

# SEABEE COURIER

## Seabees create a buzz at Eager Lion 2015

**By Ensign Seth Koenig**  
U.S. Naval Forces Central Command/U.S. 5th Fleet Public Affairs

AQABA, Jordan – For the U.S. Navy Seabees of Commander, Task Force Five Six, the construction project fulfilled a role in an ongoing multinational training exercise.

Even though the exercise scenario wasn't real, the finished product will be a lasting symbol of the U.S.-Jordanian partnership on display during Exercise Eager Lion 2015.

In less than a week, the Seabees constructed a wood-framed 16-by-32-foot Southwest Asia (SWA) hut on a small plot of land on the Royal Jordanian Naval Base in Aqaba. Under the pretense of the Eager Lion training scenario, the Seabees were given a tight deadline to prop up an emergency medical facility after faux enemies destroyed a clinic in the city nearby.

In the real world, CTF-56 will leave the structure behind for their Jordanian allies, who could decide to use it for training, berthing or office space.

Another lasting outcome of the build, the Seabees say, will be the personal experiences and relation-



**Builder 2nd Class Lindsey Pfallen, assigned to Commander, Task Group (CTG) 56.2, while on deployment with Naval Mobile Construction Battalion (NMCB) 11, reviews plans for an expeditionary shelter at Camp Badger in Aqaba in preparation for Exercise Eager Lion 2015. Eager Lion is a recurring multinational exercise designed to strengthen military-to-military relationships, increase interoperability between partner nations, and enhance regional security and stability. (U.S. Navy photo by Mass Communication Specialist 2nd Class Arthurgwain L. Marquez/ Released)**

ships they take away. Between three and four Jordanian military personnel have joined the team of seven U.S. Navy Construction Battalion workers each day on the project site.

As the Seabees and their host Jordanian partners have come to realize, military exercises like Eager Lion build trust, strengthen partnerships and enhance the capa-

bilities of participating countries.

Led by Jordan and the U.S., Eager Lion also involves another 16 international participants, including many from the Middle East: Bahrain, Kuwait, Iraq, Egypt, Qatar, United Arab Emirates, Lebanon and Saudi Arabia. Approximately 10,000 total international military personnel were scheduled to take part in Eager Lion,

which spanned several different sites in the host country of Jordan and a multitude of joint combined training activities.

"Not only is it great training for us, but our Jordanian partners get a lot from it as well," said Builder 3rd Class Nolan LeMaster of Fort Madison, Iowa. "I think it's a great exercise overall, because there are so many different countries involved

– not just the Jordanians and the U.S."

Crew leader Builder 2nd Class Bryan Fenton, of Camden County, Ga., said the Jordanian workers bring different and valuable perspectives to the construction project.

"If [their methods] work better and faster – and is still up to code – we'll do it their way," he said.

The SWA hut is not the only project keeping the CTF-56 Seabees busy during Eager Lion 2015.

The Navy builders put up a facility for a stable of exercise role players to work out of, installed cell-phone and key container boxes at nearby Camp Badger and have pitched in standing watches to relieve camp security forces.

Eager Lion is a recurring, multinational exercise designed to strengthen military-to-military relationships, increase interoperability between partner nations, and enhance regional security and stability.

Of 10,000 military personnel participating in the exercise, about 5,000 are from the U.S., representing U.S. Central Command headquarters and its air, land, maritime and special operations components.

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# Skipper's Log

## Memorial Day: Remember and Celebrate

By Capt. Paul Odenthal  
CO, NCBC Gulfport

The origins of our Memorial Day observance go back to 1866 as a day to pray and remember the many who died on the battlefields of our Nation's bloody Civil War. Over time, the observance expanded to include all military members who died in the service of our Country and evolved into the National Holiday as we celebrate it today.

As flags are purposely folded and presented to the loved ones of those who made the ultimate sacrifice, the words "On behalf of a grateful nation" are spoken. As we see our heroes from World War II silently pass at a rate of 1,000 per day, we can reflect on their courageous actions that impacted and shaped the future of the world more than 70 years ago. Without their determination and fortitude, who knows where would be as a country. The same can be said about the heroes of all the wars and conflicts before, and even about our shipmates and friends forward deployed today.

We also remember the many who served this Nation nobly in Vietnam and Southeast Asia as we enter 50 years since that conflict. In fact, we are mere days away from the 50th Anniversary of Construction Mechanic Third Class Marvin Shields' heroic actions at Dong Xoai on June 10, 1965 for which he posthumously received the Congressional Medal of Honor. Marvin Shields embodies who we are as Seabees and is a magnificent example of the valor and courage displayed by our Armed Forces in Southeast Asia. To all Vietnam Veterans, know that we are proud of your service and your important contributions to our military heritage. Thank you.

I ask each of you to take time this weekend to pause and remember our brothers and sisters who have gone before us in the defense of our Nation. Individuals who willingly sacrificed family, jobs, and themselves to secure the freedoms we enjoy and sometimes take for grants as citizens of the United States. Better yet, attend one of the many Memorial Day commemorations be-



ing observed across the Gulf Coast. Remember those that sacrificed reverently but also celebrate what they have accomplished; for they did not die in vain, but so others could live securely with the blessings of Liberty.

**NCBC**  
**Commanding Officer**  
 Capt. Paul Odenthal  
**Public Affairs Officer**  
 Rob Mims  
**Courier Staff**  
**Editor**  
 Bonnie L. McGerr  
**Mass Comm. Specialist**  
 MCCC(SCW/SW)  
 Jeffrey Pierce  
**Special Contributors**  
 CE3 Dustie Bond  
 BUCN Samantha Opyoke  
 BUCN Elizabeth Mills

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### Under Construction: Projects taking place on board NCBC

**Ongoing through the end of May:** The Chapel parking lot is closed for construction work through the end of the month. Everyone is asked to park in the battalion parking lot South of 5th Street until the work is complete.

**Ongoing through June 15:** Parking lot closure, West end of building 448 (Subway). Closed for material lay down and roof access.

**May 21-22:** Entire parking lot, south of Building

303 (Anchors and Eagles). The parking lot south of building 303 will be closed for milling and placement of asphalt.

**May 26-27:** Building 397 parking lot (Auto Hobby). The entire parking lot is closed for milling and placement of asphalt.

**June 2:** 7 – 11:30 a.m. - 3rd Street, between Dong Xoai Ave, Building 447A parking lot (Naval Construction Group TWO). Street closure required



for crane operation. We apologize for the inconvenience the work may cause. Please be careful and pay attention to the contractor's direction in the construction areas. Avoid the areas if possible.

**AUDRA**  
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 AUDRA means "nobility and strength" in French

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 Sexual Assault Support for the DoD Community

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

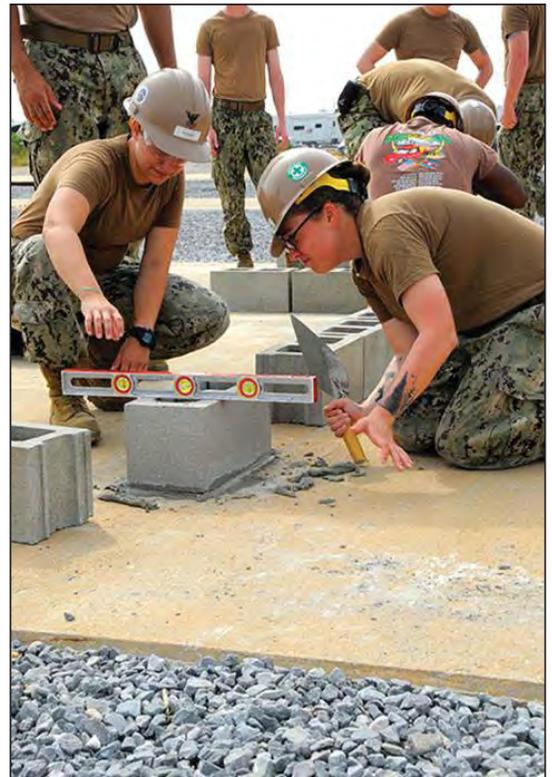
Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text \*55-247 (inside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



Active duty and retired Civil Engineer Corps (CEC) officers attended a luncheon at Colmer Dining Facility on board NCBC Gulfport, May 15. NCBC Commanding Officer, Capt. Paul Odenthal hosted the luncheon and discussed the Seabee's current mission, current construction on board base and future projects. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Left: Braden, left, and Tanner play on a slide during recess on board NCBC Gulfport, May 13. Both boys are enrolled in preschool at the Child Development Center (CDC). For more information on what the CDC has to offer call 228-871-2323. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released) Right: Steelworker 2nd Class Elise Tessero, left, and Utilitiesman Constructionman Kelsey Kyllberg, attached to Naval Mobile Construction Battalion (NMCB) 1 check to see if the concrete masonry unit (CMU) is level on board NCBC Gulfport, May 12. Both Tessero and Kyllberg are in CMU refresher training which will prepare them for their upcoming deployment. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



May 21, 2015



## Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

***"What does Memorial Day mean to you?"***



"Memorial Day is about those who have served before me and the accomplishments I strive to live up to."

**BUCN Vincent Sikes**  
NMCB 133  
Hometown: Fort Collins, Colo.



"Memorial Day is a day you take to honor those who have gone before you to defend and preserve the freedom of America."

**Donna Snow**  
SAPR Victim Advocate Specialist  
Hometown: Maysville, Mo.



"A day to remember all the people who have gone before me and died for my freedom and my right to serve."

**NC1 (SW/AW) Terrence Pringle**  
NCBC Gulfport  
Hometown: Mobile, Ala.

Seabee Courier

# NCBC holds Summer Safety Stand down

By CE3 Dustie Bond  
NCBC Public Affairs



Naval Construction Battalion Center (NCBC) Gulfport held their annual Summer Safety Stand Down on the grinder on board NCBC Gulfport, May 15.

Navy commands world-wide typically brief their Sailors on the hazards of the upcoming season and the best ways to stay safe; NCBC Gulfport is no different.

The safety stand down consisted of 11 stations covering diverse topics such as railroad safety, hearing conservation, stress management while driving, emergency weather response, kayak safety, motorcycle safety, boating safety and fire safety.

Representatives from NCBC Gulfport's "Keep What You've Earned" campaign were on hand to discuss the hazards of drinking and driving as well as the effects sleep deprivation has on your ability to safely drive a motor vehicle.

Registered nurses from the Naval Branch Health Clinic Gulfport provided information on the importance of annual vaccinations with emphasis on the yearly flu shot/mist. Representatives from the Mississippi Forestry Service provided information on how to prevent forest fires, information on local ecology and invasive grass species, and to discuss the recreational activities that nearby Desoto National Forest offers.

At the conclusion of the Summer Safety Stand Down, everyone was invited to a command picnic held at Ladd Circle sponsored by Morale, Welfare and Recreation.

Many of the stand-down participants liked the interactive presentations instead of the typical format held at the Training Hall in years past.

"My favorite parts were the kayaking station and the Keep What You've Earned station with the drunk goggles," said Construction Mechanic 3rd Class Luke Sams.

"I would like to see even more hands-on presentations next year," said Equipment Operator Constructionman Berenice Hillegass.

For more information or questions about the summer safety go to <http://safetycenter.navy.mil/> and click the summer stand down link.



Naval Construction Battalion Center personnel participate in the command's summer safety stand down on board NCBC Gulfport, May 15. The two hour safety stand down consisted of eight stations discussing summer safety. The event was followed by a command picnic. (U.S. Navy photos by NCBC Public Affairs/Released)

May 21, 2015



## May Fire Safety

From NCBC Fire and Emergency Services



### Barbeque Safety:

- ~ Keep all matches and lighters away from children. Supervise children around outdoor grills.
- ~ Dispose of hot coals properly. Douse them with plenty of water and stir them to ensure the fire is out. Never place coals in plastic, paper or wooden containers. Let coals sit in water for 48 hours.
- ~ Never grill/barbeque in enclosed areas as carbon monoxide could be produced.



## May Tip of the Month from FOCUS

(Families Over Coming Under Stress)

May is National Military Spouses Appreciation Month!

How do you acknowledge the strengths in your spouse? Have you taken the time to appreciate your spouse recently? How would you feel if a note with loving words were waiting for you at home?

Perhaps you show support through tasks or physical touch? Perhaps you would you like to be that supportive spouse? Through FOCUS' fun

and engaging atmosphere, we teach strength-based communication skills that couples and families can use to show appreciation for each other and to enhance their unit cohesion.

Please contact FOCUS at 228-822-5736 for more information about the program.



Seabee Courier

# FFSC to offer new parenting course

By BUCN Samantha Opyoke  
NCBC Public Affairs

Fleet and Family Support Center (FFSC) Gulfport is adding an additional parenting course that will be hosted by FFSC's Education Services Facilitator, Paula Ingram. The course is titled Parenting with Love and Logic and it explains how to have a practical approach to parenting. It will provide skills, words and phrases to set parents up for success.

The course is divided into six sessions. The first session will be June 3 from 9 to 11 a.m. The remaining

five sessions will be scheduled after consultation with the attendees about the time and dates that are best for them.

The course covers multiple topics including how to put an end to arguing, back talk and begging; teaching responsibility without losing a child's love; how to set limits without waging a war; how to avoid power struggles with children; how to guide children to solve their own problems and how to teach them to complete their chores without reminders and rewards.

"This course teaches actual skills, words and

phrases to say and exactly how to say them. The authors are very familiar with the unproductive parenting habits into which most of us fall, and they know how to help us change those habits," said Ingram.

According to Ingram, this course would be very beneficial for first-time parents or anyone interested in brushing up on their parenting techniques.

The course features a DVD instruction program from creators Jim Fay and Charles Fay, Ph.D.

Those who are interested in learning more about the Love and Logic principles

are encouraged to visit [www.loveandlogic.com](http://www.loveandlogic.com).

"Since it is a free class and since the remaining sessions will be scheduled for the convenience of the attendees, I see absolutely no reason not to take it," said Ingram. "If people are hesitant about making a six-session commitment, I would encourage them to come to the first session to try it. There is no obligation to take all five sessions."

Materials can be loaned for home study for those who are interested but cannot attend the sessions in person.



Paula Ingram

The course is open to all with authorized base access.

For more information call FFSC at 228-871-3000.

## See Something, Say Something

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.



## Memorial Day Observances

Memorial Day Ceremony Barksdale Pavilion, Jones Park, Gulfport, May 25, 7:30 a.m.

Wreath Laying Ceremony: Capt. Paul Odenthal, commanding officer, NCBC Gulfport

Citation Recitation: Command Master Chief Mark Thomas, NCBC Gulfport to read Medal of Honor Citation honoring Construction Mechanic 3rd Class Marvin G. Shields

Sponsored by The Veterans of Foreign Wars (VFW) Post 2539, and the City of Gulfport

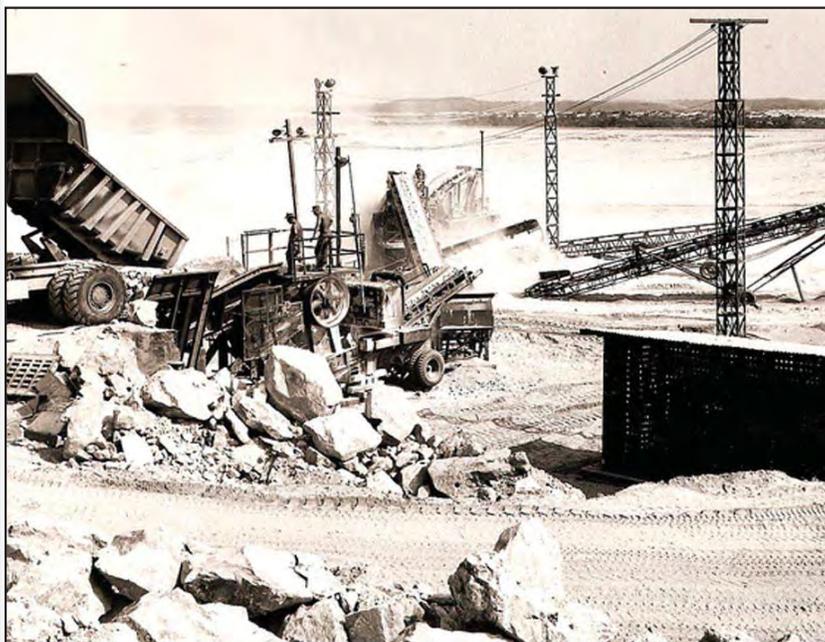
Biloxi National Cemetery, 400 Veterans Avenue, Building 1001, Biloxi, May 25, 9 a.m.

Guest Speaker: Capt. Paul Odenthal, commanding officer, NCBC Gulfport

Master of Ceremonies: Command Master Chief Mark Thomas, NCBC Gulfport



## Back in time ... Seabee history - Vietnam Era



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4 are shown at the rock crusher plant in Chu Lai. The crusher was a vital link in the production of concrete needed for the various projects assigned to NMCB 4 while in Chu Lai, Vietnam in 1966. (Photo courtesy of U.S. Navy Seabee Museum/Released)

# Strong base presence felt as two commands answer call for volunteers at Keesler AFB Special Olympics



Builder 2nd Class Deborah Gaskin and Religious Program Specialist 2nd Class Bradley Benoit measure out the distance of a softball throw during the Special Olympics at Keesler Air Force Base, which played host to the Special Olympics for the 29th time. Seabees from Naval Mobile Construction Battalion 133 volunteered at the event which included the softball throw and awards ceremony. (U.S. Navy photo/Released)



Cmdr. Heather Walton, commanding officer, Naval Construction Training Center, Gulfport places a medal on a well-deserving athlete at the 2015 Special Olympics Summer Games at Keesler AFB, May 9. More than 1,000 athletes from Mississippi competed in the day's activities. (U.S. Navy photo by Chief Mechanic Saint Record/Released)

May 21, 2015

## NMCB 133 Seabees reach out to Special Olympians

By MC1(SW) Cliff Williams  
NMCB 133 Public Affairs

On May 9, Seabees assigned to Naval Mobile Construction Battalion 133 took the opportunity to volunteer at the 2015 Special Olympics Summer Games held at Keesler Air Force Base. More than 1,000 athletes from all over Mississippi competed in a day's worth of events for medals and adulation from family, volunteers, coaches, and sponsors.

Eleven Seabees were all smiles as a part of the softball throw and award presenters.

"It was a pretty good time and interaction with the athletes was really fun," said Electronics Technician 3rd Class Tia White. "This is the first time I've volunteered for the Special Olympics, and I have no doubt I will do it again the next time the opportunity arises."

Volunteers are the backbone of the Special Olym-



Engineering Aide Constructionman Jessica Couvillier instructs one of the Special Olympics participants on softball rules while at Keesler Air Force Base. (U.S. Navy photo/Released)

pics movement. They are coaches, trainers, officials, event organizers, fundraisers, and managers. They can also be unified partners playing alongside athletes with intellectual disabilities or fans cheering in the stands.

These Seabees were just a small fraction of volunteers for the event, which has been ongoing since 1968 when Eunice Kennedy

Shriver saw how unjustly and unfairly people with intellectual disabilities were treated.

"I don't think people understand the magnitude the Special Olympics are to the people who participate," said Religious Program Specialist 2nd Class Bradley Benoit, a member of the Religious Ministry Team, who helps coordinate volunteer events for the command. "Everyone here isn't here because they have to be; they're here because they genuinely care and want these individuals to excel."

At the end of each wave, NMCB 133 Seabees presented the winners with ribbons and medals. "It's was just awesome to see these athletes eyes light up when you present them with their awards," said Engineering Aide Constructionman Jessica Couvillier.

"I was just helping out giving out medals, but I was getting hugs from

See NMCB 133 page 12

## NCTC volunteers extend helping hand to athletes

By BU2(SCW) Cassandra Locke  
NCTC Public Affairs

Students and Instructors of Naval Construction Training Center (NCTC) Gulfport teamed up with the Air Force and civilian staff to support special-needs athletes who competed in the 29th annual Mississippi Special Olympics. On May 9, athletes from all over Mississippi converged on Keesler Air Force Base to compete in sporting events for various awards.

Cmdr. Heather Walton, NCTC Gulfport Commanding Officer, summed up the day by saying, "This was such a great opportunity for us to serve the community and to help make this a special day for the participants and volunteers. We also had the added benefit of teaching our "A" School volunteers about giving back to the

community while working with our staff to make this event a great success."

Military students who volunteered fulfilled many roles during the games, including announcing winners, assisting athletes to events, and awarding medals to the winners. It was a rigorous competition, and some of the athletes qualified to compete in the National Olympics. Emotions ran high as some won and some lost. It was apparent that the athletes enjoyed interacting with the students and instructors as a volunteer was always there to lift spirits for some, and celebrate with others.

Constructionman Desreal Shorts, of NCTC, said, "I like to volunteer because it's an act that helps my life feel meaningful. It feels good to know that I am helping others and

See NCTC page 9

Seabee Courier



Left: Seabees use heavy equipment at the future site of a convenience store during the early construction phase of the National Disaster Search Dog Foundation's National Training Center, Santa Paula, Calif. Above: Seabees from various commands stand in front of a Medium Tactical Vehicle Replacement during the first day of construction of the National Training Center at the National Disaster Search Dog Foundation. (U.S. Navy photos by Lt. Justin Perry/Released)

# Seabees help build 'Search City' Dog Training Facility

By 1st NCR Public Affairs

Seabees from a variety of commands got a jump on building the National Disaster Search Dog Foundation's National Training Center (NTC), Santa Paula, Calif., May 4.

Supported by Naval Construction Group (NCG) 1, 1st Naval Construction Regiment (NCR) and Naval Mobile Construction Battalions (NMCBs) 4, 18 and 22, active duty and reserve Seabees are working together to help build Search City. This is a first-of-its-kind facility at the NTC designed to replicate a

disaster-stricken city neighborhood where search dogs and their handlers train on locating victims.

The construction project falls under the banner of the Department of Defense's Innovative Readiness Training (IRT) program, which enables the military and its service members to train for real-world missions while aiding the public and leaving a lasting impression on the community.

"This IRT program signifies how a partnership between the government and private sector can be a win-win for both entities," said Lt. Justin

Perry, the project's manager from NMCB 22.

"We are here to leave lasting impressions by building, and the great thing about this training is that it fosters a skill set and teamwork ... it teaches troops construction skills so that they always have something to fall back on."

Search City is a continuation project from last year's IRT program. Along with the simulated disaster zone, some of the additional work to be completed on this year's mission includes the following: construction of a convenience store, observa-

tion decks/viewing areas and trails; 10,000 cubic yards of earth work; and building curbs for drainage. Completion of the work is scheduled for late August.

"The military coming to the National Training Center to help build the props needed to train search teams and, at the same time, getting the training (the Seabees) need to respond to disasters is the perfect partnership," said Debra Tosch, executive director at SDF.

SDF was founded in 1996 with the mission of strengthening disaster response in America by recruiting

rescued dogs, and then partnering them with firefighters and other first responders to find victims buried alive in wreckage and debris.

The foundation has been on more than 100 deployments around the world and has assisted with many high-profile search operations, including rescue efforts following the terrorist attacks on the World Trade Center in 2001, the aftermath of hurricanes Katrina and Rita in 2005, the Haiti earthquake in 2010, the aftermath of Japan's deadly tsunami in 2011, and, most recently, the devastating earthquake in Nepal.

May 21, 2015

## 'Lucky Eleven' - Guam and Marshall Islands



Left: Steelworker 2nd Class Kenneth Lancaster and Steelworker 3rd Class Cecilia Jennings of Naval Mobile Construction Battalion (NMCB) 11 position spiral rebar for structural concrete columns for a gazebo. Seabees construct the 30' by 30' concrete gazebo to provide expanded facilities at the Naval Base Guam Navy Exchange (NEX). Center: Builder 2nd Class Juan Hernandezvasquez and Builder 3rd Class Trevor



Johnson of NMCB 11 prepare the foundation sub-grade for a concrete gazebo. (U.S. Navy photos by Ensign Frances R. Hunter/Released) Right: Builder 1st Class Garnett Whitmire of NMCB 11, Construction Civic Action Detail (CCAD) Marshall Islands measures dog ear fence planks for the Gugeegue Apprenticeship Program. (U.S. Navy photo by Construction Electrician Constructionman Jamette Coleman/Released)



## Keep What You've Earned

The rate of drunk driving among young adults has decreased since 2009. There has also been a significant drop in DUI incidents in the Navy. Let's keep this trend going - if you are planning on drinking this weekend, make sure you plan ahead for a safe ride.



Seabee Courier

# Focus on Education

## End of School Year Reward



Students from West Elementary School take a field trip to the Training Hall on board NCBC Gulfport, May 20. The field trip was awarded to 2nd, 3rd and 4th grade students who exhibited good behavior throughout the year and achieved good grades. The event was coordinated by Kevin Byrd, NCBC's school liaison. Students were treated to popcorn and drinks and a showing of the movie *Mr. Peabody and Sherman*. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

## NEX gives back to students through A-OK Student Reward Program

By NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of May 2015.

Any eligible full-time student that has a B grade point average equivalent or better, as determined by their school system, may enter the drawing.



Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student

may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medalion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

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

## Education Notes

### Ten Steps to a Federal Job

May 28, 11 a.m. - 1 p.m., Fleet and Family Support Center. Learn the steps to a federal job and how to develop the perfect federal resume. This course will cover topics such as veterans preference, spouse hiring, USAJOBS navigation, and conquering KSA's. Call 228-871-3000 to register.

### Connect through Communication

May 29, 11 a.m. - 12:30 p.m., CBC Fitness Center Conference Room. Have you ever felt like your partner just wasn't listening? This FOCUS (Families Over Coming Under Stress) workshop is designed to help both you and your partner. Sign up by May 26 by calling 228-822-5736 or dthomas@focusproject.org. Class size limited to five couples - so hurry!

### Parent with Love & Logic

June 3, 9 - 11 a.m., Fleet and Family Support Center (FFSC). Want to raise responsible kids, have more fun and reduce the stress in your parent/child relationship? Sign up now by calling FFSC at 228-871-3000.

### Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or DDRYE@COASTLINE.EDU or visiting the Navy College office in Building 60, room 239.

### 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 are the first Tuesday of the month for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

### JAPANESE 101 On-Line Course

If you have an interest in the Japanese language and culture, or are transferring to Japan, Mississippi Gulf Coast Community College (MGCCC) is offering an online Japanese 1 class this summer: June 1 - July 31. Because it's an online course, it will not interfere with your duty schedule. These three college credits will transfer to any institution of higher learning. Students must apply for admission, meet admission requirements, and submit ACT scores to the campus admissions office to determine eligibility. Scholarships are available to "first-time to enter" college freshmen with ACT scores of 21 or higher. Visit: mgccc.edu for more information.

### 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 in the Seabee Memorial Chapel 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

## Don't forget the heroes when remembering the hot dogs

"Why did I come in this room again?" I often mutter to myself, while puttering around my house. At the commissary, I spend the first few minutes mumbling, "Now, what was it that I needed?" Without fail, an hour after entering a Target store, I find myself in the checkout line, inquiring, "Wait, what was that one thing I came here to buy before I threw all this other stuff into my cart?"

I've been known to search for sunglasses that were perched conspicuously on my head. I've forgotten to take my kids to orthodontist appointments, piano lessons, and sports practices. I've assembled an entire lasagna, only to realize I forgot the layers of ricotta. I've bumped into people I've known for months, and drawn a total blank when trying to recall their names. I've run a finger over my armpit while getting dressed, wondering, "Did I forget to put deodorant on?"

It hasn't always been this way. In my 20s, my mind was a steel trap. As I observed the world, all data was efficiently processed and stored for

rapid recall. When someone asked if I needed to write down a phone number, list or appointment, I would say with all sincerity, "Nah. I've got it all up here," tapping a finger to my temple with confidence.

But somehow, after 21 years of marriage and military life, my brain cells are shot. Maybe it's hormones. Maybe my college years finally caught up with me. Maybe I've ingested too many artificial sweeteners. Maybe raising three teenagers causes premature dementia.

I'm not quite sure what it is - or maybe I've simply forgotten - but I have enough smarts left to know that I must compensate for my intellectual decline.

Nowadays, our refrigerator looks like a Punjabi taxicab, covered in grocery lists, appointment cards, bills, school schedules, recipes, and a calendar the size of Texas, all highlighted in fluorescent marker and affixed with a garish display of souvenir magnets. It isn't sleek or stylish, but it helps me remember things. And besides, who needs stylish kitchen appliances when

you live in a base house that hasn't been updated since the Carter administration?

Thanks to my gigantic calendar and four kitsch magnets, one of which doubles as a nifty bottle opener, I am reminded that there is an important federal holiday coming up.

Although we never seem to forget the hot dogs, pickle relish and cold beer for our traditional cookouts, we tend to forget why we get the day off to begin with. On May 5, 1868, Major General John Logan declared that flowers should decorate the graves of fallen Union and Confederate soldiers of the Civil War at Arlington Cemetery, stating, "Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

By the end of World War I, "Memorial Day" was being recognized across the country as a holiday to honor those Soldiers, Sailors, Airmen and Marines who gave their lives fighting for our country's freedom in all American wars.



This Monday, May 25, I'll make a list so I won't forget the hamburger buns, the Cool Whip, the plastic forks and the charcoal briquettes. Hopefully, I won't mutter to myself, "Wait, why do we have the day off today?" But if I do, I'll only need to glance up from the comfort of my lawn chair at the American flag flying over our front door and think,

Of course, it's Memorial Day ... how could we ever forget?

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

showing them that I care."

Determination was not in short supply as each athlete triumphed over obstacles. The military volunteers learned a lot about tenacity from a surprising group of young people. What they took away from that day was perspective. The volunteers are patiently waiting for the next chance to see familiar faces and meet new athletes at the 30th annual Special Olympics that will be hosted in Mississippi next year.

When asked what way the Navy could better serve next year, a civilian coordinator responded, "Honestly, the instant teamwork of Navy and Air Force has helped tremendously. Just volunteer again next year, because we depend on that!"

NCTC's support for the Special Olympics was vital to the events success.

The 50 volunteers, made up of staff and students, donated over 400 hours of liberty time. Their efforts were appreciated by the sponsorship staff and Olympians.

For more information on the Naval Construction Training Center, visit: <https://www.netc.navy.mil/centers/csfe/gulfport/>.

### 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](mailto:IDEVGRURecruiting@vb.socom.mil) or contact your detailee to request additional information.

### Energy Savings Tip: Let your air conditioner breathe ...

Have you ever tried breathing with a sock over your mouth? There's no sense in making it harder for air to get to and from your lungs. Similarly, it doesn't make sense to obstruct the air flowing into and out of your air conditioning system. People can get cooler more quickly and save around \$20 per year on their utility bill by taking a few minutes to: Remove weeds, leaves, and other debris near AC outdoor units, and clear away objects that may be blocking indoor AC vents (such as chairs, rugs or pillows.)



# NCBC Helping Hands

## BILOXI NATIONAL CEMETERY

The Biloxi National Cemetery Memorial Committee is asking for volunteers to place approximately 18,000 flags on the gravesides at Biloxi National Cemetery, 400 Veterans Ave., May 23 at 8 a.m. for the Memorial Day weekend. Military personnel do not need to be in uniform and family members are encouraged to participate. Details: 228-832-3376.

## GULFPORT CENTRAL MIDDLE SCHOOL

Volunteers are needed to help out May 28, 12:15 - 3:30 p.m. at a student Field Day. Volunteers will be asked to set up, maintain and break down activity stations. Point of contact is Melinda North, 228-697-7268 or email melinda.north@gulfportschools.org.

## BEAUVOIR UNITED METHODIST

**CHURCH, BILOXI-** Volunteers are needed to construct and install two hand rails to connect to the church altar rails. Materials will be provided and/or reimbursed. Please call Marilyn at 228-832-6545 or 228-806-1544 to discuss and view project area.

**ZOMBIE APOCALYPSE MAZE** – Volunteers are needed to help construct a maze, assemble temporary walls and doors, and perform minor electrical and air conditioning work for a Zombie Apocalypse event June 5 in Gulfport. Volunteers are also needed for the event to serve as makeup artists, “zombies” and other support roles. Point of contact is: Dave, 708-203-6971.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children

30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

## 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 CITI-

**ZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/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](http://www.usovolunteer.org).

**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](mailto:CNRSE_HOTLINE@navy.mil).

# Seabee Memorial Chapel

## What's happening at the chapel?

### Protestant

#### Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

#### Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### Catholic

#### Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

10 a.m. - CCD (Pre-K through 12th Grade)

#### Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

#### Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

*The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at [gulfport-chapel.fct@navy.mil](mailto:gulfport-chapel.fct@navy.mil), or call us at 228-871-2454.*

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

# MAY 22-28



## LIBERTY

May 23, 10 a.m., Gulfport Premium Outlets Shopping Trip- Memorial Day Sales!  
 May 25- All Day, Memorial Day- We Are Open!  
 May 26- 6 p.m., Tournament Tuesday's Doughnut Eating Contest, 1<sup>st</sup> Place Prize  
 May 28- 6-8 p.m., Liberty Barracks Bash at Bldg 460!  
**FREE GAMES, FOOD & FUN!**

### Fitness

Youth Swim Lesson Info coming soon!  
 Join us for relaxing Yoga M/W/F at 9 a.m. & T/Th at 5:15 p.m.  
 5/26- Memorial Day 5K 6 a.m.  
 5/30- Splash-N-Dash 8 a.m.  
 Call 228-871-2668 for details!

**Have a safe & Happy Memorial Day Weekend!**

## Digital Cinema at the Training Hall

May 22  
 6 p.m.  
 Age of Adaline (PG13)

8 p.m.  
 Unfriended (R)

May 23  
 2 p.m.  
 Paul Blart:  
 Mall Cop 2 (PG)  
 4 p.m.  
 Little Boy (PG13)  
 6:15 p.m.  
 Age of Adaline (PG13)

May 24  
 2 p.m.  
 Little Boy (PG13)

4:30 p.m.  
 Woman in Gold (PG13)  
**\$1 SHOWING**

**24 Hour Movie Hotline**  
 228-871-3299

Bldg 446, Marvin Shields Blvd.

### Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours: Tu-Th 2-6p
Auto Skills Center	871-2804	Hours: W-Fr 12-8p, Sat 9a-5p
Beehive	871-4009	Hours: M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours: M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours: M-F 5:30a-7p Sat-Sun 9a-4p <b>NEW HOURS</b>
Child Development Ctr	871-2323	Hours: M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours: Open 30 min prior to movie showings
ITT	871-2231	Hours: M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours: Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours: M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours: M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours: M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours: M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	
SAC		Hours: 6-7:30a & 2:00-5:30p
Teen Center		Hours: M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours: Tu-Th 5:30p-8:30p, Fr 6p-9p

### ITT

Make the most of your holiday weekend with discounts on Gulf Islands Water Park, Ship Island Excursions, Audubon Attractions & more! Call 228-871-2231 for info & prices.

### Beehive

Join us every Thursday at 7 p.m. for Live Trivia complete with prizes!  
 5/23- UFC 186 on Pay-Per-View at 7 p.m.  
 Call 228-871-4009 for info

### The Grill

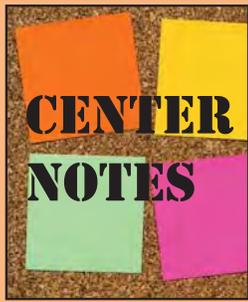
Cool off with a refreshing Breaker Salad this month!  
 Roasted chicken on a bed of lettuce with cucumber, feta cheese, strawberries, blueberries, red onion & tomato for just \$7.25.  
 Order yours today!  
 Call 228-871-2494 for more details

### Navy Outdoor Recreation

May Special- Rent a lawn mower, weed-eater/edger and 100 ft extension cord for **ONLY \$10!**  
 Limited supplies.  
 Call 228-871-2127 for info

May 21, 2015

Seabee Courier



**SUPPORT  
Family Readiness  
Groups**

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites all 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](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The

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

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

**TRAINING**

**Naval Sea Cadets** The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a 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](mailto:Region63@juno.com) or 850-890-6792.

**SOCIAL**

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

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, HM3 Aterberry, 228-871-4033 for more information.

**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 Auxilliary to the VFW 3937 Long Beach** Are you eligible? The Ladies Auxilliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to at-

tend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member 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 looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://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. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

**Commissary hours of operation:** Sunday, 11 a.m. - 6 p.m.; Monday, **CLOSED**; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m. The Commissary will be **CLOSED** May 25 -26 for the Federal Memorial Day holiday.

From **NMCB 133** page 6  
everyone; Moms, Dads, athletes, and even volunteers. There were a lot of emotions throughout the day and it was awesome."  
For a few hours, these athletes were in the spotlight, standing on the podiums for all to see, receiving medals for their athleticism. In the Special Olympics, the power and joy of sports showcase all levels of talent and abilities, from aquatics to sailing to track and field. With 32 Olympic-style sports, the Special Olympics offer adults and children many ways to be involved in their communities and show off their competitive spirit.

**USO to honor Military Spouses with Breakfast**



The USO Gulf Coast will be hosting a Spouses Breakfast May 30, from 7:30 - 9 a.m. at the USO located at the Gulfport Airport. Space is limited to the first 50 people so please RSVP by emailing [usogulfcoast@uso.org](mailto:usogulfcoast@uso.org).

GULF COAST USO  
901 CBC 3rd Street,  
Building 114  
228-575-5224  
Free services:  
FAX, Send and Receive:  
228-575-5225, Copies,  
United Through Reading program, Computers with web cams, Internet/email access, X-Box

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

**NCIS Crime Prevention Program** ... As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Training Hall, building 446 from 2 - 3 p.m., on the following dates: May 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.



# NCBC Gulport - 2014 Water Quality Consumer Confidence Report (CCR)

## Is my water safe?

We are pleased to present this year's Annual Water Quality Consumer Confidence Report as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed consumer are our best allies.

## Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

## Where does my water come from?

Naval Construction Battalion Center (NCBC) Gulport receives water from the Graham Ferry aquifer. The Graham Ferry aquifer is part of the Miocene aquifer system that consists of multiple layers of sand separated by beds of clay. A U.S. Geological Survey study of groundwater in Harrison County found that aquifers deeper than 500 feet were artesian. The groundwater from NCBC Gulport water supply is pumped from three wells that are well in excess of 700 feet.

## Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA) Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity: microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial, or domestic wastewater

discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses; organic Chemical Contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems; and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

## How can I get involved?

The best mechanism to get involved consists of participating in Housing Residence meetings. The most current information about the meetings may be obtained by contacting the Housing Office at (228) 871-2586 or Balfour Beatty Community at (228) 863-0424.

The Consumer Confidence Report (CCR) will not be mailed to customers, but is posted on the NCBC Gulport Environmental Support webpage. A hard copy of the CCR can be obtained from the Center's Environmental Office located in Building 322, Room 103 or by emailing a request for a copy to kenton.lottinger@navy.mil. The PWD Environmental Division encourages all consumers that have concerns or questions to contact them directly at (228) 871-2373.

## Description of Water Treatment Process

Your water is treated by disinfection. Disinfection involves the addition of chlorine or other disinfectant to kill dangerous bacteria and microorganisms that may be in the water. Disinfection is considered to be one of the major public health advances of the 20th century.

## Water Conservation Tips

Did you know that the average U.S. household uses approximately 400 gallons of water per day or 100 gallons per person per day? Luckily, there are many low-cost and no-cost ways to conserve water. Small changes can make a big difference – try one today and soon it will become second nature.

- ~ Take short showers - a 5 minute shower uses 4 to 5 gallons of water compared to up to 50 gallons for a bath.
- ~ Shut off water while brushing your teeth, washing your hair and shaving and save up to 500 gallons a month.
- ~ Use a water-efficient showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- ~ Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
- ~ Water plants only when necessary.
- ~ Fix leaky toilets and faucets. Faucet wash-

ers are inexpensive and take only a few minutes to replace. To check your toilet for a leak, place a few drops of food coloring in the tank and wait. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it or replacing it with a new, more efficient model can save up to 1,000 gallons a month.

- ~ Adjust sprinklers so only your lawn is watered. Apply water only as fast as the soil can absorb it and during the cooler parts of the day to reduce evaporation.
- ~ Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce next month's water bill!
- ~ Visit [www.epa.gov/watersense](http://www.epa.gov/watersense) for more information.

## Cross Connection Control Survey

The purpose of this survey is to determine whether a cross-connection may exist at your home or business. A cross connection is an unprotected or improper connection to a public water distribution system that may cause contamination or pollution to enter the system. We are responsible for enforcing cross-connection control regulations and insuring that no contaminants can, under any flow conditions, enter the distribution system. If you have any of the devices listed below please contact us so that we can discuss the issue, and if needed, survey your connection and assist you in isolating it if that is necessary.

- ~ Boiler/ Radiant heater (water heaters not included)
- ~ Underground lawn sprinkler system
- ~ Pool or hot tub (whirlpool tubs not included)
- ~ Additional source(s) of water on the property
- ~ Decorative pond
- ~ Watering trough

## Source Water Protection Tips

Protection of drinking water is everyone's responsibility. You can help protect your community's drinking water source in several ways:

- ~ Eliminate excess use of lawn and garden fertilizers and pesticides – they contain hazardous chemicals that can reach your drinking water source.
- ~ Pick up after your pets.
- ~ If you have your own septic system, properly maintain your system to reduce leaching to water sources or consider connecting to a public water system.
- ~ Dispose of chemicals properly; take used motor oil to a recycling center.
- ~ Volunteer in your community. Find a watershed or wellhead protection organization in your community and volunteer to help. If there are no active groups, consider starting one. Use EPA's Adopt Your Watershed to locate groups in your community, or visit the Watershed Information Network's How to Start a Watershed Team.
- ~ Organize a storm drain stenciling project

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with your local government or water supplier. Stencil a message next to the street drain reminding people "Dump No Waste - Drains to River" or "Protect Your Water." Produce and distribute a flyer for households to remind residents that storm drains dump directly into your local water body.

**Other Information**

To comply with a Department of Defense initiative to increase military personnel dental readiness, in late 2014 fluoride was added in accordance with EPA and MSDH standards. The system achieved optimal range during the first sampling event in December with 2 of 3 MSDH sample results being within range and one slightly below.

To comply with the "Regulation Governing Fluoridation of Community Water Supplies",

Naval Construction Battalion Center Gulfport, is required to report certain results pertaining to fluoridation of our water system. The number of months in the previous calendar year in which average fluoride sample results were within the optimal range of 0.7-1.3 ppm was 1. The percentage of fluoride samples collected in the previous calendar year was within the optimal range of 0.7-1.3 ppm was 67%.

**Additional Information for Lead**

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Naval Construction Battalion Center is responsible for providing high quality drinking water, but cannot control the variety of materi-

als used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://water.epa.gov/drink/hotline/index.cfm>.

NCBC Gulfport periodically tests for lead in your water in accordance with EPA and Mississippi State Department of Health (MSDH) regulatory requirements. Your water's lead level is well below the Action Level (AL) as indicated in the Water Quality Data Table.

# Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances

are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report.

The EPA or the State requires us to moni-

tor for certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old.

In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions below the table.

<u>Contaminants</u>	<u>MCLG or MRDLG</u>	<u>MCL, TT, or MRDL</u>	<u>Your Water</u>	<u>Range</u>		<u>Sample Date</u>	<u>Violation</u>	<u>Typical Source</u>
				<u>Low</u>	<u>High</u>			
<b>Disinfectants &amp; Disinfectant By-Products</b>								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Chlorine (as Cl <sub>2</sub> ) (ppm)	4	4	0.9	0.5	2.17	2014	No	Water additive used to control microbes
TTHMs [Total Trihalomethanes] (ppb)	NA	80	7	NA		2014	No	By-product of drinking water disinfection
Haloacetic Acids (HAA5) (ppb)	NA	60	3	1	3	2014	No	By-product of drinking water chlorination
<b>Inorganic Contaminants</b>								
Barium (ppm)	2	2	0.0099	NA		2014	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Fluoride (ppm)	4	4	0.112	NA		2014	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate [measured as Nitrogen] (ppm)	10	10	0.08	0.08	0.08	2014	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	0.02	0.02	0.02	2014	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Antimony (ppb)	6	6	0.5	NA		2014	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder; test addition.

Arsenic (ppb)	0	10	0.5	NA		2014	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Beryllium (ppb)	4	4	0.5	NA		2014	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries
Cadmium (ppb)	5	5	0.5	NA		2014	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; runoff from waste batteries and paints
Chromium (ppb)	100	100	3.2	NA		2014	No	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide [as Free Cn] (ppb)	200	200	15	15	15	2014	No	Discharge from plastic and fertilizer factories; Discharge from steel/metal factories
Mercury [Inorganic] (ppb)	2	2	0.5	NA		2014	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills; Runoff from cropland

Selenium (ppb)	50	50	2.5	NA		2014	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	0.5	2	0.5	NA		2014	No	Discharge from electronics, glass, and Leaching from ore-processing sites; drug factories

#### Radioactive Contaminants

Uranium (ug/L)	0	30	0.5	0.5	0.5	2012	No	Erosion of natural deposits
Radium (combined 226/228) (pCi/L)	0	5	0.3	0.29	0.31	2012	No	Erosion of natural deposits

#### Volatile Organic Contaminants

Toluene (ppm)	1	1	0.0005	NA		2014	No	Discharge from petroleum factories
Xylenes (ppm)	10	10	0.0005	NA		2014	No	Discharge from petroleum factories; Discharge from chemical factories
Benzene (ppb)	0	5	0.5	NA		2014	No	Discharge from factories; Leaching from gas storage tanks and landfills
Carbon Tetrachloride (ppb)	0	5	0.5	NA		2014	No	Discharge from chemical plants and other industrial activities
Chlorobenzene (monochlorobenzene) (ppb)	100	100	0.5	NA		2014	No	Discharge from chemical and agricultural chemical factories
o-Dichlorobenzene (ppb)	600	600	0.5	NA		2014	No	Discharge from industrial chemical factories
p-Dichlorobenzene (ppb)	75	75	0.5	NA		2014	No	Discharge from industrial chemical factories
1,2-Dichloroethane (ppb)	0	5	0.5	NA		2014	No	Discharge from industrial chemical factories
1,1-Dichloroethylene (ppb)	7	7	0.5	NA		2014	No	Discharge from industrial chemical factories
cis-1,2-Dichloroethylene (ppb)	70	70	0.5	NA		2014	No	Discharge from industrial chemical factories
trans-1,2-Dichloroethylene (ppb)	100	100	0.5	NA		2014	No	Discharge from industrial chemical factories

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Dichloromethane (ppb)	0	5	0.5	NA		2014	No	Discharge from pharmaceutical and chemical factories
1,2-Dichloropropane (ppb)	0	5	0.5	NA		2014	No	Discharge from industrial chemical factories
Ethylbenzene (ppb)	700	700	0.5	NA		2014	No	Discharge from petroleum refineries
Styrene (ppb)	100	100	0.5	NA		2014	No	Discharge from rubber and plastic factories; Leaching from landfills
Tetrachloroethylene (ppb)	0	5	0.5	NA		2014	No	Discharge from factories and dry cleaners
1,2,4-Trichlorobenzene (ppb)	70	70	0.5	NA		2014	No	Discharge from textile-finishing factories
1,1,1-Trichloroethane (ppb)	200	200	0.5	NA		2014	No	Discharge from metal degreasing sites and other factories
1,1,2-Trichloroethane (ppb)	3	5	0.5	NA		2014	No	Discharge from industrial chemical factories

Trichloroethylene (ppb)	0	5	0.5	NA		2014	No	Discharge from metal degreasing sites and other factories
Vinyl Chloride (ppb)	0	2	0.5	NA		2014	No	Leaching from PVC piping; Discharge from plastics factories

<u>Contaminants</u>	<u>MCLG</u>	<u>AL</u>	<u>Your Water</u>	<u>Sample Date</u>	<u># Samples Exceeding AL</u>	<u>Exceeds AL</u>	<u>Typical Source</u>
<b>Inorganic Contaminants</b>							
Copper - action level at consumer taps (ppm)	1.3	1.3	0.12	2012	0	No	Corrosion of household plumbing systems; Erosion of natural deposits
Lead - action level at consumer taps (ppb)	0	15	1.2	2012	0	No	Corrosion of household plumbing systems; Erosion of natural deposits

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# Additional Contaminants

In an effort to insure the safest water possible the State has required us to monitor some contaminants not required by Federal regulations. Of those contaminants only the ones listed below were found in your water

<u>Contaminants</u>	<u>State MCL</u>	<u>Your Water</u>	<u>Violation</u>	<u>Explanation and Comment</u>
Nitrate-Nitrite	10 ppm	0.1 ppm	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Unit Descriptions				
Term	Definition			
ug/L	ug/L : Number of micrograms of substance in one liter of water			
ppm	ppm: parts per million, or milligrams per liter (mg/L)			
ppb	ppb: parts per billion, or micrograms per liter (µg/L)			
pCi/L	pCi/L: picocuries per liter (a measure of radioactivity)			
NA	NA: not applicable			
ND	ND: Not detected			
NR	NR: Monitoring not required, but recommended.			
Important Drinking Water Definitions				
Term	Definition			
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.			
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.			
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.			
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.			
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.			
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.			
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.			
MNR	MNR: Monitored Not Regulated			
MPL	MPL: State Assigned Maximum Permissible Level			

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**For more information please contact:**

Contact Name: Kenton Lottinger  
 Address: 2401 Upper Nixon Ave., Bldg 322, Gulfport, MS 39501  
 Phone: 228-871-2373  
 Fax: 228-871-3116  
 E-Mail: [kenton.lottinger@navy.mil](mailto:kenton.lottinger@navy.mil)

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