

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

June 9, 2016

Seabees take part in CARAT Philippines 2016

By Task Force 73 Public Affairs

U.S. Sailors, Seabees and Marines will join the Armed Forces of the Philippines June 6-10 for CARAT Philippines 2016.

The exercise will take place in multiple locations across the Philippines, including in waters near Subic Bay and Palawan.

This year's CARAT Philippines will focus on combined operations at sea, amphibious landings, diving and salvage, maritime domain awareness, and community service events. Sailors and Marines will train with their AFP counterparts in a host of military engagements, professional exchanges and training seminars. Seabee civil action projects, community service events and combined military band concerts are also planned to foster relationships and bonds with the Filipino people.

"CARAT enables us to develop strong relationships with our Philippine Navy and Marine partners," said Rear Adm. Charles Williams, Commander, Task Force 73. "Through persistent presence and relationships, we continue to make steady progress in increasing the complexity of our training and enhancing cooperation between our navies."

CARAT Philippines is part of a broader exercise series the U.S. Navy conducts with nine partner nations in South and Southeast Asia to address shared maritime security priorities, strengthen maritime partnerships and enhance interoperability among participating forces. The Philippines has participated since the series began in 1995.

"CARAT strengthens the strong and enduring relationships between the U.S. and Philippine navies," said Rear Admiral Ronald Joseph S. Mercado AFP, commander, Philippine Fleet. "We're looking forward to working along-side our U.S. Navy partners during CARAT 2016."

U.S. Sailors, Seabees and Marines participating in CARAT Philippines 2016 represent a host of ships, squadrons, and units from across the Indo-Asia-Pacific region. This year's exercise features the guided missile destroyer USS Stethem (DDG 63), the landing dock ship USS Ashland, (LSD 48), and the diving and salvage ship USNS Salvor (T-ARS-52), along with a P-8 Poseidon aircraft, Navy expeditionary forces, Marines assigned to the III Marine Expeditionary Force – 3rd Marine Division, a platoon from Explosive Ordnance Disposal Mobile Unit (EODMU) 5, staff from Commander, Task Force 73 (CTF 73) and Destroyer Squadron (DESRON) 7, and the 7th Fleet Band Orient Express.

As U.S. 7th Fleet's executive agent for theater security cooperation in South and Southeast Asia, Commander, Task Force 73 conducts advanced planning, organizes resources and directly supports the execution of maritime exercises, such as the bilateral CARAT series, the Naval Engagement Activity (NEA) with Vietnam, and the multi-lateral Southeast Asia Cooperation and Training (SEACAT) with Brunei, Indonesia, Malaysia, the Philippines, Singapore, and Thailand.

See this story and more photos at <http://seabemagazine.navylive.dodlive.mil/2016/06/07/seabees-take-part-in-carat-philippines-2016/>



Builder 3rd Class Kiara Harris from Navy Mobile Construction Battalion (NMCB) 4 splits a board with a circular saw at Beddeng-Mabangcal Elementary School in Zambales, Philippines during Cooperation Afloat Readiness and Training (CARAT) Philippines 2016, June 7. CARAT is a series of annual maritime exercises between the U.S. Navy, U.S. Marine Corps and the armed forces of nine partner nations to include Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, the Philippines, Singapore, Thailand, and Timor-Leste. (U.S. Navy photo by Mass Communication Specialist 3rd Class Joshua Fulton/Released)

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Registration now open for the 2016 Joint Women's Leadership Symposium; CNP to give keynote address

By Chief of Naval Personnel Public Affairs Office

WASHINGTON (NNS) -- The Sea Services Leadership Association (SSLA) announced that the 29th annual Joint Women's Leadership Symposium (JWLS) is now open for registration and will feature Chief of Naval Personnel, Vice Adm. Robert Burke, as a keynote speaker on the conference's second day.

The two day symposium, co-sponsored by the Navy, is scheduled for June 14-15 at the Hyatt Regency Crystal City, Arlington, Virginia. Along with Burke, the conference will feature several other speakers including Secretary of the Air Force Deborah Lee James; Under Secretary of the Army Patrick J. Murphy, the first fe-

male four star general in the U.S. military, retired Army Gen. Ann E. Dunwoody; Master Chief Petty Officer of the Navy Michael Stevens; and U.S. Pacific Fleet Master Chief Susan Whitman.

This year's symposium theme, "Leading with Purpose! Impacting the Future" will help prepare women to excel in the military today and tomorrow. The Joint Women's Leadership Symposium brings together service members, decision makers, policy influencers and thought leaders to address global challenges to women in the services and to encourage and strengthen leadership development. Attendees may register at www.sea-leader.org. Sailors interested in attending can reserve a spot on the Navy's registration request list at the

SSLA website by filling out a survey at <https://www.surveymonkey.com/r/JWLSnavyreg>.

OPNAV N134 will use survey entries to notify personnel of approved registrations, after approval of Navy's registration funding.

Pending funding approval, Navy will sponsor registrations for 245 Sailors, including 60 non-local area attendees. Funding for Sailors' travel can only be funded through individual commands.

Navy points of contact are Lt. Ingrid Radionoff at (703) 604-5077, ingrid.radionoff@navy.mil; or Lt. Kalen Kroppa at (703) 604-5075, kalen.kroppa@navy.mil. For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>.

How do your energy savings measure up?

**REDUCE
REUSE
RECYCLE**

By Mike Chmura
NAS Jax Energy Manager

The next time you use any of the following equipment on the base, think about these energy equivalents (E-equivalents):

- ~ Switching off non-essential equipment (lights, computers, printers, etc.) in a medium size office overnight saves enough energy to run a compact car for 100 miles.
- ~ A photocopier left on overnight consumes enough energy to make 1,500 photo copies.
- ~ Leaving a PC monitor on unattended, using the day and leaving it on at night when you leave, consumes enough energy to microwave six meals.
- ~ By using a reusable coffee or tea container every morning, you alone can defer 20 pounds of waste each year from landfills.
- ~ The average employee photocopies 20 pages a day. Printing on both sides - or going paperless - can save several trees annually, reduce carbon emissions and increase productivity.

RLSO SE LEGAL SYMPOSIUM

TRAINING HALL

June 15-16

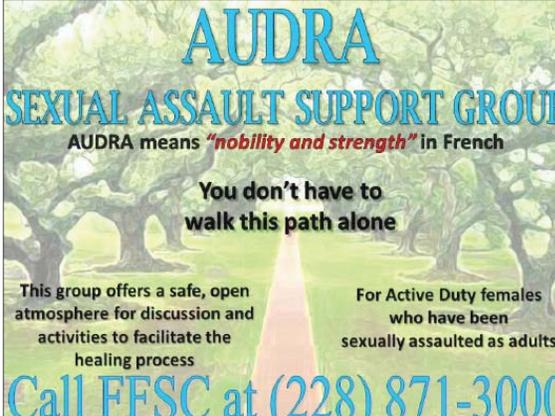
8:30 a.m. to 3 p.m.

Topics: POAs, Wills, Estate Planning, Mississippi entitlements, Immigration, Ethics, Consumer Credit, Predatory lending, Consumer scams, Personal Safety, Serviceman's Civil Relief Act, Restraining orders, Adoption/Guardianship/Custody Adoption reimbursement, child support/paternity and divorce.

Itineraries at RLSO SE Legal Assistance Office.

All are encouraged to attend. Refreshments provided.

POC: LNC Mitchell or Mr. Jason Weaver at 871-2626/871-2620.



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

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Safe Helpline
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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.SafeHelpline.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.

New leaders' training released for the new blended retirement system

By Chief of Naval Personnel Public Affairs Office
 WASHINGTON (NNS) -- Today, the Department of Defense (DoD) released the first of four online training courses that provides education about the military's new blended retirement system, which goes into effect Jan. 1, 2018.

The first training course is specially designed for leaders, so they can understand the new blended retirement system before service members are introduced to it. The Leader Course (J3OP-US1330) is posted to Joint Knowledge Online http://jko.jten.mil/courses/brs/leader_training/Launch_Course.html (common access card required) and will be posted to Navy e-Learning soon.

Three other web-based training courses for financial specialists, new accessions and those who are eligible to opt-into the new system will be released in the coming months.

The National Defense Authorization Act (NDAA) for Fiscal Year 2016 established a new blended military retirement system that goes into effect Jan. 1, 2018. All currently serving Sailors are grandfathered into today's military retirement system.

Sailors with fewer than 12 years of service as of December 31, 2017 (or fewer than 4,320 retirement points in the case of reserve component members), will be able to choose to remain in the current system or opt into the blended military retirement system.

If you joined the Navy:

After Dec. 31, 2017: You'll be automatically enrolled in the Blended Retirement System

After Dec. 31, 2005, but before January 1, 2018: You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system

Before Jan. 1, 2006: You'll be grandfathered and remain in today's current retirement system

The blended retirement system will provide a modern compensation plan that serves all Sailors, not just those who stay in for a full career. Today, approximately 81 percent of service

members who join the military leave with no retirement benefit. Under the blended military retirement system, approximately 85 percent of those who join will receive a retirement benefit, even if they leave before qualifying for full retirement.

The new system is comprised of three elements: a 401(k) style component with match-

ing funds, a mid-career continuation pay bonus, and a retirement annuity for completing twenty or more years of eligible service. For the first time, the Government will automatically contribute to service members' Thrift Savings Plan (TSP) accounts and institute a program for matching their contributions similar to the Federal Employee Retirement System.



The U.S. Uniformed Services Blended Retirement System

At a Glance

Saving with the New Blended Retirement System

The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, our service members can get **automatic and matching Thrift Savings Plan contributions** as well as mid-career **compensation incentives** in addition to monthly **annuities for life**. All service members under the current system are grandfathered into today's retirement system.

1 Automatic and Matching Contributions
Automatic contributions are seen immediately

You Contribute	DoDAuto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes 1% of your basic pay to your **Thrift Savings Plan** after **60 days of service**.
You'll see matching contributions at the start of 3 through the completion of 26 years of service, and...

You're fully vested—it's yours to keep—as of the beginning of 3 years of service and goes with you when you leave.

2 Continuation Pay
Received at the mid-career point



You may receive a **cash payment** in exchange for additional service.

3 Full Retired Pay Annuity
Received after completing 20 years of service

2%

x  x 

Years Served Retired Pay Base

Calculate your **retired pay base** by **averaging the highest 36 months of basic pay**. You'll gain this monthly annuity for life after completing 20 years of service.

Options for Collecting Your Retired Pay

Active Component

Full retired pay annuity

or

Reserve Component

Full retired pay annuity beginning at age 60*

 + 

Lump sum with reduced retired pay

50% or 25% of monthly retired pay annuity bumps back up to 100% at full retirement age (67 in most cases).

*Could be earlier based on credited active service

Effective Date of the New System

1
January 2018

Your Retirement System

If you joined the service...

- ▶ **After December 31, 2017**
You'll be automatically enrolled in the Blended Retirement System.
- ▶ **After December 31, 2005 but before January 1, 2018**
You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system.
- ▶ **Before January 1, 2006**
You'll be grandfathered and remain in today's current retirement system.

Additional information coming soon.
 Sources: Sections 631, 632, 633, 634, and 635 of the Fiscal Year 2016 National Defense Authorization Act. Created:12/2015

Seabees conduct ADR training to challenge 21st Century threats

By Senior Chief Mass Communications Specialist (SCW/SW) Jeffrey J. Pierce, Naval Construction Group 2 Public Affairs

Since their inception during the early days of World War II, Airfield Damage Repair (ADR) has been one of the Seabees' core competencies. During the Vietnam War, their ability to keep the runways operational to launch and recover aircraft was tested like never before.

During the Gulf War encompassing Operation Desert Shield and Desert Storm in the early 1990s and throughout Operation Iraqi Freedom and Operation Enduring Freedom, the United States and their allies enjoyed complete air superiority. Hence, the need for these ADR skills was not tested as it had been in previous conflicts.

Fast forward to present day. The United States faces potential threats around the globe where Seabees may be called upon once again to provide ADR services for our nation's expeditionary forces and our allies. For this reason there has been a renewed focus on their ADR capabilities.

Most recently, an ADR exercise conducted by Naval Mobile Construction Battalion (NMCB) 11 and Explosive Ordnance Disposal Mobile Unit (EODMU) 2 was held at Camp Shelby, Mississippi in early May. This was a joint Navy

Expeditionary Combat Command (NECC) exercise with an emphasis on command and control (C2) integration along with experimenting with new techniques and technologies.

According to Chief Warrant Officer Alfred Brown, attached to the Navy Expeditionary Warfighting Development Center located on board Joint Expeditionary Base Little Creek-Fort Story, in Virginia Beach, Virginia, the threats we face today have changed significantly since World War II and we have to change the way we conduct our ADR missions to meet these threats.

"The threat/conflict environment has definitely changed since WWII. With technology on the forefront, it gives the adversary the ability to conduct integrated attacks across the spectrum of global challenges," Brown said. "The new requirement for ADR will employ a joint service concept with integration from engineering and explosive ordnance disposal

units regardless of service. Tasking will include opening airfields to sustaining airfields and responding to a full range of threats from air attacks consisting of rockets and/or missiles just to name a few."

According to Frank Luster, NECC's Senior Analyst for Emerging Threats and Capabilities, one of the main objectives of the exercise was to explore and refine the command and control arrangements between Seabee and EOD units in support of ADR operations.

"The planning and coordination that occurred prior to the exercise was the critical factor that led to the success of the C2 integration. Unit leaders were tasked to clear the runway of unexploded ordnance and to identify runway damage within a certain time limit," Luster

said. "The resulting collaboration between both units produced some novel approaches using commercial unmanned aerial systems to generate imagery products that could decrease the time required to accomplish this task. Other technologies included equipment and material that could further reduce the times for crater and spall repair."

With the implementation of new technologies and techniques, new equipment may be required in the future. This ADR exercise helped answer a few of these questions.

"The requirement to conduct actual repairs to a concrete and asphalt runway entails the use of equipment that is specifically designed for the task as well as repair material that can withstand the weight and repetitive landing from military aircraft," Luster said.

During the ADR exercise, MajGen Christopher Owens, Director of Expeditionary Warfare Division, OPNAV N95 traveled to Camp Shelby to get a better

understanding of the Seabees' ADR capability and their future needs.

Commander, Naval Construction Group TWO, Capt. Paul Odenthal met up with Owens at Camp Shelby and discussed the significance of the ADR capability.

"It's important for me to see this to ensure there is funding available so the Seabees have the equipment and manning they need," Owens said. "We're trying to keep the Seabees ready."

According to Owens, having the ADR capability might have an added benefit, deterrence.

"This ability also creates a problem set for the enemy. How long will they be willing to continue to attack our airfields knowing we have this capability?"

"This is cutting edge and we have to be able to do this. Our expeditionary forces, the Marines, the Seabees need this capability," Owens said. "Great lessons are being learned out here during this training."



(Left) Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 use a walk behind concrete saw to cut around a small crater a runway during an airfield damage and repair (ADR) exercise. (Above) NMCB 11 Seabees spread flowable fill into a small crater. (Below) NMCB 11 Equipment Operator Constructionman Blake Farnsworth uses a front end loader with a sweeper attachment to clear debris from a runway during the ADR exercise. The Seabees are working with Explosive Ordnance Disposal Mobile Unit 2 to develop new tactics, techniques and procedures to improve the way they conduct ADR. (U.S. Navy Combat Camera photos by Mass Communication 1st Class David Kolmel/Released)



Navy Pregnancy and Parenthood Mobile App Now Available

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Sailors who are starting or expanding their families now have a mobile app that will provide resources that will help them understand Navy's pregnancy and parenthood policies, launched May 27.

The Navy Pregnancy and Parenthood app, available for both Android and iOS/Apple devices, provides important Navy guidance for Command leadership, as well as Service members who are starting or expanding their families.

"Pregnancy and parenthood can be compatible with a successful military career when Service members and the Command both understand their roles and responsibilities, said Capt. Candace Eckert, director of N1 Diversity. "This app makes that task easier by identifying regulations, instructions and references from a wide variety of sources and offering them in one easy-to-use app. The app includes information regarding assignments, retention, separation, standards of conduct and much more."

Some of the topics included in the Pregnancy and Parenthood app are roles and responsibilities, planning, contraception, pregnancy, pregnancy loss, healthcare benefits, breastfeeding, physical readiness, maternity uniforms, adoption, leave, operational deferment and separation from service. The app also offers a selection of references and resources.

Sailors and Command leadership are responsible for understanding Navy policies and procedures regarding pregnancy and parenthood. This app is a resource to help all Navy personnel understand actions required by everyone.

Sailors will find information regarding many of the personal and professional responsibilities that come with parenthood while serving in the Navy and how to understand what needs to happen when and how to accomplish it. Command leadership will find information regarding their roles, appropriate expectations and required actions when advising Sailors who are starting or expanding a family.

To download these apps on your mobile device, visit <https://play.google.com/store/apps/details?id=com.tracen.pregnancyandparenthood> for Android, and <https://itunes.apple.com/us/app/pregnancy-and-parenthood/id1102820184?mt=8> for iOS/Apple.



During the Normandy invasion in World War II, Seabees with the 111th Naval Construction Battalion unload heavy equipment from a Rhino ferry, June 1944. (Photo courtesy of U.S. Navy Seabee Museum)

Back in Time: Seabee History

June 6

1944: In the initial stage of the Allied invasion of Normandy, Seabees formed the nucleus of naval combat demolition units. Each demolition unit was under the command of a junior officer of the Navy Civil Engineer Corps. Team members placed explosive charges beneath the underwater steel barriers that prevented thousands of ships from reaching shore. As they were placing the charges the teams were under constant fire from the enemy. Whole teams were wiped out when shells hit their explosives. The men ignored the dangers and kept at their work. When the explosive charges were placed, survivors remained on the beach or swam back to the landing ships waiting in the channel. The explosives went off on schedule and huge holes were blown into the German defenses. Ships and landing craft darted for the shore through gaps in the barriers. Thousands of Seabees were soon manhandling their pontoon causeways onto the beach to let the infantry charge ashore.

June 10

1965: The first Seabee killed in action in Vietnam, Steelworker 2nd Class William C. Hoover, was killed at the Battle of Dong Xoai. Although wounded in the initial Viet Cong mortar barrage, Hoover quickly went to his assigned defensive post and began firing at the enemy. He was subsequently killed in the fighting. For his heroism, Hoover was posthumously awarded the Bronze Star. Also killed in the battle was Construction Mechanic 3rd Class Marvin C. Shields, the first Seabee to receive the Medal of Honor. Both men were members of Seabee Team 1104.

VETERANS:

? QUESTIONS & ANSWERS

June 21
8 to 10 a.m.



Fleet & Family Support Center

Veteran's Benefits Representative will be present

Call (228) 871-3000 to register

CAPSTONE event will start immediately following session

-  Education
-  Disability Claims
-  Home Loans

Preserving the 'Can Do' Spirit...


Memorial Plaza
 at the Seabee Heritage Center
 NCBC GULFPORT, MISSISSIPPI

One Brick at a Time.



Embark exercise develops minds and spirits of Seabees

By Mass Communication Specialist 1st Class Brannon Deugan

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 participated in a 24-hour embark exercise on board Naval Construction Battalion Center Gulfport, June 7.

The exercise was a practical training scenario focused on providing in-depth, hands-on practice for both crew leaders and their crews.

"I've learned how to build and measure shoring to keep vehicles in place during shipment along with how to properly build and stack a pallet," said Construction Mechanic Constructionman Zachary Walker, from Roseburg, Oregon. "It is great working as a team and to see how much faster the entire process is when we are working with an entire crew instead of just ten people."

The exercise incorporates knowledge received through classroom and on-the-job training in order to successfully complete an embark scenario. The scenario prepared pieces of construction equipment, several pallets of supplies, and associated paperwork for shipment.

Before shipment, each piece of equipment is cleaned, provided maintenance, weight, measured, and marked then staged for inspection.

"The embark exercise develops the minds and spirits of our young Seabees to encourage building teamwork, communication skills, and on-the-job knowledge to include material for our Seabee Combat Warfare qualification," said Equipment Operator 1st Class Justin Jordan, NMCB 1 Embark leading petty officer. "Overall, the exercise increases the battalion's embarkation process for improved mobilization."

During a Naval Mobile Construction Battalion (NMCB) 1 Embark Exercise on board Naval Construction Battalion Center Gulfport, June 7, Builder 1st Class John Bachik (left) secures construction equipment for transportation, Construction Mechanic Constructionman Zachary Walker (above) works on the battery terminal for a light plant and Builder 1st Class John Bachik (below) secures construction equipment for transportation. NMCB 1 conducted the 24-hour exercise with a scenario for preparing pieces of construction equipment, several pallets of supplies, and associated paperwork for shipment. (U.S. Navy photos by Mass Communication Specialist 1st Class Brannon Deugan/released)



June 9, 2016

Seabee Courier

UPDATED: ZIKA VIRUS

What YOU need to know

Zika is a viral infection spread by mosquitoes. Zika outbreaks are occurring in numerous Pacific Islands, the Caribbean, and throughout Central America and South America. The Centers for Disease Control and Prevention (CDC) has issued a travel warning for affected countries in these areas, especially for pregnant women.

How do you get ZIKA?

- Mosquitoes
- Mother to fetus during pregnancy
- Sexual transmission

What are the symptoms?

Most people will not develop symptoms. Only one in five will develop mild symptoms, typically 2-7 days after the initial bite:

- Fever
- Conjunctivitis (Red Eyes)
- Muscle Pain
- Rash
- Headache
- Joint Pain

How can I protect myself?

- Avoid mosquito bites!
- Choose lodging with air conditioning or screened windows and doors
- Sleep with a mosquito net
- Wear long-sleeved shirts and long pants
- Use EPA registered insect repellent containing DEET, picardin and IR3535
- Use permethrin-treated clothing and equipment
- Avoid unprotected sex, use condoms the right way, everytime.

If you or someone you know starts to develop symptoms of ZIKA, please contact your health care provider

*Information provided by Navy Marine Corps Public Health Center and the Centers for Disease Control



NAVY MEDICINE

*As of May 24, 2016

Focus on Education



Child Development Center students participate in the annual Transition to Kindergarten for students moving from preschool to kindergarten at the Training Hall on board NCBC Gulfport, May 19. The students dressed in red, white and blue graduation gowns complete with mortar boards, and then showed the audience what they learned. (Photo courtesy of MWR/released)

Keeping Your Child Healthy and Engaged Over the Summer

Courtesy of Military One Source

Summertime is the perfect opportunity for your children to loosen up and have some fun, but the structure of the school year doesn't have to stop after the final bell rings. You can use your downtime to help your children maintain their academic skills and develop healthy habits. It can also be beneficial for children with special needs to maintain a routine during the summer months as a way to ease anxieties and reduce stress levels. Here are a few ideas to help your children have a healthy and happy summer:

Seek out a summer program. Check your installation, local schools, recreation centers and other community-based organizations for programs on topics that might interest your child.

Crack open a book. Whether reading with your younger children or encouraging your older children to read on their own, summer reading can help keep brains engaged and study habits fresh.

Take a field trip. Visit parks, museums, zoos or nature centers for a low-cost educational opportunity for your entire family.

Count, track and measure. Find

fun ways to incorporate numbers into everyday tasks. Measure items around the house or track daily temperatures. Go to the grocery store and practice adding, subtracting or multiplying the prices of items.

Think ahead. Check with your child's school to see if they have summer packets of math and reading skill activities to help your child prepare for the next school year.

Get moving. Outdoor activities reign supreme in the summer, so don't forget to schedule time for your children to play and burn off energy with some sunshine and exercise.

Snack healthy. A healthy diet is just as important in the summer as it is during the school year. Keep plenty of fruits and vegetables on hand to encourage good snack habits.

Recharge. Children need a chance to refuel, and being out of school isn't a green light to stay up all night. Keep a regular summer bedtime to make sure they're getting enough sleep. Even while having fun in the sun, you can still find plenty of ways to put your children's health and education first. Helping your children stay engaged academically and physically throughout the summer will help set them up for success in the new school year.



Quarles Elementary Kindergarten Camp

Calling All New Bearcats!

Children entering Kindergarten at Quarles Elementary for the 2016-2017 school year and have completely registered can attend. (All required paperwork must be completed.)

When?

*The camp will be July 18-22.
*8:00 a.m. to noon.
*Children will be fed lunch in the cafeteria at 11:30 each day, so please pick your child up promptly at noon.
There will be a mid-morning snack.

Why Kindergarten Camp?

Your child will get a chance to work the "big school jitters" out before the school year begins. Children will be able to:

- *Get to know the teacher and classmates for the school year.
- *Explore the important places in the school.
- *Learn classroom expectations, school rules, and daily routines.

What to Bring?

*Camp supplies are provided.
*Please send your child's supplies for the year at the end of camp.



Dr. Jan Hansen, Principal
228-864-3946

Naval Sea Cadets

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

CPR/AED Classes

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

Note from NCBC School Liaison Officer regarding Alternate School Districts

Parents: If you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or kevin.r.byrd@navy.mil.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Traveling on auto potty

With gas prices at an 11-year low, people are packing up and heading out for a busy summer travel season. But the highways, bus stations and airports aren't the only places that will see a lot of action this summer. With all those travelers on the go, and needing to go, public restrooms will be at maximum capacity.

Recently, I took a trip to Florida, requiring my 49-year-old bladder and I to frequent several airport bathrooms. It occurred to me that travel pottying has changed significantly over the years.

Growing up in the 70s, our station wagon simply pulled over to the side of the road for pit stops during long trips. And my husband's family kept a mayonnaise container known as the "tinkle jar" in the back window of their vehicle. If we did manage to find a gas station with a bathroom, my mother would spread half a roll of toilet paper on the seat before I was allowed to sit down.

But those improvised methods of yesteryear are no longer considered apropos — or sanitary for that matter — so today, the transportation authorities have provided travelers with state-of-the-art public toilet facilities.

The problem is, the newly automated restrooms are so high-tech, they sometimes leave one longing for the simple practicality

of a roadside patch of weeds.

During my recent visit to an airport restroom, I selected one of the many stalls, latched the door, straddled my humongous carry-on bag, and grabbed for the paper seat cover dispenser. The first three ripped in half, the fourth fell into the toilet while I was trying to position it, and the fifth one disappeared when the toilet unexpectedly flushed.

Known as "phantom flushes," the sensor-triggered water swoosh in public restrooms not only suck down the paper seat covers, they can scare the you-know-what out of you, which by the way, would defeat the entire purpose of being in the toilet in the first place.

With a seat cover finally in place, I took my position.

Strangely, the otherwise noisy bathroom fell dead silent. I could see the feet of the occupants next to me, but could hear a pin drop. I prayed that someone would turn on the sink, while my bladder refused to release the 64 ounces of coffee I'd consumed that morning.

I had experienced "stage fright" on other occasions, most



notably in college, when perpetually clogged bar toilets caused long lines in the bathrooms. The one working toilet usually had no toilet paper, a broken door lock, and gaps in the stall that allowed everyone in line to stare through the cracks. Once it was my turn, I was paralyzed by stage fright.

Waiting in the airport stall for someone to make noise, I fidgeted, and — WHOOSH! — set off my own phantom flusher again. It scared the bejeezus out of me, but provided the break I needed. Relief!

The toilet paper was affixed to some type of conservation dispenser that stopped the roll at each half turn. The flimsy tissue ripped with the slightest resistance, forcing me to make several attempts — roll, stop, rip, roll, stop, rip, roll, stop, rip — until I had enough scraps to do the job.

Finally, I stood up to trigger the flusher, which up until now seemed able to react to a falling eyelash from three stalls down. However, nothing happened. I stood there, wondering if the sensor had a tiny camera inside

that transmitted to a flushing control room. Had the person on duty gone to lunch? I swiveled my hips, bobbed my head, and waved my hands to no avail.

With only minutes to boarding, I gave up on flushing and left the stall. Halfway to the sinks I heard it — WHOOSH! I imagined the flushing controller giggling over his ham and cheese.

The bank of sinks had no knobs, controls or buttons. "Here we go again," I thought, waving my hands in search of automated soap and water. I had a choice of hand dryers: a high speed "air blade" that nearly blows your skin off, or the old fashioned kind that emits a warm breeze that requires you to give up and wipe your hands on your pants.

Frustrated with newfangled automation, I chose the latter.

"Coffee?" the flight attendant asked after we took off.

"Sure," I said, "but do you happen to have an empty mayonnaise jar?"

*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."*

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.

Register to Vote!

- 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. Visit fvap.gov for voting information. The Voting Officer for NCBC Gulfport is Lt. Brian Mack, 228-871-4274.

MWR JUNE 10-16

Check out our new website!
navymwrgulfport.com

Father and Child Fishing Rodeo

NAVY
COMMUNITY
RECREATION

Biggest Fish by Length Wins!
Prizes by age group

JUNE 18
6:30-9a
@ Seabee
Lake



The Department of the Navy does not endorse any company products or services.

LIBERTY

NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

- 6/11 – 9 a.m., Ship Island Adventure, \$22
- 6/13 – 6 p.m., 80's Movie Marathon,
Free Popcorn
- 6/14 – All Day, Tournament Tuesday:
Flag Day Trivia & Cake, Trivia Prize Awarded
- 6/15 – 6 p.m., Watercolor Wednesday, Free
- 6/16 – 6 p.m., Volleyball Nights @
Long Beach, Free
- 6/17 – 12 p.m., Navy Digital Library:
Genealogy Lunch Session, Free
Call 228-871-4684 for more information

FUN IN THE SUN POOL SERIES



11:30a -12p
May 11
June 15
July 20
Aug 17

Free for All Hands
Fitness Center Pool
Beat the heat with a circuit style workout
Questions? Call 228-871-2668



LUNCH TIME LEARNING
JUNE 3rd & 17th 12pm
Navy MWR
DIGITAL library
FREE FOOD! AT ITT
What is it? How do I use it?
OPEN TO ALL HANDS

Dickie's's Barbeque is serving
lunch out of The Hive!
Mon-Fri 10:30 a.m.-1:30 p.m.

STAY ~ PLAY ~ RELAX
2 Days & 3 Nights at Shields RV Park
West Perimeter Rd!
ONLY \$62.50 June 3-5 & 17-19
(\$17.50 deposit)
Includes:
-A-Liner (Set-up on-site)
-Sleeping Bags & Fishing Poles
Limited supplies!
NAVY COMMUNITY RECREATION MWR
Questions? Call Community Recreation Outdoor Rental at 228-871-2668

JUNE SPECIAL CHICKEN PARMESAN HALF PO-BOY!

Savor each bite of golden fried chicken, topped with robust marinara & creamy mozzarella Served with fries & ice cold fountain drink

Call for delivery between 11a-1p!



ONLY \$6.00!



SEABEE CINEMA

Regular movie showings Friday Sunday of every week!

Showing this weekend: Ratchet and Clank (PG); Keanu (R); Captain America: Civil War (PG-13); The Huntsman: Winter's War (PG-13); Money Monster (R); The Nice Guys (R)

For more information, call the Movie Hotline at 228-871-3299

Pick up our NEW MOVIE SCHEDULE TODAY!

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	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

NCBC Helping Hands

BOYS AND GIRLS CLUB OF PASS CHRISTIAN - Volunteers are needed to put together picnic tables at the Pass Christian Boys and Girls Club. To volunteer, please contact Leah Ladner, 228-863-0424 or lladner@bbcpt.com.

VETERAN NEEDS ASSISTANCE - An elderly veteran is in need of a few minor home repairs. To volunteer, please call Carol Keyes at 228-832-5250.

MISSISSIPPI CITY CEMETERY - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulfport. Point of contact is Chuck McKinley, 228-326-4006 or email cmckinley@cablone.net.

HOME REPAIRS - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

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.

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.

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. Please visit: www.USOVolunteer.org and register.

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. To volunteer call Christina Lipke, 228-731-4883.

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.

June 9, 2016

VACATION BIBLE SCHOOL

VBS will be held at the Seabee Memorial Chapel July 18-20 from noon - 4 p.m. Please Stop by and register your child.



For more information please call 228-871-2454

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of March 11, 2016.

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

Gulfport: Blue Envy Night Club, 2909 26th Avenue; Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

Ocean Springs: Foster's Martial Arts, 2550 Bienville Boulevard.

Exception: Armed Forces personnel and their families who are currently under contract may complete the duration of that initial contract, as this order does not legally relieve members of their contractual duties to that contract. Members are prohibited, however, from entering into new contracts after the date of this order. Service members are ordered not to enter or patronize these off-limit establishments or their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice. This letter supersedes the previous Off-Limits List of April 21, 2015.



Seabee Memorial Chapel What's happening at the chapel?

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



Sunday

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

Monday, Tuesday & Friday

11:15 a.m. - Mass

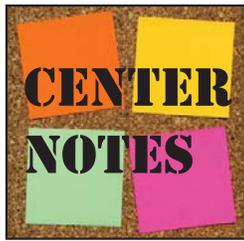
Thursday

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

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

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

Seabee Courier



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@focus-project.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.navywivesclub-sof-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 nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 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. Contact Post 3937 at 228-863-8602 for details.

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 the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Felters, President at 228-832-4893 or email cfelters@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 information.

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, 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.seabeesmuseum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

NCBC Security would like to remind you that music cannot be heard more than 25 feet from your vehicle or you will be in violation of base policy.



'BEE INFORMED
 DOWNLOAD SEABEE MOBILE 3.0

2016 Fed's Feed Families

The Department of the Navy
 is committed to combating hunger around the world!
 Get Involved: June 1 - Aug 31

Drop off non-perishable food items in any donation box located at: Navy Exchange, Seabee Memorial Chapel, Fleet & Family, Commissary and the Navy Gateway Inn and Suites.

For more information, please contact:
 RP2 Shoemaker: 228-871-2454

USO GULF COAST STARS AND STRIPES GOLF TOURNAMENT
 June 11, 8 a.m., Hickory Hill Country Club (Gautier)

4 person Scramble, \$300 per 4-person team (includes breakfast, greens and cart fee, range balls and lunch!)

All proceeds to benefit the USO Gulf Coast To register, please contact Bobby Lamb (robert.lamb@hii-ingalls.com) at 228-935-1277 or 228-257-9420

Veterans Crisis Line

1-800-273-8255
 PRESS 1

NCBC Gulfport - 2015 Water Quality Consumer Confidence Report

Is my water safe?

We are pleased to present this year's Annual Water Quality Report (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 customers 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) Gulfport 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 Gulfport 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 stormwater 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 stormwater 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 stormwater 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 Belfour Beatty Community at (228) 863-0424.

The Consumer Confidence Report (CCR) will not be mailed to customers, but is posted on the NCBC Gulfport Environmental 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 washers 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 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 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.

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 materials 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://www.epa.gov/safewater/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 materials 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://www.epa.gov/safewater/lead>. 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.

Additional Information for Arsenic

While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Other reporting:

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. Although, there is some naturally occurring fluoride in the water, to achieve dental readiness the level must be maintained within the range of 0.7 -1.3 ppm with 0.8 ppm being the optimal level. All months samples were below EPA and MSDH permissible SDWA maximum contaminate level (MCL) for fluoride of 4 ppm. Two months were below the optimal range of 0.7-1.3 ppm.

To comply with the "Regulation Governing Fluoridation of Community Water Supplies", MS0240060 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 10. The percentage of fluoride samples collected in the previous calendar year that was within the optimal range of 0.7-1.3 ppm was 89%.

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 monitor 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.

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfection By-Products								

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Chlorine (as Cl ₂) (ppm)	4	4	.9	.5	1.98	2015	No	Water additive used to control microbes
Haloacetic Acids (HAA5) (ppb)	NA	60	3	1	3	2014	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	7	NA		2014	No	By-product of drinking water disinfection
Inorganic Contaminants								
Antimony (ppb)	6	6	.5	.5	.5	2015	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder; test addition.
Arsenic (ppb)	0	10	.5	.5	.5	2015	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Barium (ppm)	2	2	.0054	.0054	.0079	2015	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Beryllium (ppb)	4	4	.5	.5	.5	2015	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries
Cadmium (ppb)	5	5	.5	.5	.5	2015	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; runoff from waste batteries and paints
Chromium (ppb)	100	100	1	1	1.1	2015	No	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	15	15	15	2014	No	Discharge from plastic and fertilizer factories; Discharge from steel/metal factories
Fluoride (ppm)	4	4	.129	.129	.233	2015	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Mercury [Inorganic] (ppb)	2	2	.5	.5	.5	2015	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills; Runoff from cropland
Nitrate [measured as Nitrogen] (ppm)	10	10	.08	.08	.08	2015	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	.02	.02	.02	2015	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Selenium (ppb)	50	50	2.5	2.5	2.5	2015	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	.5	2	.5	.5	.5	2015	No	Discharge from electronics, glass, and Leaching from ore-processing sites; drug factories
Radioactive Contaminants								
Radium (combined 226/228) (pCi/L)	0	5	.3	.29	.31	2012	No	Erosion of natural deposits
Uranium (ug/L)	0	30	.5	.5	.5	2012	No	Erosion of natural deposits
Volatile Organic Contaminants								
1,1,1-Trichloroethane (ppb)	200	200	.5	NA		2014	No	Discharge from metal degreasing sites and other factories
1,1,2-Trichloroethane (ppb)	3	5	.5	NA		2014	No	Discharge from industrial chemical factories
1,1-Dichloroethylene (ppb)	7	7	.5	NA		2014	No	Discharge from industrial chemical factories
1,2,4-Trichlorobenzene (ppb)	70	70	.5	NA		2014	No	Discharge from textile-finishing factories
1,2-Dichloroethane (ppb)	0	5	.5	NA		2014	No	Discharge from industrial chemical factories
1,2-Dichloropropane (ppb)	0	5	.5	NA		2014	No	Discharge from industrial chemical factories
Benzene (ppb)	0	5	.5	NA		2014	No	Discharge from factories; Leaching from gas storage tanks and landfills
Carbon Tetrachloride (ppb)	0	5	.5	NA		2014	No	Discharge from chemical plants and other industrial activities
Chlorobenzene (monochlorobenzene) (ppb)	100	100	.5	NA		2014	No	Discharge from chemical and agricultural chemical factories
Dichloromethane (ppb)	0	5	.5	NA		2014	No	Discharge from pharmaceutical and chemical factories
Ethylbenzene (ppb)	700	700	.5	NA		2014	No	Discharge from petroleum refineries
Styrene (ppb)	100	100	.5	NA		2014	No	Discharge from rubber and plastic factories; Leaching from landfills
Tetrachloroethylene (ppb)	0	5	.5	NA		2014	No	Discharge from factories and dry cleaners
Toluene (ppm)	1	1	.0005	NA		2014	No	Discharge from petroleum factories

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Trichloroethylene (ppb)	0	5	.5	NA		2014	No	Discharge from metal degreasing sites and other factories
Vinyl Chloride (ppb)	0	2	.5	NA		2014	No	Leaching from PVC piping; Discharge from plastics factories
Xylenes (ppm)	10	10	.0005	NA		2014	No	Discharge from petroleum factories; Discharge from chemical factories
cis-1,2-Dichloroethylene (ppb)	70	70	.5	NA		2014	No	Discharge from industrial chemical factories
o-Dichlorobenzene (ppb)	600	600	.5	NA		2014	No	Discharge from industrial chemical factories
p-Dichlorobenzene (ppb)	75	75	.5	NA		2014	No	Discharge from industrial chemical factories
trans-1,2-Dichloroethylene (ppb)	100	100	.5	NA		2014	No	Discharge from industrial chemical factories
Contaminants		MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Typical Source
Inorganic Contaminants								
Copper - action level at consumer taps (ppm)		1.3	1.3	.01	2015	0	No	Corrosion of household plumbing systems; Erosion of natural deposits
Inorganic Contaminants								
Lead - action level at consumer taps (ppb)		0	15	3	2015	0	No	Corrosion of household plumbing systems; Erosion of natural deposits

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.

Contaminants	State MCL	Your Water	Violation	Explanation and Comment
Nitrate-Nitrite	10 ppm	.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.

Important Drinking Water Definitions	
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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