

SEABEE COURIER

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October 22, 2015



ROTA

Equipment Operator 1st Class Michael Yondolino, left, assigned to Naval Mobile Construction Battalion (NMCB) 1, signals directions to Equipment Operator 1st Class Christopher Harrison while he maneuvers a Caterpillar D6 dozer onto a semi-truck trailer in Naval Station Rota, Spain, Sept. 7. The Caterpillar D6 dozer was one of four pieces of equipment and two conex boxes that are being transported to a

project site in support of NMCB 1's operations in 6th Fleet. 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 Mass Communication Specialist 1st Class Brannon Deugan/Released)

Domestic Violence Awareness

NCBC

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By Jim Kirkendall
USA (Retired)
CREDO Facilitator

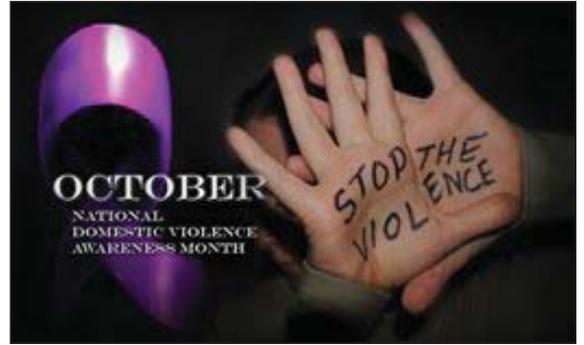
Have you ever been afraid of someone? Have you ever been bullied? Have you ever been constantly belittled, verbally abused and treated like property? This is what a person experiences every minute of the day, if their relationship is shrouded in Domestic Violence.

Facts about Domestic Violence are:

- ~ A battering incident is rarely an isolated event
- ~ Studies have found that battering occurs among all types of families, regardless of income, profession, region, ethnicity, educational level or race.
- ~ Anyone can be a victim

of domestic violence. ~ Victims of domestic violence do not bring violence upon themselves, they do not always lack self-confidence, nor are they just as abusive as the abuser.

When someone seeks help for domestic violence from the Chaplain there is absolute confidentiality, the person seeking help determines who will or will not be told about the incident. Another benefit to coming to the Chaplain for help is that he/she is a compassionate listener with some expert advice. They will know what the next step needs to be with the appropriate referral. With the ongoing cycle of deployments, the Chaplain also supports the notion of warfighter readiness and works



(U.S. Air Force photo illustration by Senior Airman Luis Loza Gutierrez/Released)

with the family is identifying what grief is present, and the impact of trauma/loss on the individuals, what is predictable, normal and expected.

When seeking help, the victim is empowered to seek help, have hope and provide the necessary information and get the support

they need.

The Navy difference when it relates to Domestic violence is that we are a community; we have obligations to shipmates with whom we serve. We respond to shipmates who are in danger; we value listening with respect and our goal is long term growth of/for Sailors.

OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of April 21, 2015.

Biloxi: YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

Gulfport: Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue; Ice Daiquiri and Ultra Lounge, 1909 East Pass Road.

Pascagoula: Bunksmall Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments or their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.



This letter supersedes the previous Off-Limits List of Sept. 30, 2014.

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.

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

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

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

You don't have to walk this path alone

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

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Seabee Courier



The Multicultural Diversity Committee (MDC) presented a Hispanic Heritage program at the Navy Operational Support Center (NOSC) Gulfport to celebrate Hispanic Heritage Month, Oct. 14. The theme for 2015 is: "Hispanic Americans: Our rich cultures contributing to America's future." The program included opening remarks, cultural information, a luncheon buffet and games. (U.S. Navy photos by Builder Constructionman Elizabeth Mills/Released)



Fitness Center patrons take part in an Aerobathon in support of Breast Cancer Awareness month, Oct. 17. All 15 of the participants wore pink and enjoyed classes such as Zumba, Pilates, Yoga, Circuit Training, Cycling, Core Conditioning and Aerobics. Door prizes were raffled off for participation in each class to MWR facilities such as The Grill, Seabee Cinema and in-house massage therapist. Elenor Payne took home the event's grand prize of a Fit Bit. (U.S. Navy photo courtesy of MWR/Released)



Runners attempt to weave through Zombies and keep their flags, during the Zombie 5K Run on board NCBC Gulfport, Oct. 14. Most of the 35 participants would be considered part of the living dead after the race, but August Clary of Naval Mobile Construction Battalion (NMCB) 11 would not, as he was the only runner to make it through with flags! (U.S. Navy photo courtesy of MWR/Released)

Energy Savings Tip:

Not All Cookware is Created Equal - Flat bottomed cookware allows for more contact with heating elements, which in turn more effectively heats your pan. A warped-bottom pot could take 50 percent more energy to boil water than its flat bottomed neighbors. Conductivity also matters. Copper bottomed pans heat up faster than regular pans, and in the oven glass or ceramic dishes are better than

metal. In a glass or ceramic dish, you'll be able to turn your oven down about 25 degrees and your meal will cook just as quickly. Size matters too: When cooking on the stove top, using the right size pan matters. Say you are using an electric cooktop. If your pan is only 6 inches and you are cooking on an 8 inch burner, over 40 percent of your heat will be wasted. Using the right pots and pans will not only help food cook more evenly, but can save you \$36 annually for an electric range and \$18



for gas. Also consider covering your pans as you cook. It makes the food cook faster and keeps the kitchen cooler.



Fire Prevention Month NCBC Gulfport



NCBC Firefighters were asked:
"What do you think is the most important thing about Fire Prevention Month?"



Demetrius Baldwin
Fire Inspector
NCBC Fire Department

"We feel if we provide information of how to properly evacuate and dial 9-1-1 to get emergency responses teams, we have done our job. We also provide training of how to use fire prevention in your home or work area. Fire prevention is key."



Ben Dohm
Fire Fighter EMT
NCBC Fire Department

"The training we give helps people and their families save life's and property."



Billy Ducote
Fire Inspector
NCBC Fire Department

"The push for education with this year's theme, "Hear the beep where you sleep." The biggest point is testing your smoke detectors ... making sure they are ready to do their job."



Capt. Cheryl Hansen, commanding officer of NCBC Gulfport, signs a proclamation at the NCBC Fire Department, kicking off Fire Prevention Week at the base. Hansen is joined by Sparky the Fire Dog, Fire Inspector Demetrius Baldwin, far left, Assistant Fire Chief Darrin Hill and Fire Inspector Jeff Snowden, far right. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Photos 1, 2, 3: A visit from Sparky the Fire Dog helped kick off Fire Prevention month at the Child Development Center, Oct. 7. As the children were led inside the Fire House they watched a video teaching them what to do in case of a fire. They also earned a fireman's hat and activity book to reinforce the importance of fire safety. (U.S. Navy photos courtesy of MWR/Released) Photo 4: Fire Department Inspector Billy Ducote speaks with Gaston Point Elementary School kindergarten students during a fire safety training session at the school, Oct. 19. Members of NCBC's Fire and Emergency Services held fire prevention training on and off base during October during an extended version of National Fire Prevention Week. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



October: Energy Action Month

'We've always left that running ... If you shut it off ...'

From NCBC Public Affairs

How many of us have said or heard the words ... "We've always left that running. If you shut it off ..." The reasons may vary, but they are generally one of the following:

~ ... it's old, it might not start again ...

~ ... it will take too long to warm up again ...

~ ... the computer will lose its memory and the whole system will need to be reprogrammed ...

~ ... things wear out faster if you turn them off and on ...

~ ... it's just easier to leave it running ...

Challenge it!

If the reason is "it's old, it might not start again," talk to your supervisor, building energy monitor or base

energy manager. The cost of the energy waste may justify replacing the equipment or making design improvements. If the energy waste is significant, and you have a solution, consider submitting a beneficial suggestion to get some cash back when your idea pencils out. Note that beneficial suggestions are intended for energy saving suggestions that go beyond standard energy management practices such as using high efficiency lights and motors, or controls on lights and air conditioning.

If the reason is "it will take too long to warm up again," talk to your supervisor, building energy monitor or base energy manager. If equipment is used infrequently, but consumes a lot of energy, you can usually

shut it off when not needed. See if there are acceptable ways to schedule the job to allow for the needed warm-ups. Sometimes there is a new technology that can do the job more efficiently and doesn't require long warm-ups. Your energy manager can look into it if he or she knows about the situation.

Speaking of scheduling, your command probably pays extra to use electricity during high demand times (like hot summer afternoons). If you can suggest scheduling jobs that use a lot of electricity for the morning on hot days or for backshift, you may be able to save your base some big dollars on the electric bill.

If the reason is "the computer will lose its memory and the whole system will need to be reprogrammed,"



someone needs to talk to the manufacturer of that equipment! See if it's true, and if so, if there is an upgrade.

If the reason is "things wear out faster if you turn them off and on," it's probably not true, at least not true enough to justify running it all the time. Some equipment does experience wear from frequent switching, but running it also creates heat and uses up some of its life.

With fluorescent lights, the energy cost savings outweighs reduced lamp life when you can shut lights off for seven minutes or so at average DoN electric rates. Since you usually don't know how soon you will be back in a room, DoN policy is to shut fluorescent lights off any time you leave a room empty.

And if the reason is "it's just easier to leave it running," well...., you know what to do.

October 22, 2015

Back in Time: Seabee History - Vietnam Era



STAT (Seabee Technical Assistant Teams), known later as Seabee Teams), on a barge during their deployment to Quang Ngai. In 1963, STAT 1001 was deployed to Quang Ngai, RVN, about 350 miles northeast of Saigon to commence projects for the local United States Operations Mission (USOM) and the local hospitals and orphanages. The Team repaired city roads, dug wells, and provided various construction for the hospital and orphanages. They were then sent to build two bridges while grading several miles of road. (Photo courtesy of U.S. Navy Seabee Museum)

Oct. 18

1971: Seabee Teams 7107 and 7108 departed Davisville, Rhode Island for reassignment to Officer in Charge, Naval Construction Battalions, U.S. Pacific Fleet Detachment

(CBPACDET), Republic of Vietnam (RVN) and deployment to My Tho and Go Cong, RVN, respectfully.

Oct. 19

2011: Chief Builder (SCW) Raymond J. Border of West

Lafayette, Ohio killed by improvised explosive device in Afghanistan while assessing a road in Paktika Province while deployed with Naval Mobile Construction Battalion (NMCB) 74.

Oct. 20

1945: The 30th Special NCB was inactivated at Naval Construction Training Center, Davisville, Rhode Island. Men eligible for discharge were sent to discharge centers. The ineligible were shipped to Port Hueneme, Calif.

Oct. 21

1943: 138th NCB commissioned at Naval Construction Training Center (NCTC) Camp Peary, Magruder, Va.

Oct. 22

1967: Main body of NMCB 40 departed Davisville, Rhode Island for reassignment to the 30th NCR for duty at Chu Lai, RVN; NMCB 128's main body deployed from CBC Gulfport, Mississippi to Camp Faulkner, Da Nang, East RVN in eight C-141 aircraft.

Oct. 23

1967: The first Civil Engineer Corps officer to be killed in Vietnam was Lt. Joseph J. Rhodes, a member of Mobile Construction Battalion (MCB) 121. Rhodes was riding in a jeep that struck a land mine and he died from multiple shrapnel wounds. Two other occupants of the jeep, Chief Steelworker Gordon J. Dibble and Builder (Concrete) 3rd Class Jon R. Morbay, were also killed. A Seabee camp at Quang Tri, RVN was later dedicated in Rhodes' memory. A plaque bearing the inscription, "Camp Rhodes Dedicated in Honor of Lt. Joseph John Rhodes, Killed in Action October 23, 1967" was unveiled by Rear Admiral A.C. Husband, then Chief of Civil Engineers.

Oct. 24

1942: The African American 34th Naval Construction Battalion is commissioned by Rear Adm. Lewis B. Combs at Camp Allen, Norfolk, Va. The 34th NCB is the first African American Seabee battalion in the Navy.

Seabee Courier



On the last day of the Black Hell Squad competition, Naval Mobile Construction Battalion 133 Seabees perform a 5 kilometer aid and litter run, carrying their squad leader while in full gear. The competition is homage to the 133rd NCB who joined the Fifth Marine Amphibious Corps and the Fourth Marine Division for the amphibious assault on Iwo Jima. The 133rd had 370 casualties, more than 40 percent of the 875 men that landed, the highest casualties as part of a single battle in Seabee history. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

Naval Mobile Construction Battalion (NMCB) 133 Seabees begin to disassemble the M4 carbine during the weapons familiarization portion of the command "Black Hell Squad" competition, Oct. 5. During this station, Seabees were required to disassemble then reassemble the M9 pistol, M4 carbine, and an M240 machine gun. Seabees assigned to NMCB 133 paid homage to those that have gone before them by competing in the five-day competition inter-squad competition, commemorating the proud heritage of NMCB 133 and the Seabees from years past. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

NMCB 133's 'Black Hell Squad' competition honors memory of two Iwo Jima Seabees

By MC1(SW) Cliff Williams
NMCB 133 Public Affairs

On Feb. 19, 1945, the 133rd Naval Construction Battalion (NCB) joined the Fifth Marine Amphibious Corps and the Fourth Marine Division for the amphibious assault on Iwo Jima. The entire force landed on Iwo Jima on D-Day with the first assault wave led by the Fourth Marine Division. The 133rd suffered severe casualties during the fight for Iwo Jima, where it distinguished itself in both front-line combat and construction. The 133rd had 370 casualties, more than 40 percent of the 875 men that landed, the highest number of casualties as part of a single battle in Seabee history.

Recently, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 paid homage to those that have gone before them by competing in the "Black Hell Squad" inter-squad competition, commemorating the proud heritage of NMCB 133 and the Seabees from years past. The Black Hell Squad competition itself showcases Seabee tactical skills and their "Can Do" attitude.

Throughout the five days, NMCB 133 Seabees conducted military training evolutions at various locations across Naval Construction Battalion Center (NCBC) Gulfport, Camp Shelby, and Woolmarket to improve unit integrity, strengthen small unit leadership, and maximize military readiness.

During the first day of competition, Seabees performed a five mile run while wearing their

modular tactical vest (MTV), mission oriented protective posture (MOPP) gas mask, uniforms, and boots, stopping at four stations dispersed throughout the course.

At the first station, Seabees were tasked with setting up and loading an RF-310 radio, followed by each squad member issuing reports in the proper format. Next, they were sent to the MOPP station, where they were required to don their gas masks in less than nine seconds and achieve MOPP level 4 in less than nine minutes. The third stage was the weapons station where they were required to disassemble then reassemble the M9 pistol, M4 carbine, and an M240 machine gun. Finally, they were administered the Seabee Combat Warfare (SCW) written test, addressing knowledge of SCW personal qualification standards.

"The first day was tough and I definitely felt my age," said Equipment Operator 1st Class Drew Reyes, team member from Detail One, Squad Four. "I am proud of my team; we worked together, supported each other, and picked each other up when they were down. This team definitely hammered it."

During the second day, they were sent to the Woolmarket rifle and pistol range where each squad patrol maneuvered through the training area into the counter-improvised explosive device (IED) course where they had to react to an IED scenario. After the IED course, the squads proceeded to firing range qualification course.

On day three, Seabees were directed to set up

a squad level defense. Using only their entrenching tools, they were ordered to build foxholes and each squad was graded on their defensive positioning and proper sectors of fire.

The fourth day, the competitors were sent to Camp Shelby to participate in the Leadership Reaction Course (LRC) where squads participated in various scenarios. The goal of the LRC is not necessarily to successfully navigate the course, but to show leadership and teamwork qualities such as taking charge, making decisions, and effectively operating as a team.

Finally, on day five, NMCB 133 Seabees performed a five kilometer aid and litter run, carrying their squad leader in a litter while in full gear.

"As Seabees, we have a very rich history and this competition reminds all of us what these Seabees sacrificed," said Detail One Squad Two member Construction Electrician 3rd Class Dustie Bond, whose team received fifth place honors. "Of course, I'm a little bummed that we didn't win, but I think everyone on our squad had some fun, learned some history, and got to know each other a little better. Plus, there was a lot of tough competition."

After the completion of the five day event, Detail One Squad Four, led by Construction Mechanic 2nd Class Matthew Kuzicki, was named NMCB 133's Black Hell Squad and was awarded the Black Hell Squad Pennant. The pennant will be displayed proudly on their company guidon as they prepare to deploy in early 2016.

NMCB 3 completes successful MOX

By MC1 (SW) Michael Gomez
 NMCB 3 Public Affairs

OKINAWA, Japan - Naval Mobile Construction Battalion (NMCB) 3 conducted a 48-hour mount out exercise (MOX) at Camp Shields, Okinawa, Japan, Oct. 6-8.

The MOX simulates the battalion's ability to deploy an 89-person air detachment (AIRDET) within 48 hours to support any mission required by a supported commander. The mission could range from major combat operations to humanitarian and disaster relief. The Mount out requires moving heavy construction equipment and large quantities of support materials.

The Embark team conducted a series of evolution, from weighting and balancing, shoring, palletizing materials, collecting data for each piece of equipment and prioritizing the order of shipment in a staging area.

According to Engineering Aide 2nd Class Heather N. Salzam, it starts from the lowest person to all the way up. If the math isn't correct on their data sheet, it ends with the load planner not being able to place an item on a plane.

"It couldn't be done if we weren't on the same page," said Salzam. "Communications was the key element in executing the task."

The evolution requires coordination and teamwork to build pallets, weigh and measure each piece of equipment to locate its center of balance. Load planners input the information into a computer program called Transportation Coordinators' Automated Information for Movements System (TCAIMS) to determine where everything will be placed in the military aircraft. If the load is not properly planned, it could unbalance the airplane and endanger the flight.

"Our personnel (Embark team) did an outstanding job with the 48 Mount-Out Exercise," said Equipment Operator 1st Class Francis Villareal. "We had a motivated group of Seabees who executed and performed their tasking with accuracy at every phase of the MOX. Each team from the Weighing and Marking to the Pallet Building and Load Planners worked in unison that led to an efficient process. The deckplate leadership from the First Classes to the Chiefs was present throughout the process, but it was the troops that made it all happen."

See **NMCB 3** page 14



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 3 prepare to weigh a pallet of meal, ready-to-eat (MRE) during a mount-out exercise at Camp Shields. The mount-out exercise tests the ability of a battalion to deploy Seabees, materials and equipment within a 48-hour period. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Gomez/Released)

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Seabee Courier



KWAJALEIN, Republic of Marshall Islands - Builder Constructionman Apprentice Samantha Besler, left, and Utilitiesman Constructionman Kelsey Kylberg, assigned to Naval Mobile Construction Battalion (NMCB) 1, set up and tie the rebar foundation of a road patching project in support of the U.S. Garrison on Kwajalein Atoll Public Work Department. NMCB 1 is providing humanitarian aid to the Republic of Marshall Islands. (U.S. Navy photo by Hospitalman 2nd Class Isaac P. Cajinas/Released)

Seabee patch work improves road quality in Kwajalein

By MC1 Brannon Deugan
 NMCB 1 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 performed concrete patchwork to a pier road in Kwajalein, Republic of Marshall Islands, Oct. 6.

Members of the NMCB 1 detail, worked alongside local Marshallese workforce to repair the high traffic road that leads from the pier to the 1.2 square mile island of Kwajalein.

"Having the Seabees of NMCB 1 is great because they bring much needed help to us. I really enjoy their work ethic, and I am always impressed," said Dan Tipples, the construction foreman/supervisor. "By fixing the road we allow the T-Rex (a cargo carrying vehicle) access and help get some of these containers unloaded or loaded."

The patching of the pier road improves the process for loading and unloading docked ships while allowing for safe trans-

portation of equipment and goods from the pier to the community.

"This is beneficial for the community because this road is the key access point to the pier and heavy equipment is used to load and off load the ships docked, including materials, equipment and consumables," said Lt. j.g. Cory Devonis, officer in charge of the detail. "Repairing the road increases the safety of equipment, buildings, materials, and most importantly personnel."

Those who stepped up and met the challenge of completing the patch work were also able to use the project as an opportunity to sharpen skills and gain valuable experience.

"I have been cutting and tying rebar, and hopefully, I'll also get to place some concrete," said Utilitiesman Constructionman Kelsey Kylberg. "Not the typical thing I am used to doing, but I enjoy the fresh air and learning something new."

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'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Trophies for participants and parolees

I grew up in Western Pennsylvania -- the cradle of quarterbacks, Steeler Country, the home of those folks accused of "clinging to their guns and religion" -- where hard work and home style values are honored more than social position and wealth.

An appreciation for football, a hard-knocking sport requiring the kind of gritty strength admired in Western PA, was ingrained in me from my youth. So when our son reached the appropriate age, my husband and I registered him for flag football.

Problem was, too many kids had already signed up and the league needed one more coach. My husband, a product of small private schools, had never played football on a team, but he volunteered to give our son the opportunity. Each of the overcrowded teams gave up two of their players, and along with our son, these rejects became "The Sharks" -- the real-life version of The Bad News Bears.

It was immediately apparent that The Sharks were in serious trouble.

In a desperate effort to provide the group of distractible boys a worthwhile team experience regardless of their obvious lack of athleticism, the parents made up cheers, blared the theme from "Jaws", waved purple towels and instilled in the boys the ceaseless will to win.

The Sharks never scored a point that season, and lost every game. However, our team became legendary in the league for its undying spirit in the face of impossible odds. Despite finishing dead last, The Sharks were, in a way, inspirational.

At our end of season picnic, my husband called each player up one by one, and told the proud parents what their sons had done to contribute to the team. Then, he handed every single player a trophy.

Yep, I said it: The team lost and everybody received a trophy. "What!?" You're all saying, "You gave everybody a trophy? You're contributing to the epidemic of unmotivated individuals who feel entitled to praise!"

I hear you, and on many levels I agree that participant trophy



policies send the wrong message to kids. I do believe that rewards must be earned. But, despite coming in last place, The Sharks displayed certain desirable qualities that are rarely recognized in today's athletic culture: Good sportsmanship and moral fortitude.

Consider the NFL. Where I grew up, kids looked up to players like Bradshaw, Harris, Blount and Ham. As underdogs, these unlikely superheroes rose above the pollution-choked confines of 1970s Pittsburgh to epitomize the right mixture of raw talent, determination, and team responsibility.

As long-standing team owners, the Rooney family seemed to understand what the growing fan base valued in players and coaches. They never went for flashy cheerleaders or hotshot su-

perstars, opting instead for a team that appealed to its blue-collar no-nonsense bread and butter.

But nowadays, the NFL is wracked with scandal involving criminal and moral misconduct. There are so many arrests among NFL players, newspapers such as The San Diego Union Tribune and USA Today maintain extensive online NFL arrest databases. (See, www.usatoday.com/sports/nfl/arrests/ and www.sandiegouniontribune.com/nfl/arrests-database/.)

Even my beloved Steelers have been swept up in the tide of scandal. Most recently, Michael Vick, who was sentenced in 2007 to 23 months in federal prison for running a brutal dog-fighting ring, was hired as Steelers' back up quarterback, amidst widespread fan protests. Ironically, Steelers Linebacker James Harrison posted on Instagram in August about taking away his sons' participation trophies because he was "not about to raise two boys to be men by making them believe that they are entitled to something just because

they tried their best." But Harrison continues to play and receive his million-dollar salary despite a history of domestic abuse, anger management counseling, and repeated violations of the rule against helmet-to-helmet hits.

Scores of NFL players and coaches have been involved in criminal or cheating activities yet they continue to be rewarded with sponsorships, over-the-top salaries, and unfettered playtime. In its insistence on recognizing only athletic skill, modern society overlooks the virtues that make athletes truly great. The Sharks could teach the NFL a thing or two about sportsmanship and character, but the league is too busy compromising its values for the Almighty Dollar.

*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."*

Toys For Tots

Military families can apply for the annual Toys For Tots program at the Fleet and Family Support Center (Building 30) until Oct 30. Stop by 8 a.m. - 4 p.m., Monday - Thursday or 8 a.m. - 3 p.m., on Fridays. Applications will be accepted for E6 and below (all others on a case by case basis). Service members or spouses will be asked to show military ID and complete a brief application. For further information, please call 228-871-3000.



Focus on Education

Education Notes

Fort Hays State University Early Registration
Fort Hays State University's on-line early registration is taking place through November. Registration is for both new and returning students. For additional information, contact Dr. David Drye at 228-223-4926 or daviddrye@att.net.

Smooth Moves Workshop

Fleet and Family Support Center (FFSC) will host a Smooth Moves Workshop Oct. 29, 9 - 11:30 a.m. at FFSC, Building 30. Guest speakers include representatives from Personnel Support Detachment (PSD), Housing and Personal Property. Call 228-871-3000 for more information.

Thankful for Resiliency

FOCUS (Families Overcoming Under Stress) would like to invite everyone on board NCBC to a workshop Nov. 4, 4:30 - 6 p.m., which is designed to improve problem solving and communication skills in the digital age. This course is for anyone who would like to improve their communication and strengthen relationships. RSVP by Nov. 2 by calling 228-822-5736 or emailing gulfport@focusproject.org.

Genealogy for Beginners

Interested in tracing your ancestry? Fleet and Family Support Center (FFSC) Gulfport is hosting Genealogy for Beginners, Nov. 19, 9:30 a.m. - 3 p.m. The course will be taught by Joyce Griffith and Anne Anderson, both genealogy subject matter experts. Everyone with authorized base access is invited. Sign up by calling FFSC, 228-871-3000.

Local students take in a movie at Seabee Cinema



Kindergarten students from Three Rivers Elementary School enjoy a showing of "The Pirate Fairy" at the Seabee Cinema on board Naval Construction Battalion Center (NCBC) Gulfport, Oct. 16. The children were on a field trip enjoying popcorn and refreshments as a reward for positive behavior at school during the past nine weeks. (U.S. Navy photo courtesy of MWR/Released)

October 22, 2015

Base Housing
Trick or Treat hours
Oct. 31
5 to 8 p.m.

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

WE BUILD ★ WE FIGHT
SEABEE Online
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

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.

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

Calling all Characters!

The Child Development Center (CDC) Halloween Character Parade is scheduled to roll at 9 a.m., Oct. 30 in front of the CDC. "Characters" are needed to attend the parade in costume for some Halloween fun! Candies will be provided. Please plan on arriving between 8:30 and 8:45 a.m. to pick up your treats. The Trick-or-Treaters will consist of 2-year-old classes through Preschool. If time permits, Characters will be invited to come inside after the parade to visit the 1-year-old classes.



Seabee Courier

NCBC Helping Hands

SAUCIER VOLUNTEER FIRE DEPARTMENT HAUNTED TRAIL/HAYRIDE – Volunteers are needed to help with setting up, parking, concession duties and haunting at “Haunted Hollow” haunted trail and hayride in Saucier at 7 p.m. Oct. 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.

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. 10, 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@kking@gulfport-ms.gov or Brittany Dyess at bdyess@gulfport-ms.gov or 228-868-5881 if you are interested in volunteering.

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.

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.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.

From Fleet and Family Support Center Gulfport

October is Domestic Violence Awareness Month

Domestic violence is defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can include physical, sexual, emotional, economic, psychological actions or threats of actions that influence another person. The color purple of the awareness ribbons is to

recognize victims of domestic abuse as well as to celebrate survivors.

Emotional Abuse

Emotional abuse happens when someone insults, humiliates, or uses “mind-games” to control another person. Emotional abuse doesn’t always lead to physical violence, but almost all physical or sexual abuse includes emotional abuse. Being emotionally abused puts a victim at risk of physical abuse.

What are the signs?

For the abuser:

~ Very controlling: makes all the decisions, acts

very possessive, needs to win every argument, may demand sex after an argument to “make up.”

~ Verbally discounts feelings/views of the victim.
~ Intimidates the victim.

For the victim:

~ Denial: makes excuses for the abuser’s behavior, blames him/herself, believes abuser’s behavior is a sign of love.
~ Low self-esteem: questions his/her own perceptions, isolates, changes how he or she acts to avoid making the abuser angry.



October 22, 2015

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

Seabee Courier



OCTOBER 23-29



NEW FITNESS HOURS, EFFECTIVE OCT. 1,
M-F 4:30 a.m. -9 a.m.
SAT&SUN 7 a.m.- 7 p.m.

All Month – Yoga, PIYO, Functional Fitness,
Zumba and NOFFS workouts available.

10/23 – Freaky Friday: Functional Training
Workout 11:15a

10/24 – Kickball Tournament 9a

Call the Fitness Center at 228-871-2668 for
more information.



**COMING IN
NOVEMBER:
LAUGHCATCHERS
COMEDY TOUR
SAT, NOVEMBER 7
FREE!**

10/23 – All Day, Candy Count, Win the Candy!

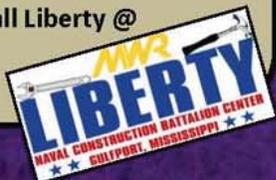
10/24 – 4:30 p.m., 5 in 1 Ghost & Mystery
Tour of the French Quarter, \$16

10/25 – All Day, NFL Sunday Tailgate Party,
Free chili

10/27 – 6p, Tournament Tuesday: Black Ops II,
Prize to 1st Place!

10/29 – 6p, Auto Skills 101: How to Change
Oil, Free

For more information, call Liberty @
228-871-4684.



ANNUAL

FRIGHT NIGHT

Friday, October 30, 2015

From 6:00-8:30pm

at LADD Circle



Bring the family for a night of **FREE Halloween fun!**
Parking on the Grinder

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

MWR Program Telephone Numbers

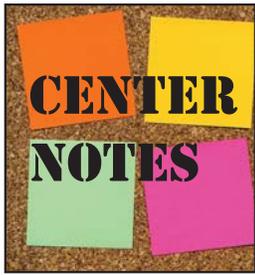
Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth 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: No Escape; The Intern;
Everest 3D; Hotel Transylvania 2 3D; The Visit

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.

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@cableone.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 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 them at www.seabeesmuseumstore.org or call the gift store at 228-871-4779.

Long Beach Veterans Day Parade and Concert

The annual Veterans Day Parade and Patriotic Concert organized by the First United Methodist Church of Long Beach will take place Nov. 8 at 1 p.m. The parade down Jeff Davis Avenue will include all branches of the military. Various veterans organizations, service organizations, and area churches highlighting their veterans are invited. Following the parade, a patriotic concert will be held on the Town Green where free refreshments will be served. Area choirs, bands, and soloists that would like to perform are welcome.



It is a great day for everyone to come and show their support for our nation's armed forces and military veterans. Point of contact for more information is Susan Taylor, 228-332-1083.

9-1-1 is the number for on base emergencies ...

Have an emergency? Please remember to dial 9-1-1 instead of 2333 when reporting an emergency on board NCBC Gulfport. Make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

Long Beach Middle School to Honor Veterans

In recognition of our military's service and sacrifice, Long Beach Middle School will honor all local veterans and current or former military members at their 2015 Veterans Day Program Nov. 10 at 9 a.m., inside the school gymnasium. All veterans and military members are welcome to the patriotic Veteran's Day celebration presented by the Student Council. A reception will immediately follow the program. Long Beach Middle school is located at 204 N. Cleveland, Long Beach.



October is Domestic Violence Awareness

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 significant 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.

October is **ACTION** Energy Awareness Month



**Turn
Words
Into
Deeds!**

Simple trench has extensive impact



Builder Constructionman Sean Rodriguez, assigned to Naval Mobile Construction Battalion (NMCB) 1, shovels out a trench for utilities pipes on Naval Station Rota, Spain. The trench is for a shipboard electronic systems evaluation facilities project that will provide test and evaluation services to U.S. Navy, U.S. Coast Guard and Military Sealift Command activities as well as allied foreign navies. (U.S. Navy photo by Mass Communication Specialist 1st Class Brannon Deugan/Released)

At the final stage of the exercise, personnel from Naval Construction Group (NCG) 1 conducted a joint inspection to determine the accuracy of the information for the items that will be placed on the aircraft.

"It was definitely a successful evolution," said Engineering Aide 1st Class Adrian Floy, NCG 1 embark evaluator. "The Seabees were very well trained; it was one of the better exercises I've seen completed."

The exercise was based around a humanitarian scenario. NMCB-3's AIRDET was hypothetically ordered to fly to Palawan, Republic of Philippines, to assist in disaster relief efforts following a super typhoon. AIRDET leadership conducted detailed mission planning for tasks such as search and recovery, clearing debris, delivering emergency supplies, constructing a tent camp, and repairing the airport and seaport to open the way for further relief efforts.

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.

RED WHITE & BLUE

IN JONES PARK

**FOOD π MUSIC μ VENDORS
FUN FREE FAMILY FESTIVAL!**

Saturday, November 7, 2015 10am - 4pm

Sponsored by the City of Gulfport and Gulf Coast Veterans Parade, Inc.

For More Information Contact Laurie Toups at 228-868-3414 

October 22, 2015

15th Annual Gulf Coast Veterans Day Parade

RED WHITE & BLUE in JONES PARK
ENTERTAINMENT FOOD ARTS & CRAFT VENDORS



Honoring the Mississippi National Guard

**SATURDAY
November 7, 2015
Gulfport, MS
Parade at 11am
FESTIVAL 10am-4pm**

COME JOIN US!
Antique Military Vehicles, Floats, Military Marching Units, Marching Bands, JROTC Groups and all the pomp and circumstance!

This event is FREE to the public. Our Veterans have already paid the price!

For more information:

Website: www.msveteransparade.com

FB: www.facebook.com/veteransday.parade

NEX extends return policy for the holiday season

From NEXCOM Public Affairs

In order to accommodate customers making post-holiday gift returns, NEXs will accept returns through Jan. 30, 2016. This extended return policy applies to original purchases made between Oct. 27 – Dec. 24, 2015, either in a NEX or through the NEX web store, myNavyExchange.com. Customers are asked to include any packaging material along with the receipt when making a return. Returns without a receipt will be placed on a NEX Gift Card.

One gift that won't be returned is the NEX Gift Card. It can be used just like cash for most merchandise and service purchases at any NEX. NEX Gift Cards can also be purchased and redeemed at myNavyExchange.com. NEX Gift Cards have no fees or expiration date.

Seabee Courier

NEW EXTENDED HOURS OF OPERATION

NCBC Gulfport Commissary is now open at 7:30 a.m. Tuesday - Friday for early bird service. Sales are limited to self check out only; 15 items or fewer.

Commissary Hours of Operation

- Sunday: 11 a.m. - 6 p.m.
- Monday: CLOSED
- Tuesday: 7:30 a.m. - 7 p.m. (full service at 9 a.m.)
- Wednesday: 7:30 a.m. - 6 p.m. (full service at 9 a.m.)
- Thursday: 7:30 a.m. - 7 p.m. (full service at 9 a.m.)
- Friday: 7:30 a.m. - 6 p.m. (full service at 9 a.m.)
- Saturday: 9 a.m. - 6 p.m.

