

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

October 1, 2015

NMCB 1 in Action



Builder 1st Class Nicholas Kotos, left, and Utilitiesman Constructionman Valerie Trevino, assigned to Naval Mobile Construction Battalion (NMCB) 1, tutor Ebeye Island residents in preparation for the Armed Services Vocational Aptitude Battery test (ASVAB)

Sept. 19. Members of NMCB 1 deployed to Marshall Islands to conduct weekly tutoring sessions in math and English grammar. NMCB 1 is providing humanitarian aid to the Republic of Marshall Islands. (U.S. Navy photo by Hospitalman 2nd Class Isaac P. Cajinas)

See **ASVAB** story page 7

Center Events

Hispanic Heritage Month Special Meal:

Oct. 1, 11 a.m. - 12:30 p.m., Oct. 1. Everyone with authorized base access is invited to Colmer Dining Facility to celebrate Hispanic Heritage. Meal cost: \$5.55

Menu:

Pabellon Criollo (shredded beef), Gilled Mojo Pork Chops, Stewed Chicken, Yello Rice, burritos, black Beans, Sancocho de Gallina (chicken vegetable soup), Cummer Corn Salad, Churros

Skipper's Log

October: Energy Action Month

NCBC

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By Capt. Cheryl Hansen
CO, NCBC Gulfport

October is Energy Action Month, as designated by our Commander-in-Chief and championed by the entire chain of Command.

The Department of Navy's theme for this year's Energy Action Month is "Power-Presence," and I challenge you to lead by example and encourage others to form energy-saving habits. It only takes the courage of one person to change the minds and actions of many, so let's set the example at NCBC Gulfport.

The mission of the Navy and Marine Corps is to provide the global presence necessary to ensure stability, to deter potential adversaries, and to pres-

ent options in times of crisis. Energy is critical to our ability to provide that presence. That is why we are transforming our energy culture – to make us more effective, more agile, and better protected. Diversifying our energy supplies and optimizing our energy use make us better warfighters by ensuring we have the energy we need when and where we need it.

Public Works passed out energy message cards at the gates today, and are conducting an energy fair at the NEX Minimart Oct. 14. Public Works will present cutting edge technologies, interactive displays, and energy saving ideas.

Energy Action Month is

a great time to refocus our efforts to reduce our energy consumption. We can make energy conservation a part of our day-to-day activity through these simple but important actions. Here are just a few ideas:

- ~ Switch off all unnecessary lights and equipment.
- ~ Lower your hot water heater thermostat to 120 F
- ~ Use compact fluorescent or LED light bulbs.
- ~ Use power-down or sleep mode features for CPUs and monitors.
- ~ At the end of the day, turn off copy machines and printers.
- ~ Keep government vehicles maintained and only drive when necessary.
- ~ Drive responsibly – aggressive driving, rapid



acceleration and braking waste fuel.

Our commitment at NCBC Gulfport is greater than ever and during the month of October I ask that you become a knowledgeable steward of energy resources and begin conserving energy for a stronger future. What you do matters. You make a difference!

October is Domestic Violence Awareness Month

A Note from NCBC Security:

The Lautenberg Act was nicknamed for the New Jersey Congressman Frank Lautenberg who proposed the amendment as an addition to the 1968 Gun Control Act. This is sig-

nificant since it makes it unlawful for people who have been convicted of the crime of domestic violence to receive, possess, ship or transport any firearm or ammunition in interstate or foreign commerce. It also makes it a felony to send firearms or ammunition to anyone that has been convicted of this crime. Military personnel and law enforcement officers are not exempt from the Lautenberg Act, since it also applies to privately

owned weapons. Military personnel with a conviction of domestic violence could be prevented from going on missions or appointed to positions that require use of firearms. In some cases, service personnel may be discharged. Police officers with Domestic Violence Convictions have been dismissed in a similar fashion.



Safe Helpline
Sexual Assault Support for the DoD Community
Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000



Curtis Patterson, Navy Exchange Consumable Manager, enjoys break time fishing at Seabee Lake on board NCBC Gulfport, Sept. 28. Fishing on Seabee Lake is catch and release only, and is open to all with base access. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Aviation Ordnanceman 3rd Class Berenice Hillegass rings the bell as the names of fallen Sailors who perished in battle are read during a Navy Gold Star Mother's and Family Day Remembrance hosted by Fleet and Family Support Center (FFSC) on board NCBC Gulfport, Sept. 23. On June 23, 1936, a joint congressional resolution designated the last Sunday in September as Gold Star Mother's Day. On Gold Star Mother's Day, the president calls on all Americans to display the nation's flag and to publicly express their love, sorrow and reverence toward Gold Star Mothers and their families. There are 13 designated parking spaces in locations across the installation that have been designated Gold Star Family parking as a small way that the base can honor surviving families of Soldiers, Sailors, Airmen and Marines. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Students practice proper turning techniques during the Basic Riders Course Level I on board NCBC Gulfport, Sept. 29. For more information on motorcycle safety courses and the dates they will be held, call the Safety Office at 228-871-3115. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

October 1, 2015

**Storm Water Pollution Prevention ...
Everybody's Business**



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

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

**Celebrate the Navy's Birthday!
Seabee Classic Golf Tournament**

Oct. 9, Bay Breeze Golf Course, Keesler AFB

**4-Person Teams, Scramble Format
\$30 per person
Sign ups end Oct. 2**



**Registration: 7 a.m.
Shotgun Start: 8 a.m.**

Includes: 18 holes of golf, cart, prizes, range balls, and lunch

**Sign up at the Fitness Center or ITT
Open to All Hands!**

Seabee Courier

Navy Lodge celebrates Hospitality Week

Navy Lodge employees were asked:

“Why do you like working at the Navy Lodge?”



“My husband is retired military. I wanted to offer our military customers service. I know what it feels like to PCS somewhere.”

Janice Baker

Navy Lodge General Manager
Hometown: Leonia, Iowa



Navy Lodge Hospitality Week 2015 wrapped up with a luncheon and awards ceremony on board NCBC Gulfport, Sept. 25. Throughout the week, special guests came to the lodge to celebrate with the staff as they enjoyed celebratory meals, contests, prizes and activities which were held to show employees how much their hard work is appreciated. (U.S. Navy photos by Builder Constructionman Elizabeth Mills/Released)



“Because I like providing a service to the most important people of all, our military members.”

Rustin Arnold

Maintenance services worker
Hometown: Lexington, Ky.



“People say we support our troops, but by working here we truly support OUR troops.”

Kate Downs

Laundry services worker
Hometown: Gulfport, Miss.



“It’s the best place to work. I like being able to keep up a nice place for military members to stay when they come home from a deployment.”

John Swanier

Maintenance supervisor
Hometown: Pass Christian, Miss.



“I like interacting with people. You get to hear a lot of cool stories.”

Amanda Peterson

Guest services representative
Hometown: Long Beach, Miss.

National Fire Prevention Week begins Oct. 5



NCBC Firefighters hang a banner in preparation of National Fire Prevention Week (FPW) on board NCBC Gulfport, Sept. 24. The FPW 2015 theme is "Hear the Beep, Where You Sleep ... Every Bedroom Needs a Working Smoke Alarm." Fire Prevention Week on base is Oct. 5-9, and will feature training events during the week, as well as the rest of the month. Everyone is invited to stop by training sites to take advantage of some great training and information! If your organization wishes to schedule training, please contact the Fire Prevention Office at 228-871-3083. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

Fire Prevention Training Schedule

Oct. 5 8:30 a.m., Fire Prevention Week Proclamation at Fire Dept. with CO and Sparky; 10 - 11 a.m., MWR, Bldg. 352; 1 - 2 p.m., PSD, Bldg. 118; 4 - 5 p.m., Woodlands II area, Eagle Drive, Fire Safety House and Sparky (in conjunction with BBC)	Oct. 6 8 - 8:45 a.m., NEX; 9 - 10 a.m., NMCI, Bldg. 203; 10 - 10:30 a.m., IT, Bldg. 329; 11:30 a.m. - Noon, Bldg. 306A; 3:30 - 4:30 p.m., YAC (Fire	Safety House) Oct. 7 8:30 - 10 a.m., CDC, Sparky and Fire Safety House; 10:30 - 11:30 a.m., Navy Lodge; 12:30 - 1 p.m., MCOOC, Bldg. 217; 4 - 5 p.m., Liberty Center	Oct. 8 7:30 - 9 a.m., Fitness Center; 10 - 11 a.m., Fleet and Family Support Center, Bldg. 30; Noon - 12:30 p.m., Bldg 122; 4 - 5 p.m., Liberty Center	Oct. 9 7:30 - 9 a.m., Fitness Center; 10:30 - 11:30 a.m.,	Navy Lodge Oct. 13 9 - 10:30 a.m., Bldg. 465; 12:30 - 1 p.m., Lakeside Oct. 14 7:30 - 8:30 a.m., Rhodes Hall; 9 - 10:30 a.m., Bldg. 428, 429; Noon - 1 p.m., Public Works Department, Bldg. 274 Oct. 20: 7 - 8 a.m., NCTC, Bldg. 345, 346; 9 - 9:30 a.m., Security Oct. 27 9 - 9:30 a.m., Security Oct. 30 Fright Night
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All locations will have fire extinguishing training and discussion of NFPA's Fire Prevention Week Theme, "Hear the Beep, Where You Sleep"

October 1, 2015

FOCUS: October Tip of the Month

From Families Over Coming Under Stress (FOCUS)

The changing colors of the leaves are the indication of changing seasons. Many festivals and parties take place during this time to celebrate these changes.

What changes do you want to see for yourself or for your family? Perhaps you feel that now is the time to change old habits for more efficient ones, such as folding the laundry as soon as it come out of the dryer, managing chores or other household responsibilities? Maybe you want to make more "me" time to recoup from a busy day?

The FOCUS program works with families just like yours, to teach skills that help families be more successful and make the most of seasonal changes!

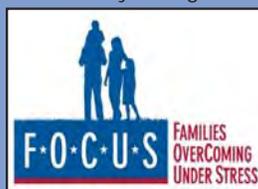
FOCUS (Families Over Coming Under Stress) is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). It is designed for military couple and families facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports couples and parents to help manage the challenges of military life.

Through the sharing of perspectives, families make meaning together and thereby grow in unit cohesion, mutual care and effective communication. In the context of their unique stories, couples and families learn and practice key skills to enhance communication, problem solving, goal setting and overall family resilience.

Making meaning as a family unit as well as enhanc-

ing resiliency skills have been shown significantly to increase a family or couple's ability to handle military and life stressors more effectively.

Contact us today to learn more about FOCUS and to schedule your fun and personalized training sessions! FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main office phone number is 228-822-5736 and our general email is gulfport@focusproject.org. For more information about FOCUS, visit us online at www.focusproject.org or www.facebook.com/FOCUSresiliencytraining



NCBC Gulfport homes recognized for customer service excellence

From Balfour Beatty Communities

This year, military housing residents were asked to provide customer feedback as part of the annual national customer satisfaction survey, also known as the CEL & Associates survey.

We are happy to announce that Naval Construction Battalion Center (NCBC) Gulfport homes, managed by Balfour Beatty Communities, has earned two Platinum A List awards for the Pinewood and Woodlands neighborhoods and five A List awards for the Magnolia Place, Magnolia II, Nickel Creek, Northpointe Preserve and Woodlands II neighborhoods, as a result of your honest feedback.

As part of the survey, residents graded the property management company on service points from leasing and operations, housing unit features, appearance and condition, as well as quality of maintenance, resolution response time, resident

communications, and other important service criteria. In total, Balfour Beatty Communities' Navy Southeast portfolio earned 32 awards across 11 military housing properties, thanks to your participation.

"Best-in-class customer service is what we strive for every day and the CEL resident survey is a critical benchmark of our performance," said Balfour Beatty Communities senior vice president Anne-Marie Niklaus. "Our residents have a choice about where they live and we care deeply about their feedback, suggestions and - ultimately - the quality of their living in a Balfour Beatty Communities-managed property."

As always, your opinion matters to us. If you have any resident queries or suggestions, please contact the Community Management Office at 228-863-0424.



See Something Suspicious? Say Something Immediately! Report suspicious activity. Public safety is everyone's responsibility! Call 228-871-2361 or 911.

Seabee Courier

Seabees of NMCB 133 volunteer Can Do assistance to benefit Diamondhead Duck Pond Project

By MC1 (SW) Cliff Williams
NMCB 133 Public Affairs

Four Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 volunteered to participate in the Diamondhead Duck Pond Demonstration Project in Diamondhead, Miss.

Over the course of three days, the Seabees used the time for landscaping and it was greatly appreciated by the Gulf Coast Community Design Studio (GCCDS) staff that facilitated the project.

The project included native plantings, stream naturalization, and multiple levels of filtration. This filtration not only improves water quality, but it also decreases sedimentation downstream, storm water velocity, and stream erosion. However, the most noticeable results may be the more habitable area for butterflies and songbirds, and a park atmosphere for the community to enjoy.

"During the days prior to the concrete pour, we prefabricated, installed, and braced nine 12 cubic foot box formworks," said Builder 2nd Class Cole Schilz, NMCB 133 project site supervisor. "We also prefabricated, installed, and braced two wing wall



Builder 2nd Class Cole Schilz, Builder Constructionman Cody Brost, Utilitiesman Constructionman Justin Guerrero, and Builder Constructionman Justin Reeves pour concrete into a box formwork while at the Diamondhead Duck Pond Demonstration Project. The volunteer project encompassed three days and 120 work hours and resulted in a park for the entire community to enjoy. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

boxes to cap the ends of the gabion baskets, which are rectangular wire mesh baskets filled with rock at the project site to form flexible, permeable, monolithic structures such as retaining walls for commercial, industrial and road projects. We even helped plant about 70 plants. And then finally, on the last day, we conducted the concrete pour to finish our portion of the project."

The Seabees spent three days and 120 work hours at the project site and appreciated the work away from the office.

"It was a few long sweaty days, but I will take these

over sitting in front of a computer any day," said Builder Constructionman Cody Brost. "I always look for chances to be a better Seabee, so getting to do some concrete work was greatly appreciated."

The CGCDS team appreciated the support NMCB 133 gave them.

"We knew we needed a little extra help with this project, so we reached out to Habitat for Humanity and they informed us that NMCB 133 helped them in an earlier project, so we reached out," said Elizabeth Englebreston, CGCDS Public Designer. "They have all been great. The



Naval Mobile Construction Battalion (NMCB) 133 Seabees and Gulf Coast Community Design Studio (GCCDS) staff work together to fill a 12 cubic foot box formwork during the Diamondhead Duck Pond Demonstration Project in Diamondhead, Miss. The Seabees partnered with GCCDS on a landscaping project which included planting native vegetation and posting educational signage to inform the community how similar species of plants might be used at their own homes. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

extra help they gave us ensured we met our deadline and it was just a blast talking to them; it just made the time go faster and the work smoother."

The hard work of the Seabees will have a last-

ing effect on residents and tourists of the city of Diamondhead throughout the years. They can be proud that years down the road, they can visit and tell everyone, "I helped build that."

NMCB 3 Seabees strengthen skills while supporting the Army

By CM3 Zachary M. Miller
NMCB 3 Public Affairs

A team of equipment operators from Naval Mobile Construction Battalion (NMCB) 3, Alfa Company, crane crew relocated cargo containers to support U.S. Army's 1st Battalion, 1st Air Defense Artillery (1-1 ADA) Regiment, Sept. 22 at Kadena Air Force Base

Okinawa, Japan.

Alfa Company's mission covers a variety of skills and support roles all geared towards the ability to effectively and quickly mobilize our battalion's tools, materials, supplies and personnel in support of varied military and humanitarian operations.

The crane team transported a total of nine separate cargo contain-

ers, marking their first crane operations during NMCB 3's Pacific (PACOM) deployment.

Equipment Operator Constructionman Devon Perkins made his first lift during the crane operations.

"I was a little nervous at first, but I'm confident in my skills," said Perkins.

See **SUPPORT** page 12



OKINAWA, Japan - Naval Mobile Construction Battalion (NMCB) 3's Crane Crew prepares to lift a cargo container to support U.S. Army 1st Battalion, 1st Air Defense Artillery (1-1 ADA) unit on Kadena Air Force Base. NMCB 3 is homeported in Port Hueneme, Calif., and is currently deployed to Okinawa, Japan. (U.S. Navy photo by Construction Mechanic 3rd Class Zachary Miller/Released)

October 1, 2015

Seabee Courier

NMCB 1 Seabees prepare Marshall Island residents for ASVAB testing

By Mass Communication Specialist 1st Class Brannon Deugan
NMCB 1 Public Affairs



U.S. Navy Seabees, assigned to Naval Mobile Construction Battalion (NMCB) 1, conducted Armed Service Vocational Aptitude Battery (ASVAB) tutoring on Eyebe Island, Marshall Islands, Sept. 24.

Once a week, members of NMCB 1 visit the Eyebe Island high school library to conduct two hours of tutoring for current students and recent high school graduates in preparation for the ASVAB.

"The ASVAB program is amazing," said Utilitiesman Constructionman Valerie Trevino, a native of Houston. "Having the ability to teach someone a stepping stone toward their future is a rewarding feeling."

ASVAB is a multiple-aptitude

battery used to measure test takers abilities while helping to predict their future academic and occupational success in the military. NMCB 1's tutoring program includes working with the youth of Marshallese on English grammar and mathematics.

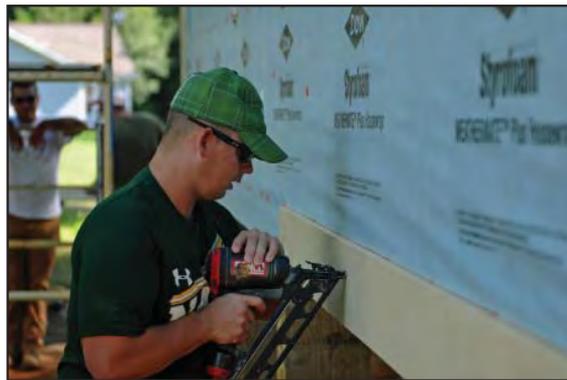
"The goal of the weekly tutoring sessions with local high school students is to increase their knowledge in the ASVAB material," said Lt. j.g. Cory Devonis, NMCB 1's officer in charge in Marshall Islands. "This program gives

students who want to join the U.S. military a better chance at scoring higher on the ASVAB, and this will allow the students opportunities that may not have been available otherwise."

The tutoring program enhances the diplomatic ties between the U.S. and the Republic of Marshall Islands and also provides battalion members a chance to volunteer.

"This was my first time ever having this opportunity," said Builder 1st Class Nickolas Kotos. "I have never done this, but it gives me great pleasure to give back to this community."

"This program is important for NMCB 1 because this emphasizes the overall capacity of what we can do as Seabees," said Devonis. "We are a Mobile Construction Battalion, but this shows that we can be much more than that."



Engineering Aide 3rd Class Johnathon Grantham, assigned to Naval Mobile Construction Battalion (NMCB) 133, uses an air compressor nail gun to hang wood siding on house during a community relations project with Habitat for Humanity. Grantham, along 14 other NMCB 133 Seabees, spent two days and 120 total work hours in Pascagoula, Miss. (U.S. Navy photo/Released)

NMCB 133 Seabees volunteer with Habitat for Humanity

By MC1(SW) Cliff Williams
NMCB 133 Public Affairs

valuable trade-skills.

"These Seabees are not only performing construction work, they are improving the community and the quality of life for the residents of Pascagoula," said Steelworker 1st Class John Thompson, NMCB 133's on site supervisors. "They used this opportunity to learn from the experienced and then pass on their skills to the younger volunteers."

Fifteen Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 volunteered to help construct a house for Habitat for Humanity in the community of Pascagoula, Miss.

For some Seabees, it was a chance to hone their skills for NMCB 133's upcoming deployment. For others it was a chance to build something in their own community, where the recipients will forever be grateful. No matter the reason, a well deserving family will be able to live comfortably because of their efforts.

"When I deployed last year, I was in Romania building Southeast Asia hut style buildings for the Naval Support Activity in Deveselu. Even though that was an important build, I'm always a big fan of building for people where I am part of the community," said Builder 1st Class Scott Case. "To be part of this build gives you a sense of pride you can only get when you're home because you can see your achievements any time you want."

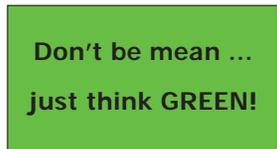
The Seabees taking part in this program receive training while in homeport. They were also able to work with civilian volunteers who have amassed years of experience working in the construction field, giving these Seabees

Volunteering has been a recurring theme for the Runnin' Roos. Since returning home from deployment earlier this year, these Seabees have participated in several community relation projects such as the Special Olympics, several school Field Days, and construction builds at local schools.

"I try to volunteer any time possible," said Engineering Aide 3rd Class Johnathon Grantham. "Just knowing that a few hours of my time for this project will affect the lives of many people is the reason why I volunteer."

Constructed with wider doors and wheelchair-ramps, the new home is for qualified personnel who contribute at least 400 hours of volunteer hours toward the Habitat Home.

Habitat for Humanity is a nonprofit organization that builds houses for those in need with special features to accommodate physically disabled residents.



Back in Time: Seabee History - Vietnam Era



Chief Builder Gerdau, Builder 1st Class Faber and Utilitiesman 2nd Class McMillan with Seabee Team 1011, attempt to place the form for the footing of a pier on a bridge in Vietnam, January 1968. (Photo courtesy of U.S. Navy Seabee Museum)

Sept. 28
1967: Naval Mobile Construction Battalion (NMCB) 9 main body consisting of 18 officers and 652 Seabees, deployed to Da Nang, Republic of Vietnam (RVN), on seven C-141 aircraft.

Sept. 29
1943: 136th NCB established at Naval Construction Battalion Center (NCTC) Camp Perry, Magruder, Va.

Sept. 30
1963: Commander Naval Construction Battalions, U.S. Pacific Fleet (CBPAC) Seabee Technical Assistance Team (STAT) Detachment RVN established.

Oct. 1
1967: NMCB 9 relieved NMCB 4 and commenced its third consecutive deployment to the Republic of Vietnam near Da Nang.

Oct. 3
1968: NMCB 3 relieved NMCB 62 at Camp Haskins South, RVN.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

We can dance if we want to

Every year about this time, I go on a half-hearted crash diet involving tuna fish, hard-boiled eggs, and colon-cleansing rabbit food. I dig frantically through the neglected stash of garments in the back of my closet in hopes of finding a dress that still fits and a pair of shoes that won't make me walk like a Sleestak.

I stand in front of the mirror more than usual, twisting my hair into updoos, then brushing it out, over and over. I turn to the side, suck in my stomach, and rise up on my tippy toes. I inspect my toenails, fiddle through my jewelry stash, and pray that I can find my most important accessory -- my Spanx.

Why would I exhibit this odd behavior every year in October? Because it's time for the Navy Ball.

Just like the other military balls -- the Army Ball in June, the Marine Corps Ball in November, the Air Force Ball in September, and the Coast Guard Ball in August -- the Navy Ball happens every year to

celebrate our service's birthday, October 13, 1775.

Military balls are pretty much the same every year, with programs that include cocktail hour, the parading of colors, dinner, speeches, dancing, and some service-specific traditions such as the Army's elaborate "Grog Bowl" ceremony.

Although these formal events don't change much year after year, there is an unspoken expectation that one's behavior at military balls must change the older one gets. When you're new to the military, the annual ball is a time to enjoy yourself, let your hair down, live a little. But as the years of military service roll on, and you move up the ranks, you're expected to "set a good example."

What a drag.

I remember my first ball as a new Navy spouse in California in 1994. My husband and I were star-struck shaking hands with the guest speaker (a California senator) and other muckety-mucks



in the receiving line. After nervously negotiating the fancy dinner etiquette, we jumped from our seats for the main event: dancing. I don't remember my moves on the dance floor that night, but I do remember bumping awkwardly into the Senator and his wife, and being really, really sweaty.

At every Navy Ball since then, my husband and I hit the dance floor, ready to kick up our heels. My husband does the same funny little jig he's been doing since our first dance at a cheesy Holiday Inn bar in Kitty Hawk, North Carolina nearly 23 years ago: he skips in place to the beat, with his hands folded up near his chest like a T-Rex, and his quadruple feet whipping al-

ternately to each side. He forgets I'm with him while he smiles to the crowd, occasionally stopping to point at someone for dramatic effect.

But somewhere along the way, we realized that we were the "old fogies" at the ball, and with that realization came a sort of obligation to throttle back and leave the dancing to the younger folks. Those of us who already have a couple decades of formal events under our expanding belts should probably stick to the cake and coffee, perhaps stepping out onto the dance floor for one or two obligatory conservative shuffles before heading home to take our ginkgo biloba.

Really?

It is true that career military types like us don't have all the moves (our teenage daughters have tried in vain to teach us to "whip" and "nae nae"), and we have never heard many of the popular songs because we're too busy listening to NPR news in our

high-mileage minivans. And yes, we do sometimes wake up the next morning from a night of dancing with bulging disks and torn ligaments.

But the fact remains that we still like to dance, and now that we're too old to hang out at nightclubs, military balls and weddings are our only opportunities. Besides, when my husband and I get out there on the dance floor to botch the moves to the Cupid Shuffle, we are setting an example. In our sweaty state of dancing bliss, we are showing the world that making a career of military service can be fun.

*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 @MolinarWrites."*

Energy Savings Tip: Minimize Phantom Loads

The term "phantom load" refers to the energy that an appliance or electronic device consumes when it is not actually turned on. According to the U.S. Department of Energy (DOE), "In the average home, 75 percent of the electricity used to power home electronics is consumed while the products are turned off." A report from the University

of California Berkeley says that phantom loads account for about 6 percent of all national residential electricity consumption. You can eliminate phantom loads by unplugging appliances and electronics when you are not using them, or by plugging them into a power strip, and turning the strip off when they are not in use.



Fitness Center Hours Effective Oct. 1

Monday - Friday:
4:30 a.m. - 9 p.m.
Saturday - Sunday:
7 a.m. - 7 p.m.

Focus on Education

Education Notes

safeTALK

safeTALK is a training that prepares individuals to identify persons with thoughts of suicide and connect them to suicide first aid resources. safeTALK training is scheduled for Oct. 7, 8:30 a.m., at Seabee Memorial Chapel Fellowship Hall. If you are interested, or would like more information about the training, please contact James Kirkendall, 228-871-2454 or email: james.kirkendall.ctr@navy.mil. safeTALK is a requirement for all resident advisors.

Command Financial Specialist (CFS)

A CFS training and refresher course for E-6 and above is scheduled for Oct. 13 - 16, 8 a.m. to 4

p.m. at Fleet and Family Support Center (FFSC) Gulfport. Contact the FFSC at 228-871-3000 to register.

CPR/AED Classes

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

Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room

239 at 10:30 a.m. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

New to military family housing?

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

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

Focus on Fitness



Fit Tip

It is important to stretch before and after running as it improves your flexibility and ability to recover and avoid injury.

Culinary Specialist Jasmaine Turner assigned to Naval Mobile Construction Battalion (NMCB) 133 works on her running time on board NCBC Gulfport, Sept. 17. Effective today (Oct. 1), the Fitness Center will be open, 4:30 a.m. to 9 p.m., Monday – Friday, and 7 a.m. to 7p.m., Saturday and Sunday. (U.S.Navy photo by Steelworker 2nd Class Iesha Chong/Released)

Navy celebrates Hispanic Heritage

By Joy Samsel

Naval Education and Training Command Public Affairs

The Navy is celebrating Hispanic Heritage Month from Sept. 15 through Oct. 15. This year's theme is "Hispanic Americans: Our rich cultures contributing to America's future" and will feature celebrations throughout the fleet.

The tradition of observing Hispanic Heritage began Sept. 17, 1968, when President Lyndon B. Johnson designated a week in mid-September as National Hispanic Heritage Week. Twenty years later in 1988, President Ronald Reagan extended that week to a month-long observance.

"Since before the United States was a sovereign nation, people of Hispanic descent have supported and defended this country's ideal of freedom and government of the people and by the people," said Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. "In 1779 Jorge Farragut, a seaman born on the Spanish island of Minorca, joined the South Carolina Navy and fought

at the battle of Savannah and at the second defense of Charleston. Farragut is thought to be one of the first Hispanic Revolutionary War heroes."

Service to this nation by Hispanic Americans continues strongly today. According to the most recent census report, there are more than 42 million people in the United States who are of Hispanic origin. Of these, more than 43,000 are Sailors and civilians serving with the U.S. Navy.

"Hispanics were a part of this land long before the founding of this nation and continue to be an integral part of America and the Navy," said Commander, Naval Education and Training Command (NETC) and Deputy Chief of Naval Personnel (CNP), Vice Adm. Kevin Moran. "Hispanics represent 7.7 percent of the active duty forces and 5.5 percent of the reserve forces today, and hold 39 Medals of Honor. There are approximately 129,000 Hispanics serving on active duty with honor at all levels in Operation Enduring Free-

See **HERITAGE** page 12

October 1, 2015

Seabee Courier

240th United States Marine Corps Birthday Ball Celebration

The USMC Birthday Ball Celebration is scheduled for Nov. 7 at the Golden Nugget Casino, 151 Beach Boulevard, Biloxi, Miss. Cocktail hour begins at 5 p.m. and tickets are \$100 each. Purchase tickets and RSVP no later than Nov. 1 (the earlier, the better, for discounted hotel rates). Uniform is: Marines: Blue

Dress A or B, Army: Army Blue (Bow tie), Navy: Dinner Dress Blue or Dinner Dress Blue Jacket, Air Force: Mess Dress and Civilian: Black Tie. For more information, please contact 1stSgt Chamberlain (I&I Gulfport) at 4901 3rd Street, Building 114, NCBC, 228-871-3104 Office / 901-361-2293 cell



or jeffrey.chamberlain@usmc.mil.

NCBC Helping Hands

BILOXI VA – Volunteers are needed to help our Oct. 6 for the Cruisin' The Coast Salute to Our Veterans at MGM Park in Biloxi from 10 a.m. – 2 p.m. Volunteers will meet at MGM at 9:30 to escort patients around to view cars. Point of contact is Susan Smith, 228-871-3640.

ST JAMES CHURCH & SCHOOL FESTIVAL St. James parish is asking for 10 to 12 volunteers to help at their annual church and school festival Oct. 10, 9 a.m. - 9 p.m. and Oct. 11, 9 a.m. - 6 p.m. Volunteers will be provided with refreshments and food. For more information, please contact Todd Ladner, 228-380-2637.

SAUCIER VOLUNTEER FIRE DEPARTMENT HAUNTED TRAIL/HAYRIDE – Volunteers are need to help with setting up, parking, concession duties and haunting at "Haunted Hollow" haunted trail and hayride in Saucier at 7 p.m. Oct. 10, 16, 17, 23, 24 and 30. A portion of the proceeds support the Saucier Food pantry and Wounded Warrior Project. If you can help, please email: saucierfiredept@gmail.com.

VETERAN'S SPOUSE – The spouse of a military veteran needs assistance with roof repairs to her Gulfport home. Point of contact is Susan Smith, 228-871-3640.

CASA – Volunteers are needed to help Court Appointed Special Advocates for Children (CASA) at CASA's Annual Superhero Run, Oct. 24 at 8 a.m., at Tradition which is located at 12500 Village Avenue East in Biloxi. Point of contact is Rhonda Collins, 228-865-7078 or Signey@casaharrison-county.org.

CRUISIN' THE COAST - Be a part of "America's Largest Block Party" Oct. 5-11 when thousands of classic, antique and hot rod

vehicles arrive in South Mississippi for Cruisin' The Coast. Dozens of volunteers are needed in Gulfport at Centennial Plaza to assist Host Car Club volunteers with directing traffic, parking vehicles, hospitality and being an ambassador of good will, fun and South Mississippi. Cruisin' The Coast will provide reserved parking for volunteers, a "Staff" t-shirt, lunch for the first shift and all the fun and fabulous vehicles you can handle. This is a unique opportunity to be a part of one of the largest collector car events in the nation. For more information, contact Craig at 228-385-3847. Cruisin' The Coast is a non-profit organization.

NATIVITY SCHOOL BILOXI - Volunteers are needed to assist Nativity School in preparing and holding their school carnival Oct. 16-18. Duties include: setup, working booths, serving food, moving equipment, after event tear down. Point of contact is Christina Lapasinski, 228-872-3484.

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 experi-

ence. 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.

BUILD HANDICAP RAMPS - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvation-army.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.

October 1, 2015

Women's Bible Study

Wednesdays, Noon - 1 p.m. - Seabee Memorial Chapel

Please bring yourself and a friend and join us at the Chapel of Choice for food, fellowship and learning from THE WORD!

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)
10:30 a.m. - Service and Children's Church

Weekdays

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

Catholic

Sunday

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

Weekdays

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 Center Chaplain: Lt. Cmdr. Ammie Davis

Seabee Courier



10/2-8



NEW FITNESS HOURS, EFFECTIVE OCT. 1,
M-F 0430-2100, SAT&SUN 0700-1900.
 All Month – Yoga, PIYO, Water Aerobics,
 Functional Fitness, Zumba and NOFFS
 workouts available. Check out the MWR
 Facebook page for details –
 www.facebook.com/nbcmwr
 Register 10/1-11/21 @ Fitness for Turkey
 Shoot-Out Racquetball
 Tournament on 11/21
 Sign up today for the Splash-N-Dash on
 10/10 @ 8a.m..
 Call the Fitness Center at 228-871-2668
 for more information.



OCTOBER SPECIAL

FRENCH DIP



Side Choice
and Drink

FOR ONLY
\$5.75



Serving Breakfast & Lunch
Monday-Friday
7:00 AM- 1:30 PM
 We deliver on base for
 lunch 11:00 AM-1:00 PM



10/2 – 12p, American Red Cross Blood Drive
 10/3 – 4p, USM vs. North Texas Football Game, Free
 10/4 – 4p, New Orleans Saints vs. Dallas Cowboys, \$40
 10/6 – 6p, Tournament Tuesday – Ping Pong, Prize to 1st Place!
 10/7 – 4p, Cooking Corner: Teriyaki Chicken Pineapple Burger
 For more information, call Liberty @ 228-871-4684.

Auto Skills Center – Thursday for
 the Month of October– By
 appointment only. We will now
 be open more days!
 New Hours as of October 1:
 W-F 2-8 p.m.
 Sat & Sun. 10 a.m.-4 p.m.
 Sell your vehicle, boat, or trailer at
 the MWR Resale Lot – great rates
 and high exposure!
 Call for details 228-871-2804.

**SEABEE
 CLASSIC GOLF
 TOURNAMENT
 SIGN UP
 DEADLINE
 OCTOBER 2!**

MORTUARY
 HAUNTED HOUSE

\$38
 VIP Ticket

Friday, October, 16th
 5:00pm @ ITT / Liberty

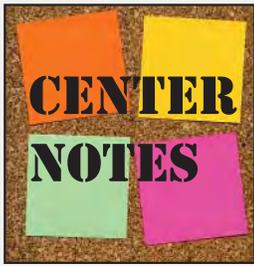
Purchase tickets at ITT

MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin Ofc	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison Officer	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	822-5103	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: The Man From
 U.N.C.L.E.; A Walk in the Woods; No Escape;
 Jurassic World (Free Showing); War Room; Ricki
 and the Flash (\$1 Sunday Showing).
 Coming Next Week: Hitman:Agent 47; The Visit;
 The Perfect Guy; Monster Univeristy (Free
 Showing); American Ultra
 For more information, call the 24-hour Movie
 Hotline at 228-871-3299 for show times.



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 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 Presi-

dent 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 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. 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 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 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 Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 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 first Wednesday of the month at

7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.
NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.
D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.
Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit www.nsva.org.
HERITAGE
The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museumstore.org or call the gift store at 228-871-4779.

 **GULF COAST USO** 
901 CBC 3rd Street, Building 114
228-575-5224
Free services: FAX, Send and 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.

Colmer Galley hours of operation - Breakfast: Monday - Friday 5:45 a.m. - 7:45 a.m., Lunch: 11 a.m. - 12:30 p.m., Dinner: 4:30 - 6 p.m.
Weekend hours - Brunch: 9 a.m. - Noon; Supper: 4 - 5:30 p.m.

Moving? Mailing packages? 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!



From **HERITAGE** page 9
dom and Iraqi Freedom. Many have paid the ultimate price."
Navy Administration Message (NAVADMIN) 244/06 encourages all Navy commands to increase their knowledge and awareness of Hispanic culture and contributions by celebrating Hispanic Heritage Month through programs, exhibits, publications and participation in military and community events recognizing the diversity of our American heritage. Commands are

also encouraged to support the Association of Naval Services Officers (ANSO), which recently completed 25 years of service to the Navy and its Hispanic community of officers, enlisted and civilians. Information on ANSO is available at their Web site.
The Department of Defense will observe Hispanic Heritage Month with a luncheon and awards ceremony at the Hispanic Engineers National Achievement Awards Corporation (HENAAC) Conference Oct. 5-8 in Anaheim, Calif.

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the website at: http://www.cnic.navy.mil/regions/cnrsc/installations/ncbc_gulfport.html. Anyone with Cable One can also view the Commanders Access Channel on Channel 100.

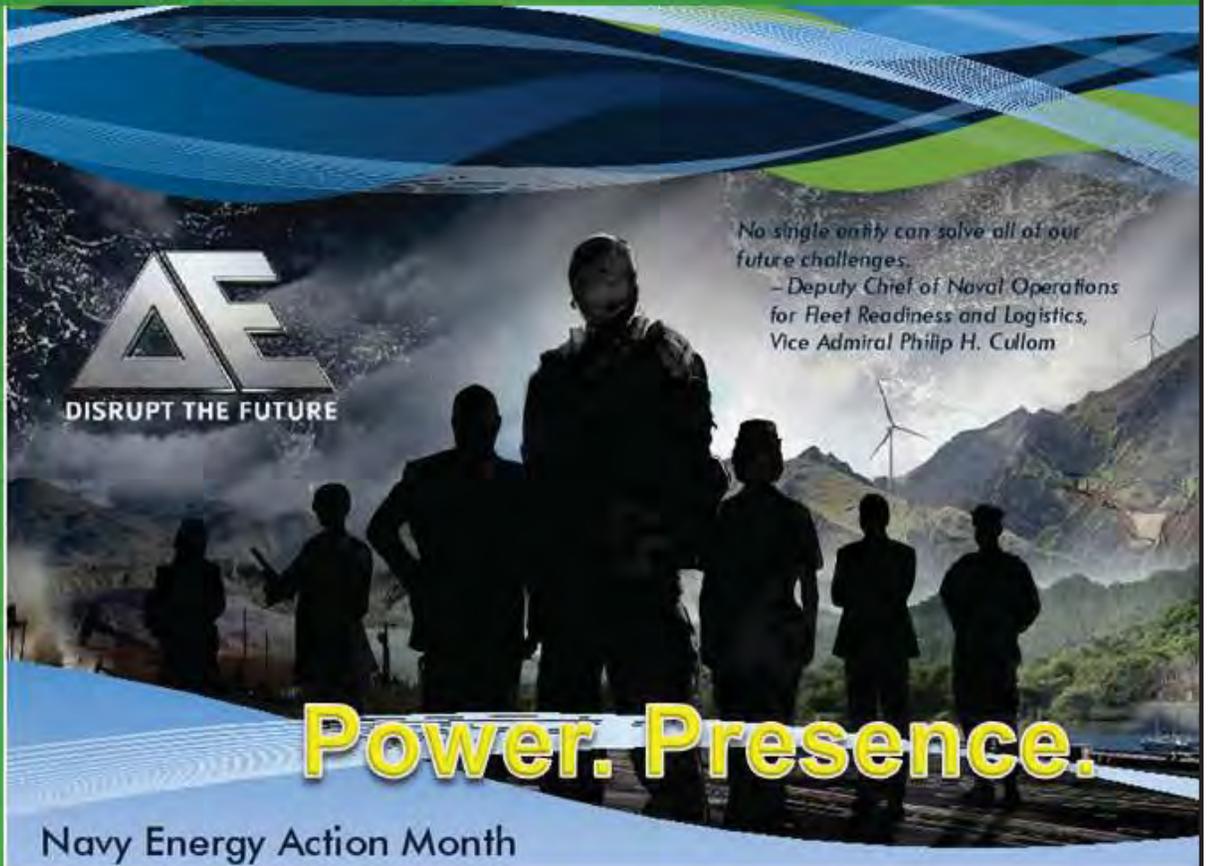
From **SUPPORT** page 6
"I've had lot of good training from my instructors."
Trust and teamwork is an important part of each lift, it is vital to complete a safe and successful crane operation.
"The first few lifts of the PACOM deployment are getting the crew back into the rhythm that made them successful during home port," said Equipment Operator 1st Class Kyle Louiselle, crane crew supervisor. "The collective experience the crane team gains from each lift can be used to make future lifts a complete success."
NMCB 3 is homeported in Port Hueneme, Calif., and is currently deployed to Okinawa, Japan. Its mission is to support Navy and joint forces throughout the U.S. Pacific Command with construction projects and humanitarian missions in more than 13 different geographical locations.



NAVAL CONSTRUCTION BATTALION CENTER, GULFPORT

The warrior understands -
saving energy, saves the mission

ENERGY AWARENESS MONTH



DISRUPT THE FUTURE

Power. Presence.

Navy Energy Action Month

October 2015

