigned to Vietnam.
- Dec. 7**
1945: 3rd Naval Construction Brigade inactivated; 24th NCR inactivated; 9th NCB inactivated on Okinawa; 102nd NCB inactivated at San Fernando, Philippines; 113th NCB inactivated at Mindoro, Philippines; 122nd NCB inactivated at Tsingtao, China.
- Dec. 8**
1969: Headquarters of the 30th NCR moved from Vietnam to Okinawa, Japan. This move was the result of the reduction of the Naval Construction Force in Vietnam, which was the result of de-escalation of U.S. activity in Southeast Asia.
- Dec. 9**
1965: NMCB 4 main body on board Camp Shields, Chu Lai, RVN; NMCB 4 replaced NMCB 10 at Camp Shields, Okinawa.
- Dec. 10**
1967: Seabee Team 0407 officially relieved by Seabee Team 0809 in the city of Can Tho, Phong Dinh Province, RVN; main body of NMCB 58 arrived in RVN.
- Dec. 11**
1966: Main body of NMCB 7 arrived in Davisville, Rhode Island from Phu Bai, RVN.
- Dec. 12**
1942: 55th NCB commissioned at Camp Endicott, Davisville, R.I.



Equipment Operator Constructionman James Werner unloads a bucket of concrete onto the second deck of the Xuan Loc High School, while Builder 2nd Class Bernard Adams mixes up the next batch of concrete in the 6-S mixer in Chieu Hoi, RVN, 1966. (Photo by Seabee Team 0103, Courtesy of U.S. Navy Seabee Museum)

Seabee Gift Store Holiday Special

The Seabee Gift Store has memorabilia, books, coins and other unique gifts for all of the Seabees and Seabee families in your life! The gift store is located in the Seabee Heritage Center Training Hall, Building 446, and is open Monday - Friday, 10 a.m. - 4 p.m. Right now, customers will receive 15 percent off the total price of their purchases just by mentioning the Holiday Special ad! Stop by today or call 228-871-4779 for more information.

FORCE PROTECTION

IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

If you see something suspicious, make the right call – tell a law enforcement official or person of authority. Call 228-871-2361 or 911.

Suspicious Activity is any observed behavior that could indicate terrorism or terrorism-related crime.

This includes, but is not limited to:

- ~ Unusual items or situations – A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.

- ~ Eliciting information: A person questions individuals at a level beyond curiosity about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.

- ~ Observation/Surveil-

lance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations), unusual repeated, and/or prolonged observation or a building (e.g., with binoculars or video cameras), taking notes or measurements,

counting paces, sketching floor plans, etc.

Report **SUSPICIOUS ACTIVITY** to law enforcement or a person of authority

Describe specifically what you observed including:

- ~ What or who you saw
- ~ When you saw it
- ~ Where it occurred
- ~ Why it is suspicious

I pay attention for a living. While I'm busy checking ID's and other credentials, I need your help keeping an eye on our surroundings.

We all play a role in protecting our communities.

If you see something suspicious, make the right call. Report it to law enforcement.



Focus on Education



Dr. Jaime Parker, Families OverComing Under Stress (FOCUS) site director, presents a certificate of recognition to Zach, Dec. 4 at the Commissary on board the Naval Construction Battalion Center as "Elvis" the Feeling Fox stands by. Zach placed second in the Name the Fox contest. The first place winner chose to remain anonymous and gave the prizes to Zach for his efforts. "Elvis" comes complete with a temperature cape and blue, not-so-suede, shoes. (U.S. Navy photo by Rob Mims/Released)

Education Notes

EFMP POC Command Training

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

DeCA Scholarships for Military Children

The Scholarships for Military Children Program will be accepting applications from eligible students beginning Dec. 15 at commissaries worldwide. At least one scholarship will be awarded at every commissary location where qualified applications are received. Applications must be hand-delivered or shipped via U.S. Postal Service or other delivery methods to the commissary where the applicant's family normally shops by close of business Feb. 12, 2016. Applications cannot be emailed or faxed. For more information, visit www.militaryscholar.org or email, militaryscholar@scholarshipmanagers.com or call Scholarship Managers at 856-616-9311.

Fort Hays State University

Fort Hays State University, a Navy Partnership school located in Hays, Kan., offering Bachelor and Master Degrees online has been designated as a "Center of Excellence for Information Assurance and Cyber Defense". The National Center of Academic Excellence (CAE) designation program promotes higher education programs in information assurance and cyber defense to address the critical shortage of professionals with these skills and highlights the important role that universities play. FHSU is one 50 educational institutions in the country that has received this designation. Contact Dr. David Drye in the Navy College Office for information concerning FHSU programs in Cyber Security. He can be reached at 228-223-4926 or daviddrye@att.net.

Suicide Prevention SafeTALK

A SafeTALK class will be held Dec. 16, 8 - 11:30 a.m. at Seabee Memorial Chapel. Pre-registration is requested, but not mandatory. Sign up by calling 228-871-2454.

NCBC Gulfport School Liaison Officer:

Kevin Byrd, MWR, Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117

email: kevin.r.byrd@navy.mil

USO Gulf Coast presents Storytime with Santa



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

Stormwater Pollution Prevention ... Everybody's Business



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

Holiday 'Shout-Out' for ALL Sailors

For the upcoming Holiday Season, NAVCO is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for ALL Sailors to their families. Deadline: Dec. 18, 8 a.m. EST. Instructions: **1.** Call 1-855-OUR-NAVY (1-855-687-6289) **2.** Wait for 3-5 second pause after voice directions and record message, using the template script below, after beep. **3.** Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before

being shared with radio media outlets in the Sailors' hometown. **4.** Remember to speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command your shout-out will be unusable.

Script: HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP), OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AOR). I WANT TO WISH MY (SPOUSE, FAMILY, MOM AND DAD) AND EVERYONE IN MY HOMETOWN OF (HOMETOWN) HAPPY HOLIDAYS (or MERRY CHRIST-

MAS, HAPPY HANNUKAH, HAPPY KWANZA, etc.) AND A HAPPY NEW YEAR! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!

Example: HI, I'M NAVY PETTY OFFICER AMY SMITH FROM SEATTLE, WASHINGTON, CURRENTLY SERVING ABOARD THE AIRCRAFT CARRIER USS RONALD REAGAN DEPLOYED TO THE WESTERN PACIFIC. I WANT TO WISH MY HUSBAND LARRY, MY DAUGHTER MARIE AND MY MOM AND DAD AND EVERYONE BACK IN SEATTLE A MERRY CHRISTMAS AND A HAPPY NEW YEAR! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Hitting home: Domestic terror and military uncertainty Why civilians need to understand challenges facing military families

Usually, during the second or third year of my husband's tour of duty in the Navy, I start waking up at dawn, my mind swirling with questions.

What's next? Where will we live? How will we afford it? Will I be able to find work? What about the kids?

I wondered if I was having a mid-life crisis, but it turns out that 40 percent of military families feel the same way I do.

Military folks are increasingly uncertain about the future, according to Blue Star Families 2015 Survey results released recently. For the 6,291 service members, veterans and family members who took the survey, the top concerns contributing to growing uncertainty and financial insecurity were threats to military pay and benefits, changes to retirement benefits, spouse employment difficulties, post-service transition, and the rise in active duty and veteran suicides. (See www.bluestarfam.org/survey.)

The comprehensive survey, now in its sixth year, is conducted in collaboration with Syracuse University's Institute for Veterans and Military Families to gain insight into the unique challenges faced by the military community and to make recommendations regarding sustaining our all-volunteer force.

Although the results were released on Oct. 28, they seem particularly newsworthy now, in light of the recent uptick in international and, as of last week, domestic terrorist attacks that will require military involvement. A few of the surprising statistics:

Although 94 percent of respondents joined the military to serve their country, only half would advise their own children to serve. Since 84 percent of recruits come from military families, there is new concern about adequately sustaining our all-volunteer military. As Michael O'Hanlon, director of foreign policy research at the Brookings Institute said about the survey results, "Even military families are increasingly doubting whether they want to wish this same life on their children ... not out of any lack of patriotism or a sense of public service. It's an awareness of how hard it can be." (See http://www.brookings.edu/~media/events/2015/10/29-military-families-veterans-lifestyle-survey/20151029_military_families_transcript.pdf)

Even though 82 percent of respondents said they joined the military for financial security, 65 percent of service persons and their spouses said that they were worried about military pay and



compensation. One Army spouse surveyed said, "The contract that my Soldier signed with the government has been turned inside out, leaving us with an uncertain future financially. We can no longer 'bank' on the government to take care of their original obligations to all service members and their family members. I personally am so frustrated by all the issues, I am recommending both of my active duty sons finish their contracts and get out of the military."

Military spouse employment continues to be a major concern. Fifty-five percent of spouses are not employed (more than five times the national average), and of those, 58 percent want employment. Seventy-five percent of spouses said military lifestyle had a negative impact on their ability to pursue a career.

There is growing worry over unexpected expenses associated military life. One-third of military families said they pay out of pocket housing costs, and

73 percent said there were other unexpected expenses related to military life such as unreimbursed moving costs.

"There are a lot of conversations around the dinner table about whether to stay in or get out," Cristin Orr Shiffer, deputy director of research and policy for Blue Star Families said in a Military Times article. As Shiffer put it, military families are keeping their "eyes on the exits." (See <http://www.militarytimes.com/story/military/2015/10/28/survey-military-family-uncertainty-rise/74727290/>.)

Although 87 percent of veterans felt that military service had prepared them for leadership as civilians, 40 percent rated the transition process as difficult or very difficult, and 47 percent of post 9-11 veterans said they were not able to find jobs in their preferred career fields.

Regarding the psychological wellness of post 9-11 veterans, 14 percent "seriously thought about committing suicide during their time in the military (7 percent in the past year). Nearly 27 percent of post-9/11 veterans reported frequent symptoms of stress and 13 percent reported moderately severe or severe symptoms of depression."

In a telephone interview, Shiffer told me

that, although news of the survey results reached a record number of media outlets this year, more can be done to engage and inform the public. With only 1 percent of the population serving in the military, news is naturally targeted toward media consumers who are primarily civilian.

"I don't see [civilians] as disinterested, but rather not understanding military issues," Shiffer said. "Talk to your neighbors. People want to help, but they don't know how - that's where we come in. Blue Star Families exists to connect America to its military."

As a 22-year Navy spouse, the survey results really hit home. And now, with the recent news that bloody terrorist massacres are being spawned in our own neighborhoods, civilians also have a reason to lie awake at dawn and wonder what the future holds for our military.

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

NCBC Helping Hands

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

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

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 - 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.

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



Fraud, Waste and Abuse Hotline:

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



NCBC Public Affairs

228-871-3664

Stay in Touch
with NCBC Gulfport

Inside the Gate:
tinyURL.com/NCBCITG
Seabee Courier:
tinyURL.com/CBCCourier
Facebook:
NCBCGulfport
Twitter:
[@SeabeeCenter](https://twitter.com/SeabeeCenter)

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

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

Wednesday

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

Catholic

Sunday

9 a.m. - Mass
10 a.m. - CCD Class
Monday, Tuesday & Friday

11:15 a.m. - Mass

Thursday

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

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

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

DEC 11-17

MWR

LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

- 12/11 – 6 p.m., Sailor Adventure Quest: Reel Therapy, Open to all Active Duty & Reserve!
- 12/12 – 11 a.m., Army vs. Navy Flag Football Game & Tailgate Party, Free Food & Beverages
- 12/ 13 – All Day, NFL on the Big Screen
- 12/ 13 – 9 a.m., Humane Society Volunteer Opportunity, Earn an LOA
- 12/14 – All Day, Christmas Cards & Photo, We will send a pic & card home for you!
- 12/15 – 5:30 p.m., Star Wars on the Big Screen: Episode 2, Free Popcorn
- 12/16 – All Day, Wrapping Wednesday, Free wrapping paper to wrap gifts
- 12/17 – 5:30 p.m., Star Wars on the Big Screen: Episode 6, Free Popcorn

Who will Win?

Teams of 7



COMMAND
ARMY vs NAVY
FLAG FOOTBALL WEEK
December 7-12



Championship Game Dec 12



Softball
Fields

Call Fitness at 228-871-2668 for details



Sign up
Nov 30- Dec 4

Team MVP's will receive a replica Jersey & Winning Team will take home traveling trophy!
After the championship game head over to Liberty for Tailgate party with prizes & games

Your Christmas Party Headquarters is Navy Outdoor Recreation

Supplies are limited. Stop in during normal operating hours to make reservations.

Bldg. 456
(Corner of 7th & Colby)

Tables, chairs, 20' x 20' canopies, deep fryers with burners (fuel not included), tow-behind Pig Roasters, picnic tables & trailers!



Questions?
Call 228-871-2127 for details

French Toast Breakfast Sandwich with Coffee



\$5.00



Breakfast served 7-10am

BELLINGRATH GARDENS Magic Christmas in Lights

View the Gardens in the day and return the same night for the lights and dinner!
Lights & Home: \$23(a) / \$13(c)
Lights: \$14(a) / \$7(c)
Dinner: \$11(a) / \$8.95(c)



Call ITT at 228-871-2231 to purchase yours!
Magic Christmas in lights open through January 2, 2016 5-9pm.
Closed Christmas and New Year's Day



MWR Program Telephone Numbers

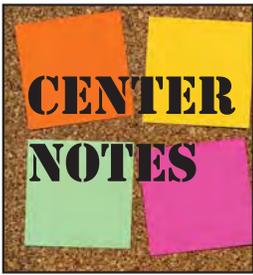
Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth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



Regular movie showings Thursday-Sunday of every week!

Showing this weekend: Our Brand is Crisis; The Peanut Movie; The 33; Spectre; Steve Jobs

For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times.



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.

Navy Exchange and Mini Mart Holiday Hours of Operation

NCBC Gulfport Navy Exchange (NEX) Holiday Hours of Operation are: Dec. 24, 8 a.m. - 6 p.m.; Dec. 25, CLOSED; Dec. 31, 9 a.m. - 8 p.m.; Jan. 1, 10 a.m. - 6 p.m.

Mini Mart Holiday Hours of Operation are: Dec. 24, 6 a.m. - 9 p.m.; Dec. 25, CLOSED; Dec. 31, 6 a.m. - 9 p.m.; Jan. 1, 10 a.m. - 6 p.m.

CALL FOR ARTISTS

Design the theme and/or logo for the 75th Anniversary of the Seabees. Show us your "CAN DO" spirit and your submission could be used as the Official logo and/or theme for the year-long 1942 - 2017 celebration in 2017! This is your opportunity to be part of the Seabee legacy. Send entries for consideration to seabee75thanniversary@gmail.com by Jan. 31, 2016. Download submission information and view official rules at <http://navfac.navy.mil/seabee75thanniversary>.



A 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.

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@vfb.socom.mil or contact your detailer to request additional information.

From **BREACH** page 1 method to confirm their current contact information," said OPM press secretary Sam Schumach. In addition to the site, individuals can also call

866-408-4555, to get the investigation process started. If you would like to read more about the information the letter contains and what you can do to protect your information

read the All Hands magazine story: You've Been Exposed, More than 21 million people affected by data breach, available at http://www.navy.mil/ah_online/deptStory.asp?issue=3&dep=5&id=90573