

SEABEE COURIER

www.cnbc.navy.mil/gulfport

Vol. 56 No. 03

Naval Construction Battalion Center, Gulfport, Mississippi

January 21, 2016

NCBC Active Shooter exercise



Security personnel clear rooms at the Fleet and Family Support Center during an active shooter exercise on board Naval Construction Battalion Center Gulfport, Jan. 15. This exercise is required annually to give first responders a chance to practice their skills in case of an actual event. NCBC Gulfport will join with all other Navy installations in the continental United States as Commander, U.S. Fleet Forces (USFF) and Commander, Navy Installations Command (CNIC) conduct Exercise Solid Curtain-Citadel Shield, Feb. 1 - 12. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

CNO announces five initiatives to drive sexual assaults to zero

From Chief of Naval Operations Public Affairs

WASHINGTON (NNS) -- A line of effort in the recently released "Design to Maintain Maritime Superiority" is to strengthen our Navy team which is composed of active and reserve Sailors, Navy civilians, and families. On Jan 14 Chief of Naval Operations Admiral John Richardson announced a new set of sexual assault prevention and response initiatives to lower the obstacles to reporting, provide added support to survivors, and prevent re-victimization.

During the announcement Richardson told reporters an important element of this effort is to eliminate self-inflicted destructive behavior, sexual assault being among the most egregious. He went on to say sexual harassment and sexual assault have absolutely no place in

our Navy and are contrary to our core values.

"Eliminating sexual assault requires more than words, zero-tolerance requires an all-hands effort," said Richardson.

Here are the five initiatives CNO announced to help "end the scourge of sexual assault" in our Navy:

1) A Shipmate is not a "bystander." If you see something wrong, do something right. It is every Sailor's responsibility to "step up and step in" to help their shipmate when they observe or become aware of undesired and destructive behavior. In 2015, Navy adopted a new training approach, shifting from traditional lecture-style training to a more dynamic program called "Chart the Course." Chart the Course moves beyond the "bystander" ap-

See FIVE page 5

NCBC/Navy Installations to conduct Exercise Solid Curtain-Citadel Shield 2016

From Navy Installations Command and U.S. Fleet Forces Command Public Affairs

WASHINGTON (NNS) -- Commander, U.S. Fleet Forces (USFF) and Commander, Navy Installations Command (CNIC) will conduct Exercise Solid Curtain-Citadel Shield 2016 (SC/CS16) on board Naval Construction Battalion Center (NCBC), Gulfport and all other Navy installations located in the continental United States, Feb. 1-12.

This annual anti-terrorism force protec-

tion (ATFP) exercise is designed to train Navy security forces to respond to threats to installations and units. It is not in response to any specific threat, but is a regularly scheduled exercise. The exercise's scenarios enable assessment of the Navy and civilian law enforcement's response to attacks both on installations and at soft targets off-installation.

Exercise coordinators have taken measures to minimize disruptions to normal base operations, but there may be times when

the exercise causes increased traffic around bases or delays in base access. People on board NCBC can expect the installation to be locked down Feb. 1 from 8 to 9 a.m. during an active shooter/shelter in place drill.

Residents near bases may also see increased security activity associated with the exercise. Base personnel should register for the ATHoc wide-area alert network to stay up to date on force protection conditions and other emergency, environmental, or exercise-related impacts on the area.

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

BUCN Samantha Opyoke

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeescourier@navy.mil.

Rating name change working group begins

From the Office of the Master Chief Petty Officer of the Navy Public Affairs

Secretary of the Navy (SECNAV) Ray Mabus recently directed a review of the Navy's rating names to ensure they were representative of all Sailors and did not discriminate based on gender.

SECNAV specifically asked Chief of Naval Operations (CNO) John Richardson to look at ratings that referenced "man" in the title, which encompasses more than 20 Navy jobs.

"As our senior enlisted leader, I've asked MCPON (Master Chief Petty Officer of the Navy) to take the helm on this because of his frequent interaction with enlisted Sailors during his travels throughout the fleet," said Richardson.

MCPON Mike Stevens will put together a working group that will canvass the fleet, talk with Sailors to hear their thoughts, and

provide recommendations based on feedback. After the data has been compiled, MCPON will meet with the group to discuss Sailor feedback and determine courses of action.

"This is an opportunity for us to take a look at our rates to see if their names and titles best represent the Sailors and the description of their jobs, just as we have done many times in the past," said Stevens.

As the Navy moves toward the full integration of women serving in all job fields, the service will review its ratings for gender-neutral titles, accurate descriptions of their work, and alignment with civilian related jobs. In 2004, the Navy changed mess management specialist to culinary specialist, and in 2009 postal clerk and storekeeper were merged to form the logistics specialist rate.

A report detailing proposed courses of action is due to SECNAV by April 1.

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

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.

NCBC Gulfport NJP Results



On Jan. 11, Commanding Officer, Naval Construction Battalion Center Gulfport held non-judicial punishment for an E-5 suspected of damage to government property and assault consummated by a battery in violation of UCMJ Articles 108 and 128. The CO found the member guilty of both charges, and imposed punishment as follows: restriction and extra duties for 30 days, forfeiture of \$1,191 per month for two months (suspended for 60 days) and reduction to the next lower paygrade."

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

FORCE PROTECTION IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

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

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

This includes, but is not limited to:
~ Unusual items or situations – A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.

~ Eliciting information: A person questions individuals at a level beyond curiosity about a build-

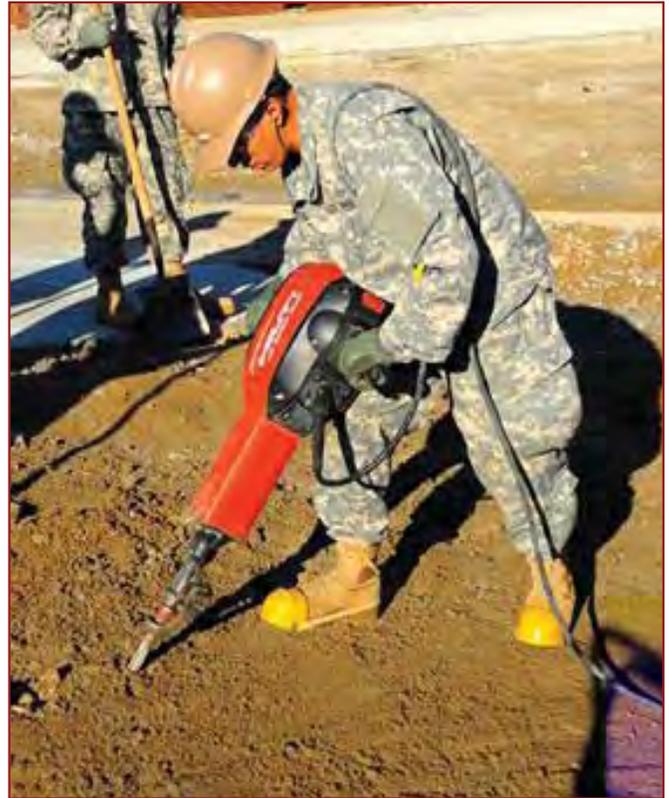
ing's purpose, operations, security procedures and/or personnel, shift changes, etc.

~ Observation/Surveillance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations), unusual repeated, and/or prolonged observation or of building (e.g., with binoculars or video cameras), taking notes or measurements, counting paces, sketching floor plans, etc.

Report SUSPICIOUS ACTIVITY to law enforcement or a person of authority

Describe specifically what you observed including:

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



Top left: Steelworker 3rd Class Luke Bay, attached to Naval Mobile Construction Battalion (NMCB) 133, uses a sledgehammer to construct form work for a sidewalk installation near building 316 on board NCBC Gulfport, Jan. 14. The battalion is completing several beautification projects across the installation during their homeport.

Bottom left: Firefighter/Emergency Medical Technician Ben Dohm assists a "casualty" during an active shooter exercise on board NCBC Gulfport, Jan. 15. Students from the Expeditionary Combat Skills (ECS) course volunteered to act as casualties to make the exercise as realistic as possible. Bottom right: Private First Class Roberto Romo

attached to Naval Construction Training Center (NCTC) Gulfport uses a Hilti jack hammer to prepare the ground in order to pour a concrete slab on board NCBC Gulfport, Jan. 13. The Army teaches concrete and masonry in the first phase of Builder "A" school. (U.S. Navy photos by Builder Constructionman Samantha Opyoke/Released)

January 21, 2016

United States Navy Marksmanship Team



The mission of the United States Navy Marksmanship Team (USNMT) is to train Sailors in marksmanship and small arms safety, while implementing Navy innovations in small arms technologies. The USNMT proudly

represents the Navy in inter service and national rifle and pistol competitions. If you're interested in competing with the USNMT and want to learn more about the competitions, please contact Cmdr. Jason

McCoy (jason.c.mccoy@navy.mil) and make time to come to a meeting at 11 a.m., Jan. 29 at the NOSC Gulfport conference room, building 114. For more information about the USNMT please visit <http://usnmt.org/>.

Register to Vote!

- If you want to register to vote, visit fvap.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and

request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant (fvap.gov/military-voter/registration-ballots), or fill out the PDF (fvap.gov/uploads/FVAP/Forms/fpca2013.pdf), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

Seabee Courier

Buzz on the Street

By Rob Mims
NCBC Public Affairs
Officer

“What type of recreational venue would you like to see come to the local community (outside the fence line)?”

“I would like to see a fun park open up in Gulfport.”

**Builder
Constructionman
Tristan Kesselring
NMCB 11**



“I would like to see more hiking trails and recreational services in Gulfport.”

**Utilitiesman
Constructionman
Felicia Nelson
NMCB 11**

“I would like to see go-carts and putt-putt golf along the Coast.”

**Roger Hudson
NCBC Installation and
Mission Readiness Officer**



Time to celebrate Mardi Gras!



It's time to celebrate the Gulf Coast Mardi Gras Season. Here are listings of parades that will be rolling in the local communities this year. For a map of the parade routes visit: <http://www.sunherald.com/entertainment/mardi-gras/maps/>

Jan. 23
41st Ocean Springs- Elks Mardi Gras Parade rolls Jan. 23 at 1 p.m.
8th Krewe of Legacy Mardi Gras Parade in Pass Christian rolls Jan. 23 at 1 p.m. The parade starts and ends at Neco's Market Place.
Jan. 24
13th Lizana Parade in Gulfport rolls Jan. 24 at 1 p.m.
Jan. 30

16th Biloxi Children's Mardi Gras Walking Parade rolls Jan. 30 at 10 a.m. in Biloxi.
Carnival Association of Long Beach Parade rolls Jan. 30 at 6 p.m.
Jan. 31
49th Krewe of Nereids Mardi Gras Parade in Waveland and Bay St. Louis rolls Jan. 31 at 1 p.m.
Feb. 5
Ocean Springs Night Parade in Ocean Springs rolls Feb. 5 at 7 p.m.
Feb. 6
46th Krewe of Gemini Mardi Gras Day Parade rolls Feb. 6 at 2 p.m. through downtown Gulfport.
Krewe of Neptune Mardi Gras Parade rolls through downtown Biloxi Feb. 6 at 5:30 p.m.

Feb. 7
86th Pass Christian Mardi Gras Parade rolls Feb. 7 at noon.
Feb. 8
The Mystic Krewe of the Seahorse Mardi Gras Parade rolls through downtown Bay St. Louis Feb. 8 at 5 p.m.
Feb. 9
9th Krewe of Diamonds Mardi Gras Parade rolls through downtown Bay St. Louis Feb. 9 at 1 p.m.
Gulf Coast Carnival Association Mardi Gras Parade rolls through downtown Biloxi Feb. 9 at 1 p.m.
46th Krewe of Gemini Mardi Gras Night Parade rolls through downtown Gulfport Feb. 9 at 5:30 p.m.

Seabee Ball

March 5, IP Casino Resort & Spa
850 Bayview Ave, Biloxi

Cocktails are at 6 p.m., dinner and ceremony at 7 p.m. Uniform is Dinner Dress Blue: (Mandatory for E7 and above, optional for E6 and below), Full Dress Blue: (E6 and below), Coat and Tie/Cocktail Dress: for civilians. Ticket prices are: \$25 for E4 and

below, \$30 for E5/E6, \$40 for E7 – 03, Retirees Federal Employees and Warrant Officers, and \$50 for Civilians, 04 and above. Tickets are on sale now. Contact Senior Chief Houk at 228-871-2031 or email daryl.houk@navy.mil for more information.

Tickets are on Sale Now!

Contact your Command Representative!

Command rep for CBC is UTC Kiel Dahlke, 228-871-3802

Valentine's Day "Shout-Out" for ALL Sailors

For the upcoming Valentine's Day holiday, NAVCO is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for ALL Sailors to their families.

Deadline: Feb. 5, 8 a.m. EST

Instructions:

Call 1-855-OUR-NAVY (1-855-687-6289)

Wait for 3-5 second pause after voice directions and record message, after beep, using the template script below.

Once you hang-up, the audio file

will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailors' hometown.

Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command your shout-out will be unusable.

Script:

HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP), OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AOR).

I WANT TO WISH MY (SIGNIFICANT OTHER, FAMILY, MOM AND DAD) AND EVERYONE IN MY HOMETOWN OF (HOMETOWN) HAPPY VALENTINE'S DAY! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!

Example:

HI, I'M NAVY PETTY OFFICER JOEL SMITH FROM LOUISVILLE, KENTUCKY, CURRENTLY SERVING ABOARD THE GUIDED-MISSILE DESTROYER USS ROSS, DEPLOYED TO THE MEDITERRANEAN SEA. I WANT TO WISH MY WIFE, SARAH, MY DAUGHTER, JILL, AND EVERY-

ONE BACK IN LOUISVILLE A HAPPY VALENTINE'S DAY! I HOPE TO SEE YOU ALL VERY SOON. GO NAVY!



NCBC Gulfport Homes thanks residents for another great year

From NCBC Gulfport Homes

The year 2015 was truly an eventful year for NCBC Gulfport Homes. While Resident Specialists were busy signing leases and welcoming new residents to our community, LifeWorks Coordinators planned innovative and engaging events, and Maintenance Technicians kept homes in tip-top shape. It's been a great year, and we'd like to take the time to thank the community at NCBC Gulfport Homes for their ongoing support and recap some of this year's highlights.

REWARDS & AWARDS

This year, Balfour Beatty Communities Foundation provided 53 academic scholarships to children of active-duty military members residing at BBC-managed properties.

One scholarship winner resided here at NCBC Gulfport Homes.

NCBC Gulfport Homes also received four Platinum A-List CEL awards, for the Woodlands I and Pinewood neighborhoods, and five A-List CEL awards for the NorthPointe Preserve, Nickel Creek, Woodlands II, Magnolia Place I and Magnolia Place II neighborhoods – recognizing excellence in customer feedback.

A WORLD OF NEW!

This year we had many community updates including:

- We welcomed 236 new residents to NCBC Gulfport Homes!

- We installed 297 new plants along Olson Avenue to enhance the drive onto base.

- We also welcomed three new employees to the team- Maintenance

Supervisor Justin Pine and Adam Westmoreland and Jason Moody to our Roads and Grounds team. Be sure to stop by the Community Management Office and say hello!

LIFEWORKS EVENTS

Our LifeWorks program strives to strengthen community relationships by providing events for residents of all ages to engage in a variety of social and learning activities. Programs are held throughout the year and are free for our residents. In 2015, NCBC Gulfport Homes hosted more than 74 events.

A few of the memorable events from 2015 include:

- Annual Easter Egg Hunt
- Resident Survey Kick-Off Pool Party

- Toddler Trip to Seward Farms

SUSTAINABILITY

- Residents and staff have been busy collect-

ing TerraCycle donations. This year, our TerraCycle points allowed us to give back \$247.40 to the local Boys & Girls Club.

NEW LEASING SPECIALS

An enhanced PCS rewards program has been rolled out across all military properties managed by Balfour Beatty Communities and we welcome all PCSing residents to take advantage of this opportunity. If you are a current resident and choose to live with another BBC-managed community, our staff will assist you with a streamlined transfer and you can receive a \$100 reward!

In 2015, we also entered into a partnership with other military housing agencies to make PCS moves easier. No matter the installation, we can refer you to your new housing management

office – whether a Balfour Beatty Communities, Winn, United or Corvias community. More information will be provided during the move-out process.

OUR PROMISE TO YOU

At NCBC Gulfport Homes, we are committed to providing high quality homes in welcoming, safe communities so that residents have a positive experience living with us. To learn more about living in our community or to contact the Community Management Office, visit www.ncbcgulfporthomes.com or call 228-863-0424.



From **FIVE** page 1

proach and combines scenario-based videos with facilitator-led discussions to achieve an interactive learning experience. The training provides insight on what to do when faced with challenging situations.

2) Establish Counselors within the Fleet and Family Support Centers as a resource for victim support. Building on the success we have experienced with deployed resiliency counselors on "big decks," there are potential gains if we are able to replicate the counseling and support provided under the Navy Family Advocacy Program for Sailors impacted by sexual assault. In addition to enhanced care, we expect the availability of these counselors to provide an opportunity to go after the social and structural barriers to male victim reporting. These counselors will provide opportunities to collaborate with local civilian facilities and counselors to ensure we are using every available measure to support our survivors. We are currently determining how to pilot this concept to get a better assessment.

3) Improve our personnel management practices and procedures, following a sexual assault experience, to ensure our Sailors are put in the best position possible to succeed. This includes examining our present detailing practices so to preclude adminis-

trative or management decisions and actions that unintentionally result in the Sailor reliving the sexual assault experience. In addition to the expedited transfer program, this could also include honoring a survivor's request for an expedited discharge, should they desire to leave the Navy.

4) Continue our efforts to educate our Sailors and reduce alcohol abuse in the Navy, particularly binge drinking. The data clearly reflects that alcohol abuse is a factor in most of the Navy's sexual assault cases. We need to ensure that our accountability processes and options, administrative and otherwise, provide the tools we need to effectively deal with incidents where alcohol abuse has been established.

5) Better utilize technology to remove cultural barriers and stigma associated with reporting a sexual assault or seeking advice and counsel. We are currently exploring a number of computer applications piloted at universities. We expect to be able to begin introducing a "Navy version" within the year.

CNO concluded his discussion by thanking Congress for the focus, attention, and assistance they have provided on this issue and the commitment to eliminate sexual assault.

"I want to continue to confront this scourge in our workforce. Until we go to zero we can never be satisfied."

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



**VITA TAX CENTER OPENS
JAN. 25
BUILDING 60 116Z
(Rear of Building, First Floor)**

Walk-ins: Monday-Thursday
Appointments: Monday-Saturday
Call: 228-871-2301

HOURS OF OPERATION:
Monday, Wednesday and Friday
8 a.m. – 5 p.m.
Tuesday and Thursday
8:30 a.m. – 6 p.m.
Saturdays (by appointment only)
8:30 a.m. - noon

Please bring last year's tax return, W2(s), proof of insurance and tax forms (ex. 1099)

UCT 1 - Unit of choice for GTMO cable landing

By BU1 (SCW/DV) Christopher Kelly
Underwater Construction Team One

Dial-up internet, America Online (AOL), and the sound of a modem connecting through the phone line. These memories take us back to the '90s with the birth of the World Wide Web and 56kbps. To put that into perspective: at maximum speed which is rarely attained, one poor quality song might have taken 10 minutes to download; a movie took 28 hours at best! Today, customers can purchase fiber-optic services with access speeds up to 500 Mbps, almost 9,000 times the speeds from 20 years ago.

At Naval Station Guantanamo Bay, Cuba, (GTMO) the current satellite broadband network provides an experience reminiscent of the 1990s. Bandwidth limitations plague the user's experience.

In the article, "How does it work: Satellite Communications" written by Army Sgt. Saul Rosa, service managers claim that 50 percent of the bandwidth can be affected by just 5 percent of users. In an attempt to prevent such monopolization, users are automatically logged off the network every four hours. Traffic remains so heavy, however, that successfully downloading much of anything within the four-hour time limit is virtually impossible. Streaming video is equally as, if not more, frustrating. Screens often buffer until they time out and video quality diminishes beyond recognition. These days will soon be over for residents of GTMO.

In November 2015, an eight-man detachment from Underwater Construction Team One (UCT 1), dubbed Construction Dive Detachment Delta (CDD/D), completed the landing of a fiber-optic cable running from south Florida to GTMO's windward side.

In a true team effort, UCT ONE CDD/A began initial site preparations in November 2014 by clearing the boulders from the path. The Operations Department outlined the scope of work and specific tasking at the planning conference in May 2015. The final site visit took place in September during which points of contact and support assistance were secured.

Defense Information System Agency (DISA) funded the \$40 million project who utilized Naval Facilities Engineering and Expeditionary Warfare Center (NAVFAC

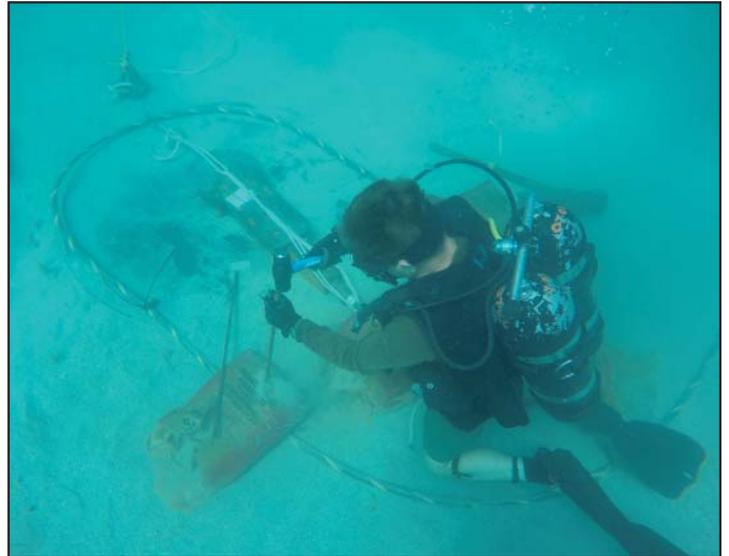
EXWC) to coordinate with UCT ONE to conduct diving operations and survey for the project.

Lt. Ross Penrod, from NAVFAC EXWC Dive Locker, was responsible for coordinating diving operations, support, and hydrographic and diver surveys at the GTMO shore landing site. He spoke of the coordination required and UCT's role, "(This was) a very challenging project involving four different commands and two different contractors to come together and execute on a short time frame. The ability of the UCTs to provide crucial services in support of this project that provided a significant cost savings over a contractor led effort, decreased the complexity of working on a restricted Naval Base such as Guantanamo Bay, and exercised a core UCT mission area to support a high priority peacetime project."

The cable landing consisted of four main phases. Phase one, site preparation, included the clearing of the cable path on the shoreline and in the water. To complete this arduous task, CDD/D used underwater hydraulic tools to break large boulders into smaller, manageable rocks. Operating the BR-67 on shore while divers used the BR-87 underwater, the crew removed obstructions along the path to minimize cable bend radii and suspensions over craggy rocks.

With the hydraulic tools weighing 67 and 87 pounds respectively, the work was both physically and mentally challenging. In extremely hot and humid conditions, the shore crew battled with the heat and sun while divers contended with leverage, stability, and the inherent dangers of diving operations. The work was back breaking. Dives lasted up to two hours, much of which was spent in water so cloudy with sediment that divers were unable to see their hands in front of their masks let alone the tools they were operating. MK-20 full face masks in scuba/AGA mode with through-water communications were utilized to minimize support equipment and maximize diver's freedom of mobility. By the end of this phase, the crew broke apart rocks as big as a Volkswagen Beetle clearing several tons of material. In the last task of the phase, scuba divers built a gradual slope from the rocky surf zone to the smooth sandy bottom nearly 200 feet off shore by individually placing rocks by hand.

Phase two consisted of placing a



Builder 1st Class Christopher Kelly of Underwater Construction Team (UCT) 1 secures the ground cable with concrete bags and rebar stakes during the Naval Station Guantanamo Bay (GTMO) Cuba Cable Landing project. UCT1 completed the landing of a fiber-optic cable running from south Florida to GTMO's windward side. The project will improve the quality of life for service members and their families at GTMO, by allowing rapid internet communication with family and friends. (U.S. Navy photo/Released)

1,400-pound ground plate and running the ground cable ashore. The plate was loaded on the bow ramp of a MK-8 boat with the cable faked out on the deck. Once the cable was ran ashore, the plate was off loaded with a 1,500-pound lift-bag attached. A surface swimmer deflated the lift-bag just enough to allow the plate to sink slowly to the seafloor. Divers re-inflated the lift-bag to orient the plate properly and placed the ground cable in the desired location before securing critical connection points with concrete bags and rebar stakes.

Phase three. Two fiber-optic cables were to be landed from the IT Intrepid: the primary to service GTMO and the stub to service Puerto Rico in the near future. One at a time, the cables were transferred to from the IT Intrepid to the tender that ferried to the shore laying cable along the way. A fast boat nudged the tender as needed to keep it on line. After securing a three-point moor, surface swimmers guided the cable as a winch pulled it through conduit inland. After both cables were secured, the IT Intrepid laid the stub cable 20 kilometers out to sea while divers pulled slack from the shore to place the cables in the optimal location minimizing suspensions over and contact with coral outcroppings.

Phase four began with the installation of 200 feet of split pipe on

each cable. Surface swimmers worked with divers to secure the split pipe to the cables with nuts and bolts installed in less than four hours. The longest bottom time logged during this phase was three hours and 46 minutes! The crew then marked GPS coordinates at each critical location along each cable path from the shoreline out to sea 800 meters reaching depths of 70 feet of seawater. Lastly, divers collected video documentation of the three cables' as-laid conditions to serve as a baseline for future inspections.

Dive Detachment Delta executed its critical role in the GTMO cable landing project to completion with precision and accuracy. In typical UCT fashion, the job was executed with a balanced combination of diving capabilities, physical labor and technological assets. More than just alleviating buffer and loading frustrations reminiscent of the early '90s, the improved access speeds that will come with the fiber-optic upgrade will allow service members and residents to stay connected with their friends and families back home. Quality of life will improve and morale with it.

UCT 1 is humbled by the opportunity to positively affect the day to day lives of those aboard Naval Station Guantanamo Bay and looks forward to a similar contribution in Puerto Rico.

Girl Scouts earn wood-working badge with guidance from Seabees

By MC1(SW) Brannon Deugan
NMCB 1 Public Affairs

Girl Scouts from Troop 12 and 14, along with members of Naval Mobile Construction Battalion (NMCB) 1, built and installed three coat racks with 24 dowels on Camp Mitchell, Naval Station Rota, Spain, Nov. 5, 2015.

NMCB 1's Female Mentorship Program taught the scouts how to properly use tools to build the coat racks, while assisting the girls in earning the Girl Scouts Wood Working Badge and teaching about opportunities that women have in the workplace.

"I wanted the girls to see that women have important jobs in the workplace, too," said Kristina Workman, Troop 12 Girl Scout leader. "I wanted the girls to see that women can do everything a man can do. Also, I wanted the girls to help out all the troops by providing the hooks for the Girl Scout hut."

The assembly of the coat racks provided the Female Mentorship Program an opportunity to provide mentorship to young women at Naval Station Rota.

"This was a great opportunity to mentor young woman," said Builder 3rd Class Jenelle Jones, NMCB 1's lead for the mentorship project. "It builds a relationship for future friendships."

On Oct. 28, in the Builders Shop on Camp Mitchell, Female Mentorship Program members demonstrated the proper and safe procedures to operate shop equipment, including the miter saw, drill press and table saw. Next, the girls were able to rotate between four stations where they cut wood with a hand saw, sanded wood either by hand or with an electric palm sander, hammered nails of various sizes, and drilled holes into the wood and attached a hasp with screws. Finally, the girls with the mentorship of the NMCB 1 female Seabees, were able to assemble three prefabricated coat racks using glue and hammers.

"This training was very beneficial to both the Girl Scouts and the Seabee Mentorship



Girl Scouts with Troop 12 learn proper and safe operations of hand tools from the Female Mentorship members of the Naval Mobile Construction Battalion (NMCB) 1 at Camp Mitchell on Naval Station Rota, Spain, Oct. 28. The Female Mentorship program assisted Troop 12 with the construction of three coat racks for the local Girl Scout hut. (U.S. Navy photo by Chief Builder Mary Montigny/Released)

group," said Chief Builder Mary Montigny, NMCB 1 and organizer of the mentorship program with the Girl Scouts. "The girls received hands-on learning on how to properly use tools and equipment with our Seabees being able to teach their rating skills. It was

also nice to have children in our shop, something that is very rare, especially while on deployment."

In early November, the Female Mentorship installed the coat racks at the Girl Scout Hut. The installation included drilling holes into a

concrete wall and fastening the wooden rack to the wall.

"The racks will be used to help the girls stay organized when coming to meetings instead of piling backpacks on top of each other," said Workman. "We look forward to using these for many years."

Back in Time: Seabee History

Jan. 17

1968: The second advance party departed the continental United States (CONUS) via C-130 and C-118 aircraft to join the first advance party in Republic of Vietnam (RVN).

Jan. 18

1965: NMCB 11 deployed from Port Hueneme, California, and simultaneously relieved NMCB 9 on Okinawa by turn-around airlift. The airlift of the two battalions by the U.S. Air Force marked the first time in the Seabees' history that NMCBs have been deployed by air.

Jan. 19

Jan. 19-21, 1968: Main body of NMCB 7 arrived at Davisville, Rhode Island, from Da Nang, Vietnam.

Jan. 20

1967: Equipment Operator 3rd Class Francis E. Camden Jr. and Construction Mechanic Constructionman Merlin E. Boon, NMCB 62, were killed and 17 others wounded when a Viet Cong mortar attack hit the Phu Bai mili-

tary enclave, Camp Campbell.

Jan. 20-27

1969: NMCB 5 main body departed CONUS by air for Camp Hoover, Da Nang, RVN.

Jan. 21

1972: 21st NCR change of command ceremony. Seabee Team 0417 departed Xuan Loc, RVN, for redeployment back to the U.S. Seabee Team 13308 departed Kien Hoa Province, RVN, for 20th NCR, CBC Gulfport.

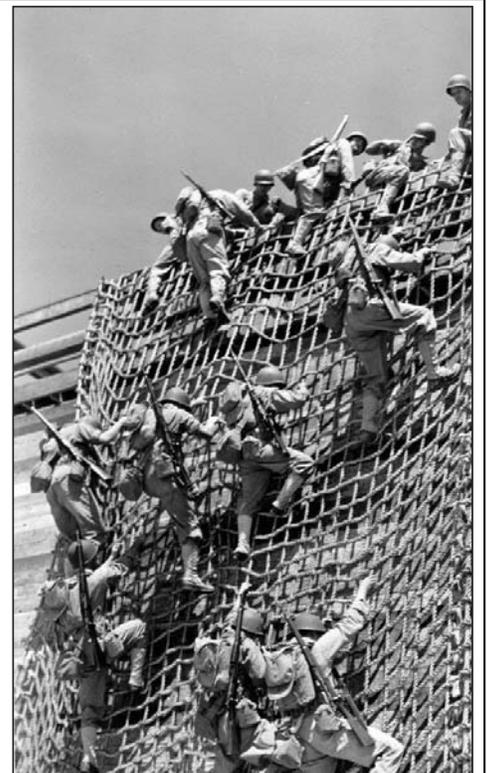
Jan. 22

1968: Seabee Team 0602 arrived in Phouc Le, Vietnam. The NMCB 3 rock crusher site was named Camp Coker in memory of Yeoman 3rd Class D.C. Coker who was killed in a mortar attack on 30 August 1967. Seabee Team 4002 Advance Party arrived at Camp Shields, Chu Lai, RVN.

Jan. 23

1968: NMCB 74 was relieved by NMCB 62 at Camp Haskins, South, RVN.

After packs and guns are issued, Seabees begin what was known as "commando training" by climbing down the landing net in a ship-to-shore move, March 16, 1944. (Photo courtesy of U.S. Navy Seabee Museum)



Focus on Education

Enlisted Sailors Eligible for Cyber Master's Degree at Naval Postgraduate School

From Chief of Naval Personnel Public Affairs Office

The Naval Postgraduate School (NPS) is accepting applications from active duty and full time support Sailors, E-6 and above, in the information systems technician (IT) and cryptologic technician networks (CTN) ratings for enrollment in the Master of Science in Applied Cyber Operations program as announced in NAVADMIN 013/16, Jan. 19.

The 12-month master's degree program is one of the Navy's many efforts to improve cyber capabilities by building a more professional and stronger cyber workforce.

To be eligible, applicants must have earned a Bachelor of Science from an accredited institution of higher learning in technical fields including, but

not limited to, computer science, electrical engineering, and information or engineering technology.

Additionally, applicants must acquire a conditional letter of acceptance from NPS no later than March 14. NAVADMIN 013/16 explains how to submit an NPS application online to obtain a conditional letter of acceptance.

Those selected will be assigned as full-time students under permanent change of station orders to Monterey, Calif. Students can begin classes in either September 2016 or March 2017. Prospective students should communicate with their detailers to determine eligibility and discuss implications on current assignments.

For more information, read NAVADMIN 013/16 at the NPC website www.npc.navy.mil.

Support for military kids



Trevor Romain and The Comfort Crew for Military Kids visit the Youth Activity Center on board Naval Construction Battalion Center, Gulfport Jan. 20. Since 2010, the award-winning author and motivational speaker has visited more than 150,000 military kids in over 13 countries sharing the importance of caring for one another and developing strategies for dealing with the unique challenges of military life during the "With You All the Way" tour. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

NCBC Gulfport School Liaison Officer
Kevin Byrd
MWR building #352, 1706 Bainbridge Ave.
kevin.r.byrd@navy.mil or 228-871-2117

Career Fair

Jan. 28, 10 a.m. - 1 p.m.
Fleet and Family Support Center
(Building 30)

Employers are currently hiring,
so bring a resume and come
prepared to interview.

Spouses welcome!



For more information:
228-871-3000

Education Notes

Ten Steps to a Federal Job

Ten Steps to a Federal Job will be held from 8 a.m. – Noon, Feb. 22 at Fleet and Family Support Center (Building 30). Please call FFSC at 228-871-3000 for additional information or to register.

Armed Services Vocational Aptitude Battery (ASVAB)

Listed below are the dates for ASVAB testing in the Gulfport Region for 2016. Educational Service Office (ESO) can

take up to eight personnel each test cycle. For the below test dates, members need to be in the uniform of the day at PSD by 0700 the day of the exam. When personnel sign up, they must have proof of further education and approved request chit. Refer to MILPERSMAN 1236-010 for justification to retake the ASVAB.

Deadline for submission and exam dates:
Feb. 9/Feb. 15; May 10/
May 17; Aug. 9/Aug. 16
and Nov. 8/Nov. 15.

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.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Breaking a sweat: Zumba with a side of Kung Pao

I actually went to the base gym last week ... twice.

Now, that may not seem like much to you Span-dex-ensconced gym rats with your fancy head-phones, overpriced shoes, BPA-free coconut-water bottles, and your level ten treadmill settings. But to me, someone who used mild knee pain as an excuse to take a year-long break from all forms of exercise, this accomplishment is nothing short of a miracle.

Les Mills, eat your heart out.

It hasn't easy been showing up at the gym after such a long and unexplained hiatus. I knew my presence would be perceived as a half-hearted attempt at a New Year's resolution, most likely to fizzle before the first week of February. I gave myself a little pep talk in the parking lot. "Just parade in there like you own the place. For all they know, you've been running marathons and playing rugby for the

past year."

"Yeah, what do THEY know," I assured myself.

Approaching the front desk, I swiftly flashed my military ID hoping no one would see me before I darted off to Zumba class.

"Is that you, Mrs. Molinari?!" Nick, one of the gym staff called from behind the desk.

His intonation and use of "Mrs." notified everyone within earshot that some old lady who hasn't been to the gym in a long time finally showed up. After chatting with Nick, I slinked off to class.

Zumba is truly inspirational.

So inspirational in fact, that I've written about both Zumba classes I've shown up to — one column I wrote back in 2012 while stationed in Florida was entitled "My hips don't swing that way, but my stomach does," and presented the scientific hypothesis that humans, like toilet bowl water, can only swirl in one direction, depending on



their location on Earth's hemispheres. The second column you're reading today.

Expecting to see the room packed with 20-something hard-bodies that would send me into a tailspin of insecurity, I was relieved to find a comforting mix of people, all with their share of bodily imperfections and jiggly bits. After a short introduction that I forgot to listen to, the instructor hit a button on the sound system and began gyrating to Latin and African beats.

Much like the last time I tried Zumba, I thought it looked easy. "It's just dancing ... how hard

could it be?"

But then, I always seem to forget that my husband and I have botched the Electric Slide at every military ball, holiday party, and wedding since our own reception in 1993. Same goes for the Cha Cha Slide, the Macarena, and the Cupid Shuffle. Call us choreographically challenged, we couldn't Whip, Nae Nae or Stanky Leg if our lives depended on it.

I tried to mimic our limber instructor as she swiveled back and forth across the room, but all I could muster were a few awkward hops, several misplaced kick-ball-changes, a couple of inappropriate pelvic thrusts, and my own free-style version of the pony.

I was pretty hopeless. Despite my alarming heart rate, I only sported a small sweat mustache when the 45 minute class was over. Rather than exercise more, I thought a hop in the sauna would wake my hibernating glands. But then, I made

the fatal mistake of following up the sauna with a scalding hot shower, opening veritable flood gates of profuse sweat (think George Costanza) that didn't ease up until mid-afternoon.

Next week, I'm going to try Spinning, and maybe Yoga the week after that. I might bounce off the bike like a fool or splat on the mat like an idiot, but what's important is that I keep showing up at the gym.

However, the next time I want to break a heavier sweat, I'll just stick with Kung Pao Chicken.

*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."*

Energy Savings Tip

Monitor your Energy
Get an energy-monitoring device to understand where you are using those most energy. It is hard to cut down on energy usage when you don't know how much is used. An energy-moni-

toring device allows you to visualize and quantify how much electricity is actually consumed. At a cost of about \$20, the device can save consumer's hundreds — a nice return on the investment.



RACE ENGINES, DIRT BIKES, ATVs, CIGARETTE BOATS, ZODIACS

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

- | | | |
|--|---|---|
| Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates |  | - Motivated to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance |
|--|---|---|

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

NCBC Helping Hands

ST. MARTIN EAST ELEMENTARY - St. Martin East Elementary, 7508 Rose Farm Road, Ocean Springs is asking for volunteers to assist with an outdoor deck project on the school campus. Help is needed with engineering/design work, drawings, advice on construction and skilled labor. Point of contact is Principal Whitehead, 228-875-3204.

TNT RANCH RECOVERY HOME - Volunteers are needed to help build a new residential treatment facility on the TNT Ranch property at 11373 Allen Road in Gulfport. The foundation has already been completed and labor help is needed to assist the contractor with framing and drywall. Information about the Ranch can be found on Facebook by searching "XX TNT RANCH XX". Point of contact is Tony Stapleton, 228-669-7859.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed

material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

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

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USO GULF COAST - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

FEED MY SHEEP - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. Point of contact to volunteer is Christina Lipke, 228-731-4883.

The 411 on dialing 911 on board NCBC

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

Legal Note:

Mississippi Vehicle Tax Exemption

Applying for Mississippi vehicle tax exemption? To be eligible, you must have a valid active duty military ID, be stationed in Mississippi, not be a legal resident of Mississippi (and show your LES verifying which state taxes you pay), and the vehicle must be registered in the military member's exact name (not the spouse only). Questions? Call Legal Assistance at 228-871-2626.

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

JAN 22-28



January Special at The Grill

Bacon cheeseburger topped with fresh cole slaw & fried pickles



Taste of Summer

\$6.50

Served with side of potato chips & fountain soda



Burger

Call 228-871-2494 to order!



MWR January Outdoor Recreation Special



ONLY \$38!*

Camping Rental Package

- 1 - Two bedroom tent
- 2 - Fishing poles (tackle not included)
- 1 - 60 quart cooler with ice
- 6 - Sleeping bags
- 2 - Lanterns (batteries not included)
- 1 - Table Top Camping Grill (fuel not included)



Reservations required. For more information and to make reservations contact the Community Recreation Outdoor Rental Center at 228-871-2127.

General Maintenance Classes

Learn to do-it-yourself and save money!



By Appointment
Call
228-871-2804
to schedule

At the
Auto Skills
Center
Bldg 397

Open to
All Hands



- 1/22 – 6 p.m., Sailor Adventure Quest: Reel Therapy, FREE for all Active Duty & Reserve!
 - 1/23 – 9 a.m., 13th Gate Escape: Can you get out in 30 Minutes, \$25
 - 1/24 – 6 p.m., Humane Society Volunteer Opportunity, Earn an LOA
 - 1/24- 3 p.m., NFL on the Big Screen Championship Games, Free Food & Open Late!
 - 1/25 – 4 p.m., Rocky Movie Marathon
 - 1/26 – 6 p.m., Tournament Tuesday: Giant Jenga, 1st Place Prize
 - 1/27 – 6 p.m., Painting with Watercolors Workshop, Free
 - 1/28 – 6 p.m., Guitar Lessons Workshop, Free
- Call 228-871-4684 for more information

FREE FOR ALL HANDS!

THURSDAY, JAN. 14 & 28

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

DOUBLE YOUR DISTANCE SWIM CHALLENGE

SWIM 10 LAPS AND RECORD 20!

FREE COFFEE & DOUGHNUTS PROVIDED

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

February 7th

SUPERBOWL BASH

AT THE SEABEE CINEMA

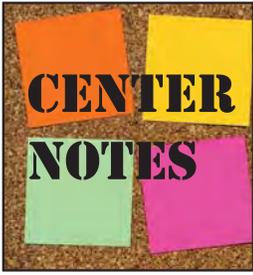
Doors open at 5 p.m.

SEABEE CINEMA

Paid sponsor. No Navy or federal endorsement implied.

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
The Hive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development Center	871-2323	Youth Activities Center	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		



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/goscgulfport. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the

Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at

7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Feters, President at 228-832-4893 or email cfeters@cablone.net for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

NMCB 62 Alumni Group

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

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at 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.

NCBC Public Affairs
228-871-3664

Inside the Gate:
tinyURL.com/NCBCITG
Seabee Courier:
tinyURL.com/CBCCourier
Facebook:
NCBCGulfport
Twitter:
@SeabeeCenter



**Stay in Touch
with NCBC Gulfport**

Victim Legal Counsel Note:

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to all eligible victims of sexual assault. VLCs can assist eligible victims with a decision to make a restricted or unrestricted report of sexual assault; advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the courts-martial process; and provide other legal advice and assistance connected to a sexual assault. It is never too early or too late for an eligible victim

to see the assistance of a VLC. All communications between eligible victims and VLCs are confidential. Those eligible for VLC services include active duty Sailors, certain Reservists, and if the alleged offender is an active duty member, both adult and child dependents. Victims of sexual assault are encouraged to contact the Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the VLC, or to contact the VLC directly. To reach the VLC who supports NCBC, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.riek@navy.mil

Have a radical idea to solve a Naval problem?
Join the CRIC
CNO Rapid Innovation Cell!
Visit us on Facebook to find out more:
www.facebook.com/NavyCRIC/
Applications due by 31 JAN 2016.

**Veterans
Crisis Line**
1-800-273-8255
PRESS 1

GULF COAST USO
901 CBC 3rd Street, Building 114
228-575-5224
Office hours: Monday - Friday
8 a.m. - 4 p.m.

Free services:
FAX, Send and Receive:
228-575-5225, Copies, United
Through Reading program,
Computers with web cams,
Internet/email access, X-Box