

# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

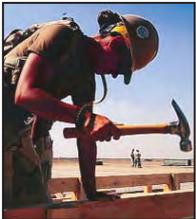


Vol. 46 No. 10

Naval Construction Battalion Center, Gulfport, Mississippi

May 21, 2009

## Inside this edition



Builder 3rd Class Amy Higgins of NMCB 11's Air Det Afghanistan, works on a Southwest Asia Hut.

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Builder 3rd Class Eddie Montoya and five other members of NMCB 7, recently volunteered at a local elementary school.

See page 5



Six Seabees assigned to UCT-1 answered the call for help during an emergency in Haiti.

See page 6

## Fun at Seabee Day 2009



U.S. Navy photo by MC1 (SW) Terry Spain/Released

A Navy diver assigned to Underwater Construction Team 1, plays tic-tac-toe from inside a water tank with a child during Seabee Day 2009 at Naval Construction Battalion Center Gulfport. Seabee Day is an annual event celebrating the Navy Seabees and allows the community to learn more about the Naval Construction Force. This record-breaking event offered a carnival, entertainment, and various military displays. More than 10,000 people attended Seabee day 2009. Mark your calendars now, Seabee Day 2010 is scheduled for May 8.

For more on Seabee Day 2009 see page 12

## Military spouses recognized for valued service

By Gerry J. Gilmore  
American Forces Press Service

Five military spouses received recognition for their valued service to the nation at an award ceremony here May 7.

The Military Spouse of the Year awards honor individuals that embody the best characteristics of today's military spouse, said Babette Maxwell, a Navy spouse and the co-founder and executive editor of Military Spouse Magazine, a co-sponsor of the program, now in its second year. USAA, a financial services firm that serves military members and their families, also co-sponsors the program.

The five honorees were selected by a special committee that read more than 650 nominations from Military Spouse Magazine readers, Maxwell said. Honorees received crystal-glass trophies.

Military spouses have provided important and distinguished service for the nation since the Revolutionary War, Maxwell said, noting the MSOY awards are "about recognizing the challenges and sacrifices that are unique to the military community."

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**Public Affairs Officer**  
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 MCC (SW/AW/PJ) Ryan C. Delcove

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# Navy Legal

## Community property: Estate planning can pay off for heirs

By Lt.j.g. Brian Roach, JAGC  
 RLSO SE BROFF Gulfport



You probably don't think too much about estate taxes – the ones you owe when you die. But estate taxes are thinking about you. Take your home for instance. If it goes up in value, you owe money on that and when you die that balance comes due, reducing what you can leave your family. But you can avoid the tax depending on how you hold title to your home. The magic words are community property.

Under the federal tax code every cent you earn is income. Unless the code expressly says otherwise, all your income is taxable. When you buy something like a home the amount you pay is called your basis. Basis is critical because that's the number used to calculate your taxes. Here's an example. Peter buys a condo for \$10,000. His basis – the purchase price - is \$10,000. He sells the condo for \$15,000. \$15,000 – \$10,000 equals \$5,000. Peter owes taxes on \$5,000.

When you give property away through your will things are a bit different.

The recipient gets to adjust the basis of that item to the fair market value at the time he or she receives it. We call this a stepped up basis. Here's an example. Clark buys a house for \$10,000. The house steadily goes up in value and when Clark dies it's worth \$30,000. In his will, Clark gives the house to Lois. Lois immediately sells it for \$30,000. What is Lois' taxable income from the sale? Since the house was worth \$30,000 when Lois got it, the basis was adjusted to \$30,000. \$30,000 - \$30,000 is zero. So Lois does not owe taxes.

When spouses own a house together, the taxes are calculated using one of the above formulas. You probably hold title to your home as a joint tenant with your spouse – that's the de-

See PLAN page 17

# Asian/Pacific American Heritage Month

Asian American and Pacific Islander Heritage Month, 2009  
 By The President of the United States of America

## A PROCLAMATION

The vast diversity of languages, religions, and cultural traditions of Asian Americans and Pacific Islanders continues to strengthen the fabric of American society. From the arrival of the first Asian American and Pacific Islander immigrants 150 years ago to those who arrive today, as well as those native to the Hawaiian Islands and to our Pacific Island territories, all possess the common purpose of the fulfilling the American dream and leading a life bound by the American ideals of life, liberty, and the pursuit of happiness.

During Asian American and Pacific Islander Heritage Month, we remember the challenges and celebrate the achievements that define our history.

Asian Americans and Pacific Islanders have endured and overcome hardship and heartache. In the earliest years, tens of thousands of Gold Rush pioneers, coal miners, transcontinental railroad builders, as well as farm and orchard laborers, were subject to unjust working conditions, prejudice, and discrimination – yet they excelled. Even in the darkness of the Exclusion Act and Japanese internment, Asian Americans and Pacific Islanders have persevered, providing for their families and creating opportunities for their children.

Amidst these struggles, Asian Americans and Pacific Islanders have contributed in great and significant ways to all aspects of society. They have created works of literature and art, thrived as American athletes, and prospered in the world of academia. Asian Americans and Pacific Islanders have played a vital role in our Nation's economic and technological growth by establishing successful enterprises and pushing the limits of science. They are serving in positions of leadership within the government more now than ever before. And along with all of our great service men and women, they have defended the United States from threats at home and abroad, serving our Nation with valor.

From the beaches of the Pacific islands and the California coast, the grasslands of Central Asia and the bluegrass of Kentucky, and from the summits of the Himalayas and the Rocky Mountains, the Asian American and Pacific Islander community hails from near and far. This is the story of our more perfect union: that it is diversity itself that enriches, and is fundamental to, the American story.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2009, as Asian American and Pacific Islander Heritage Month. I call upon the people of the United States to learn more about the history of Asian Americans and Pacific Islanders and to observe this month with appropriate programs and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of May, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-third.

**BARACK OBAMA**

## Sailor's Creed

I am a United States Sailor,  
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,  
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,  
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,  
 I am committed to excellence and the fair treatment of all.

### Command Action Line:

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, E-mail: CNRSE\_HOTLINE@navy.mil.

# Volunteer recognition



U.S. Navy photo courtesy of OICC Katrina/Released

Resident Officer in Charge of Construction (ROICC) Gulfport recognized volunteer Chris Crooke during this year's National Volunteer Appreciation Week. Pictured from the left are Lynne Herrera, OICC Katrina office automation assistant; David Carpenter, ROICC Gulfport supervisory engineer technician, Chris Crooke, volunteer; and Cat Crooke, ROICC Gulfport office automation assistant. Crooke has been volunteering at the ROICC office for over six months and has greatly improved the day-to-day operations in the office. Crooke is proud knowing that he is making a difference through the volunteer service he provides to the OICC Katrina office and staff.

## NCBC Public Safety launches Electronic and Manual Key and Lock Control Programs

Naval Construction Battalion Center (NCBC) Public Safety is in the process of establishing base wide uniform standards for the Key and Lock Control Program. Participation is requested by all commands and departments on board NCBC.

Information required includes contact information for all building custodians, contact information for key custodians, sub-custodians and letters designating these responsibilities. Participants are also asked to provide information on which of the buildings contain manual key boxes, along with an inventory of electronic keys cards assigned to each building.

More information on the Key and Lock Control Programs may be obtained by contacting Bobby Dunn at robert.k.dunn.ctr@navy.mil. or Sharlene Daniels at sharlene.daniels@navy.mil and also by visiting the Command Information (Work Force) section of the command web site at: <http://www.cnbc.navy.mil/gulfport/index.htm>

## LifeWorks May schedule of events



**May 22:** Grand Opening Pool Party - Stop by the pool to enjoy some fun as it officially opens for summer! We will have music, food and door prizes. Pool is free to all active military and their dependents, guests fee is \$2.

**27:** Auditions for the Summer Play begin - Do you have a child bitten by the acting bug? Or, do you have a child just looking for something different to do this summer? Bring

them by the office today to sign up for the Summer Play that will be performed July 24. Open to all ages.

*Note:* Rehearsal days and times will depend on the number of children signed up and the times that are best for you, the parents!

**29:** Yard of the Month awarded - Take advantage of our beautiful weather and you could win some money! Just don't forget to cut the back yard, too!

## Yard of the Month



U.S. Navy photo courtesy of Balfour Beatty/Released

Congratulations to the Roman family in Pinewood for winning April's Yard of the Month!

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# NMCB 11 shifts focus and headquarters

By MCI Nicholas Lingo  
NMCB 11 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 11 are currently deeply entrenched in the process of relocating the battalion headquarters, supplies and equipment from Camp Arifjan, Kuwait to Naval Station Rota, Spain.

All construction equipment will be transported to Camp Moreell, Kuwait, or Port Hueneme, Calif. If the equipment isn't needed in Rota, the remaining tools and materials will be spread out among the different detachments NMCB 11 currently has forward throughout Africa and Southwest Asia.

Once this unique process, also known as retrograde, is completed, the Seabees are not expected to return to Camp Arifjan, Kuwait.

"As the build up in Afghanistan begins, Seabees are needed to build facilities to accommodate the surge of troops. As operations in Iraq

decrease, so will the need for support from Camp Arifjan," said Lt. Brent Richardson, assistant operations officer for NMCB 11.

The camp that NMCB 11 currently inhabits will be turned back over to the base; in this case U.S. Army forces control the facility.

Rota, Spain is a normal headquarters location for Seabee battalions, but after 9/11 an increased need and requirement for Seabees in Southwest Asia, as requested by United States Central Command (CENTCOM), redirected their focus to Kuwait, Iraq and areas throughout that area of responsibility.

Now that the need is changing, so changes the Seabees' "home away from home," deployment location.

"The focus of effort with Iraqi operations is now drawing down and is shifting heavily to the U.S. Africa Command AOR. In order to build relationships and a [stronger] capacity in



U.S. Navy photo by MCI Nicholas Lingo/Released

Seabees from Naval Mobile Construction Battalion (NMCB) 11 remove containers from the Seabee camp in Camp Arifjan, Kuwait. Seabees deployed with NMCB 11 are currently retrograding the camp prior to turning the it over to the Army. These Seabees will redeploy to Camp Mitchell, Rota, Spain reestablishing the Main body deployment Site. Seabees have been on Camp Arifjan since after 9/11, and are returning to Spain due to the drawdown in Iraq. NMCB 11 is currently on deployment throughout Europe, Southwest Asia, SOUTHCOM and Africa in support of Operation Enduring Freedom.

that theatre, Seabees will play a large role in this, and Rota is a very good logistics hub to launch and recover

these missions," added Richardson.

As the need continues for Seabees to do the work, they

will follow on in the footsteps of Seabee battalions past, building schools, bridges and host nation relationships.

## Volunteers needed

The Biloxi National Cemetery Memorial Committee seeks volunteers to place approximately 17,000 flags on Veteran's grave sites May 23 at 9 a.m.

Volunteers will meet at Biloxi National Cemetery.

Point of contact for more information is Liz Burchett, (228) 871-2427.



Photos courtesy of Finley Hughes Naval Mobile Construction Battalion 7 volunteers Builder 3rd Class Nick Garcia, left, and Builder Constructionman Joseph Scott, above, give St. John's Elementary students direction during Field Day, May 7. Six volunteers from NMCB 7 were judges during the annual event.

## Seabees have field day with St. Johns Elementary students

By Finley Hughes  
Special Contributor

Six members from NMCB 7 were put to the test in a different form of field exercise today as they volunteered in the community to serve as judges for the St. John Elementary Field Day competition.

"We really cannot express how truly thankful we are for this Gulfport Seabee Installation," said St. John Principal Cindy Hahn. "I cannot think of a time when we have asked

them to help us that they have not extended a hand. From Builder Chief Brock leading our morning prayer services prior to his recent deployment, to these young men today helping make our Field Day a success, the Seabees have been a blessing," said Hahn.

All students, kindergarten through sixth grade, participated in events ranging from a variety of relay races to the traditional Presidential Physical Fitness exercises. The volunteers from NMCB 7 served

as not only the judges, but explained the proper way to perform the activity as well as encouraged the students to do their best.

"We feel that we were the ones that benefited as much as the kids," said Builder 3rd Class Seth Cummings. "Just watching the excitement on their faces and watching them try so hard was great. It's really fun to get out and be a part of the community. I would encourage others do it if they get the chance. We had a blast doing this."

## How can I be a part of my community?

By MC2 (SCW) Gregory N. Juday  
NCBC Public Affairs

Ever wonder what could set you apart from everybody else during ranking boards, Sailor of the Quarter boards and other types of competitive programs? Volunteer Service is an excellent way to help, not only those in need, but yourself as well.

"Volunteering in the local community may prove to enhance one's career through company representation and recognition opportunities," said Construction Mechanic 1st Class Kevin Lowers. "There are many individuals within the Mississippi Gulf Coast First Class Association that are able to describe the many positive impacts that consistent volunteer service has had on their career in the U.S. Navy. However, they may also add that the intention was not only to enhance one's career but more importantly to be able to make a difference in the lives of other individuals and to impact the state of our community."

Along with the feeling of gratitude you receive, the military rewards those that volunteer their

time. The Military Outstanding Volunteer Service Medal recognizes those members of the military who perform substantial volunteer service to the local community above and beyond the duties required as a member of the Armed Forces.



Listed below are the eligibility factors for the Outstanding Volunteer Service Medal as outlined in the governing instruction, OP-NAVINST 5350.6C.

- o Volunteer service must be to the civilian community, to include the military family community.
- o Volunteer service must be significant in nature and produce tangible results.
- o Volunteer service must reflect favorably on the Military Service and the Department of Defense.
- o Volunteer service must be of a sustained and direct nature.

See VOLUNTEER page 20

## NMCB One Water Well Team exceeds expectations

By MC1 Chad Runge &  
CM3 Matthew Geggis  
NMCB 1 Public Affairs

Recently, a detachment from Naval Mobile Construction Battalion (NMCB) 1, returned from a two-month deployment to Marine Corps Air Ground Combat Center, Twenty Nine Palms, Calif., in support of Marine Corps geothermal well drilling operations in the area.

According to Maj. Gen. Eugene Payne, Assistant Deputy Commandant Installations & Logistics (Facilities), the wells tasked to NMCB One "will provide data on sub-surface temperatures and help provide crucial information to advance the

Marine Corps geothermal program at MCAGC."

"Though knowledgeable and experienced at drilling water wells, this had been the first time NMCB 1 water well drilling crew had been tasked to drill geothermal test holes," said Christopher Page, Project Manager for the Geothermal Program Office (GPO). "While there was a brief learning curve, the crew adapted quite well and very rapidly to meet the requirements of the GPO; they understood and followed the scope of work set forth and had a plan of action in order to complete the mission within the given time."

Even though they faced countless challenges on their short deploy-

ment, the group exceeded all expectations. Upon completion of the three tasked wells, the crew successfully completed drilling two additional wells that had been left unfinished by previous drilling crews.

"I've been part of a water well team before with NMCB 1, and just like in the past, this project was a lot of hard work," said Equipment Operator 2nd Class Samuel Speed. "We had a good crew out there though, so we were able to handle our business and we had a good time doing it."

According to Payne, the group



U.S. Marine Corps photo by Pfc. Jeremiah Handeland/Released Seabees assigned to Naval Mobile Construction Battalion 1, drill for water to take advantage of geo-thermal technology to warm the water supply at Marine Corps Air Ground Combat Center, Twenty-nine Palms, Calif.

See WELL page 9

# UCT 1 Sailors assist in Haiti school collapse

By MCC(SCW) Jeffrey J. Pierce  
22NCR Public Affairs

Six Seabees assigned to Underwater Construction Team (UCT) ONE were called upon to help when a children's school collapsed in Port-au-Prince, Haiti.

As with any NCF unit that deploys, UCT 1, through unit level training, exercises and individual skills attainment that prepares them to execute their missions throughout the world and prepares them for any contingencies they may face while forward deployed. For the six personnel from UCT 1 deployed to Haiti, this proved to be the case.

UCT-1 was in Haiti already in support of USAID relief efforts at Lake Miragoane about four hours away from the site of the school collapse.

According to Chief Construction Electrician Dennis Bergman from UCT-1, it all started with a phone call from USAID to Lt. Col. Andy Woolwine, UCT-1's liaison officer from US Southern Command, asking for support to aide in recovery efforts at the school.

"At first the details were vague, as the initial chaos prevented embassy and local media personnel from gathering accurate information on exactly what had happened," said Hospital Corpsman 1st Class Michael C. Cleaves.

"Once it was clear that there was a situation that may benefit from our dive team members that were already in country, we quickly discussed it and decided we would operate at whatever capacity our chain of command would allow."

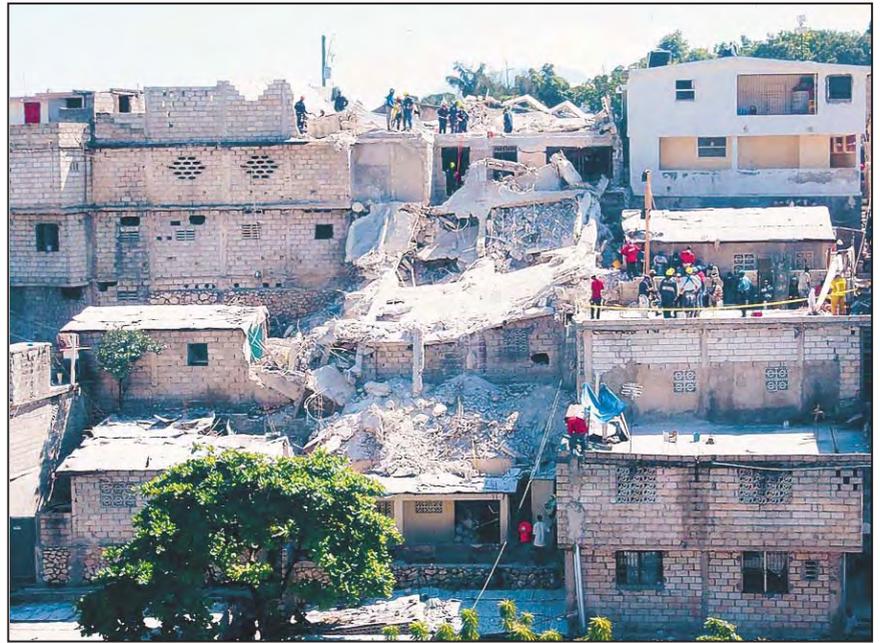
It was determined that Cleaves would be utilized for whatever medical assistance he could offer, in addition, he was provided personnel to assist him with any casualties he received.

All UCT-1 personnel in Haiti, regardless of mass casualty experience are trained in basic first aid and life saving skills, and would be a great benefit to Cleaves during any casualty situation he would be involved in. The remaining personnel would be used to drive Humvees and assist with loading and transporting inbound personnel and gear from the USAID disaster response team from Fairfax County, Va.

According to Cleaves, once their team made it near the scene, their initial assessment of the situation identified a few issues. First, there was the total lack of order, crowd control or scene security. It was nearly impossible to walk freely on foot through the local streets, let alone drive any sort of tactical, rescue, or passenger vehicles. Once the team got down to the actual scene itself, it was a bit less chaotic and there were several CIMO (local SWAT team), PNH (Haitian National Police), UN and Canadian Police (Quebec City).

Once the team was on site and was able to move about some of the rubble, something was instantly apparent. Much attention was given to the children that had already been rescued; however, there were no measures taken to mark, cover or conceal those that had been crushed, pinned or pronounced dead. Cleaves covered and marked the location of the bodies for later extrication with some emergency blankets he had received while at the embassy.

According to Cleaves, the team began coordinating communication with the locals through their interpreter Billy to maintain scene integrity, as well as offering up Billy to some VATF personnel so they could enlist the Haitian firefighters in set-



U.S. Navy photo/Released

**Six seabees assigned to Underwater Construction Team (UCT) 1 were called upon to help when a children's school collapsed in the city of Port-au-Prince. UCT 1 was in the country of Haiti already in support of USAID relief efforts at Lake Miragoane about four hours away from the site of the collapse.**

ting the pipe shores. Once the pipe shores were in place on the two slabs that were identified as most threatening, the team, which included three dive team members, Tom Daugherty (U.S. Embassy Management Officer), and Lt. Col. Woolwine, worked their way around the backside of the collapsed school.

"We carefully made our way up over the rubble, clearing any loose debris with shovels and listening for anything that could be a potential trapped victim. It was decided that for the time-being we would clear what debris and rubble we safely could and await the search and rescue dogs that would arrive shortly," Cleaves said.

They worked well into the evening, but the cameras, listening devices and SAR dogs had not exposed any signs of life or potential live rescue at this

point. They were advised to depart the scene to get some rest and some solace from the sun and heat.

During the early morning hours a void was found with four survivors in it, and they were quickly whisked away by the locals to receive medical attention.

"We returned the next morning to continue our supportive efforts in whatever capacity we could offer, Cleaves said. "Most of the day, we were employed in a consultant capacity and as safety observers to the VATF and indigenous work crews."

At the conclusion of the second day they were again asked to stand-down for the evening and return to get rest, food and water. Cleaves remained on scene for a few more hours to provide any medical support

and coverage.

At the beginning of the third day UCT 1 personnel were redirected back out to their project at Lake Miragoane.

UCT-1's Commanding Officer, Lt. Cmdr. Greg Miller was proud of the effort his personnel put forth.

"Our personnel from Det. CHARLIE were deployed to Haiti performing underwater assessments as part of SOUTH-COM's disaster relief efforts from the recent hurricanes. When the school collapsed in Port-au-Prince, they were immediately redirected to assist with the search and recovery efforts. I am proud of each individual's professionalism as they quickly shifted their efforts to respond to this tragedy, and their demonstration of the Seabee 'Can Do' spirit of Underwater Construction Team 1."

## **New hair stylist at NEX Beauty Shop**

Kwan Lewis, a Gulfport native, is now accepting new clients at the NEX Beauty Shop on board the Seabee Center. Lewis has worked at the beauty shop for one month and has over 10 years of experience in natural looking sew-ins and healthy beautiful natural hair. Kwan's current hours are Wednesday to Saturday, 9 a.m. to 5 p.m. To make an appointment, call (228) 863-4820.



# NMCB 133 refreshes local memorial



Seabees from Naval Mobile Construction Battalion (NMCB) 133 along with retired Seabees from the Gulf Coast area stop for a group photo, left, after working together to paint the base of the mast from the USS Mississippi (CGN-40) and conduct general beautification maintenance, below, of the grounds at the Mississippi Vietnam War Veteran's Memorial in Ocean Springs in preparation for Memorial Day.

U.S. Navy photos by MCC Ryan Delcore/Released



## Recycling Saves, Recycling Pays

By NAVFAC SE Public Works

Currently, there are over 40 facilities participating in the CBC Recycling Program, comprising twenty different units or organizations. The recycling program recycles paper of all types such as magazines, newspaper, office paper, computer paper, and construction paper. Other recyclable commodities include cardboard, toner cartridges (in original cardboard containers), cell phones, plastic bottles (clear, translucent, and opaque), and aluminum cans.

According to Quality Recycling Program manager Bob Shiyou, the theme for this year is "Recycling Saves, Recycling Pays".

"In keeping with our theme, we're trying to get the word out that recycling saves valuable natural resources such as trees, water, coal, oil, minerals, and ore. It reduces green house gases and saves on utilities such as electricity and natural gas used in re-manufacturing processes," said Shiyou.

Recycling pays by reducing costs the installation incurs from solid waste disposal. For example, in 2008, CBC Gulfport kept 210 tons of cardboard, paper, and aluminum cans out of the landfill, saving tens of thousands of dollars in refuse disposal. Recycling continues to pay by returning a portion of the revenues to MWR for unit fund activities and various base-wide functions.

As part of the effort to increase awareness and participation in the recycling program at CBC Gulfport, QRP has been providing briefs to many units and organizations around the installation. If

See RECYCLE page 20

From WELL page 5

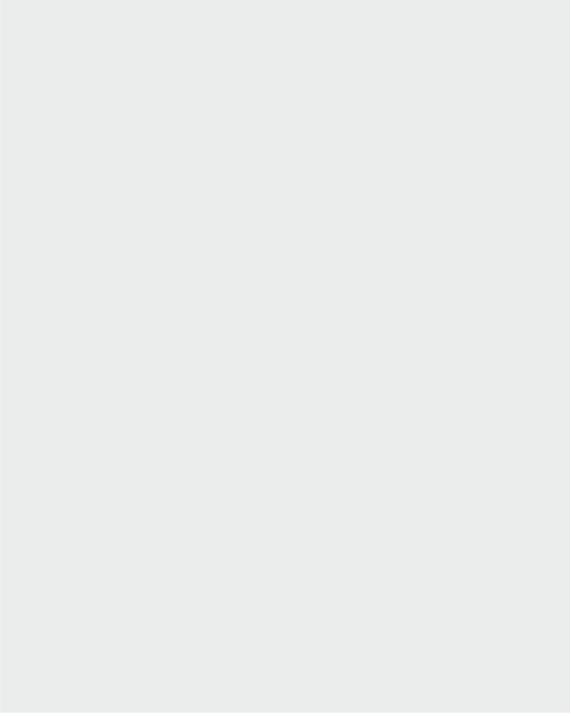
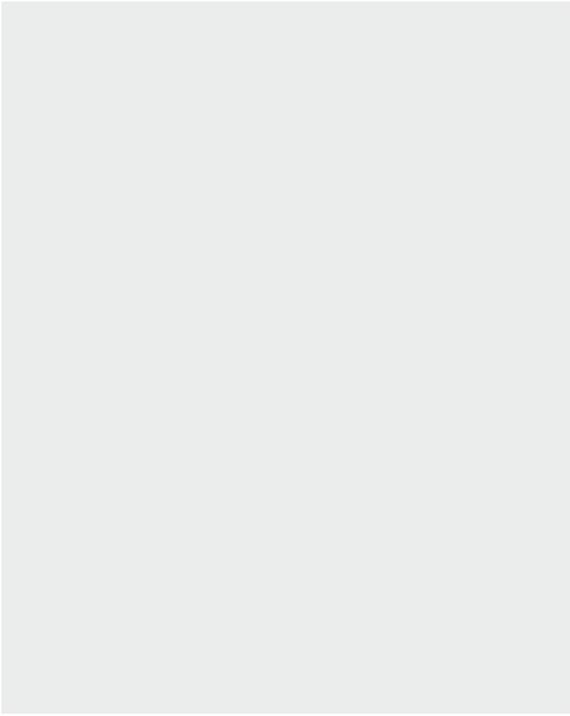
"successfully operated in a highly dynamic environment, expertly analyzed unique project requirements and executed the deep well drilling mission with utmost precision and expediency."

In addition to the water wells, the 'Bees volunteered their services to the installation, completing several small repair projects during their off hours.

"Your proactive approach in seeking out and completing various facilities repair projects during well drilling operation down time was most appreciated and a further testimony to your team's superlative attitude and 'can do' spirit," Maj. Gen Payne said in a message to the Seabees of "The First and The Finest."

"The work ethic of these fine men and women were indicative of highly motivated performers who were willing to go the extra mile in order to complete the mission for the GPO," added Page. "The water well crew of NMCB 1 displayed the professionalism and tenacity which should exemplify what a drilling crew should consist of in the Navy."

Fire Warden Training May 28, 2 - 3 p.m., Building 60, Room 105



May 21, 2009

Seabee Courier

**Lynn Meadows Discovery Center Salutes the Military** The Lynn Meadows Discovery Center is offering free admission to military families May 25, from 10 a.m. - 5 p.m. All active duty, retired and Reserve families are eligible. For more information, call the LMDC at (228) 897-6039.

## Concept of time and deployment

By Ann M. Jenkins, LMSW  
FOCUS, Gulfport

Young children do not have a great understanding of time. Therefore, it is hard for them to understand when the deployment cycle will start or finish. The following activity is designed to help make time more tangible or give them a visual for the concept of time.



There are variations from this original idea and one may design it to better fit their particular family or the child's favorite activity with the deployed parent or a happy family time. I do not know who to give credit for this great idea but it has been floating around FOCUS sites lately.

The original idea starts with the deployed parent's boots. Trace the boot(s) out of construction paper or card stock. Display them between two end points of "home" and "far away" or some other word or phrase your family uses for where the deployed parent is. ("War" is probably not the best term to use for this as it may produce high anxiety even with the very young.) This can be a huge display and it can take up separate parts of the room or it can take up a small area in the kitchen on the refrigerator. You may want to put it at eye level to the young child if possible. The idea is to put the boot(s) closer to the home end point or add a boot closer to the home endpoint each month. As each month passes, the child should see that the boot(s) are getting closer to home.

Be creative. Use any visual that will let the child know that time has passed and the deployed parent is getting closer to coming home. For example, one family may enjoy going out for ice cream together, so they could cut an ice cream cone out of construction paper and add a different colored "scoop" of ice cream each month. Keep those types of things in mind and customize it to your family.

See **TIME** page 20

## Recycling can contest results



The correct weight for the crushed aluminum can block displayed at the CBC Recycle Booth at Seabee Day 2009 was 38 pounds. There were six winners who each guessed 37 pounds. Winners are being notified by CBC Recycling.



# SEABEE DAY 2009



Photos by:  
Rob Mims  
Bonnie L. McGerr  
MC1 (SW) Terry Spain  
MC2 SCW) Gregory N. Juday  
MC2 John Hulle

## Record crowds turn out for Seabee Day 2009

By Bonnie L. McGerr  
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport welcomed more than 10,000 people May 9 to Seabee Day 2009. The annual event was the Seabee Center's way of inviting Gulf Coast residents, military families and civilian employees to join in and celebrate the contributions made by the men and women of the Naval Construction Force.

Promptly at 9 a.m., Carrie Dun-

can, meteorologist with local TV station WLOX-13 began her official duties as the master of ceremonies by welcoming guests and thanking the Seabees and their families for their service to America. Duncan then gave the guests a brief history of the Seabees.

With the presentation of Colors, the National Anthem was sung by Equipment Operator 1st Class Jennifer Briley. Once the Colors were posted, Capt. Ed Brown, commanding officer of Naval

Construction Battalion Center took the stage to address the crowd and introduce the guest speaker, Cmdr. John Adametz, commanding officer of Naval Mobile Construction Battalion (NMCB) 7.

Adametz spoke about the Battalion's most recent deployment, which transitioned from Iraq to Afghanistan midway through the deployment and involved moving a 60 planeloads of equipment to the new operational site. He gave

credit to civilian employees, communicators and trainers who ensured the success of the deployment through advanced planning and hard work.

"The seeds of success started months before the move," said Adametz.

The reading and presentation of Old Glory by Builder 3rd Class Vasti Plaza-Velez, along with six service members, served as a solemn reminder of the sacrifices that members of the military give

freely and without hesitation in service to their country.

The formal portion of the ceremony was capped off with a Vehicle Mounted Crew Served Weapons demonstration by NMCB 7 and a narrative of the action by Ensign Christopher Wal-drop. The convoy demonstration was repeated several times throughout the day, with the reverberation from the 50 cal ma-

See SBD page 13



From SBD page 14  
chine gun demonstration never failing to capture everyone's attention.

At the conclusion of the official ceremony, the crowd was invited to explore the grounds and enjoy all of the activities that the day had to offer.

Children climbed aboard military equipment and tried on gear which was strategically located throughout the parade field. Seabees were on hand to demonstrate the skills involved in build-

ing a bridge, while Navy divers from Underwater Construction Team One and Panama City, Fla. talked with guests and demonstrated their mission. Static displays throughout the event provided guests with an idea of the construction projects Seabees perform while deployed throughout the world.

A Super Squad competition featuring Seabees from homeported battalions and students from Naval Construction Training Center drew a big crowd of spec-

tators who cheered the competitors as they crawled, climbed, hefted and ran their way through the course during the heat of the day.

Another big hit was the Car, Truck and Motorcycle Show which drew more than 80 entries. Softball and golf tournaments kept visitors occupied at other locations on the Seabee Center.

There was also a steady flow of customers at the 89 food and craft booths sprinkled throughout the parade field. It was a rare sight to

see someone walking around without some type of tasty food treat in their hands.

Children impatiently tugged at their parent's hands, eager to go on a pony ride and try out the free carnival rides and games.

This year, Seabee Day 2009 also offered a wide variety of free musical entertainment throughout the day, including American Idol season 6 finalists, Chris Sligh and Phil Stacy, as well as home grown entertainment by pop/country soloist Jennifer Donovan,

rock/country music by Collins, Miss. natives, "The Cowboy Blues Band", and rock music selections by the "Myles Sharp Band".

"This was a tremendous event for our military families and community partners," said Captain Brown. "Our gauge of success was not just how many families attended but how many stayed for the better part of the day."

Next year's event promises to top this one. Seabee Day 2010 has been scheduled for May 8, 2010.

## Now Showing at the Training Hall (Bldg. 446)

May 22  
Friday

6 p.m. The Uninvited (PG13)  
8 p.m. Not Easily Broken (PG13)



May 23  
Saturday

Noon Yes Man (PG13)  
2:25 p.m. Streetfighter (PG13)  
4:15 p.m. Confessions of a Shopaholic (PG)  
6:30 p.m. Inkheart (PG)



May 24  
Sunday

1 p.m. Not Easily Broken (PG13)  
3:15 p.m. Inkheart (PG)  
5:30 p.m. The Unborn (PG13)

-All show times are subject to change without notice.  
-Theater opens 30 minutes before the first movie starts.  
-Concession closes 30 minutes after the last movie starts.  
-No smoking within 50ft. of the building.  
-All movies are FREE!

The concession/information number is 871-4775.

### Golf Standings as of May 13

Team	Won	Lost	Tie	Pct
NMCB 1	7	1	0	.875
NCTC	5	3	1	.611
METOC	6	4	0	.600
Fire Dept	6	4	0	.600
Security	4	4	1	.500
Training	3	7	0	.300
4 <sup>th</sup> AABN	1	9	0	.100

### Auto Hobby Shop

871-2804

• Use the vehicle lift and the first hour is free from May 26-29.

### Fitness Center

871-2668

• Starting in June, all Yoga and Cycling classes will be cancelled.  
• 3 on 3 Basketball League coming in June. Contact Sam Perkins for more information.

### Outdoor Recreation

871-2804

• Memorial Day Special-Rent a boat May 22 and bring back May 26 before 2 p.m. for \$70. That's a savings of \$105!



If you want to stay up on current events go to: [www.cnic.navy.mil/gulfport](http://www.cnic.navy.mil/gulfport). This website is a great source of information for all MWR facilities and events.

The MWR Hotline, 228-871-4MWR is updated monthly with information on MWR Happenings.

### MWR Memorial Day Hours of Operation

- Anchors and Eagles-Closed
- Auto Hobby/Outdoor Rec.-Closed
- Bee Hive Lounge-Closed
- CDC-Closed
- Grill- 7 a.m. - 2 p.m.
- Gym- 9 a.m. - 5 p.m.
- ITT-Closed
- Liberty Center-9 a.m. - 10 p.m.
- Pine Bayou- 6 a.m. - 7 p.m.
- Pizza Brothers-Closed
- RV Park- 7 a.m. - 5 p.m.
- YAC-Closed

### Liberty Center

871-4684

• Marshall Tucker Band at the Dock May 23. The Liberty Center will be proving FREE transportation leaving at 6:15 p.m.  
• Make your own sub night May 27, beginning at 4:30 p.m. and will continue until supplies run out.  
• Upcoming June Events: Five Star Iris in concert at the Training Hall June 10, and Pensacola Weekend Trip from June 19 - 21.

### Grill

871-2494

• Dine-In or Take-Out—Serving breakfast and lunch 7 days a week! Come and enjoy pancakes, omelets, rotisserie chicken, burgers, salads, wraps and more.

### Bee Hive Lounge

424-6892

• The Bee Hive Lounge has the perfect atmosphere for your leisure time. The Bee Hive is sure to have entertainment to please everyone housing flat screen TV's, dart boards and a pool table. The Bee Hive is the right place for a good time.

### Information, Tickets and Tours

871-2231/2126

• New Tickets In Stock! Big Kahuna's in Destin, Fla., Ship Island Excursion, Gulf Island Water Park one day and season passes, and Blue Bayou/Dixie Landin'.  
• Come and sell your stuff or come and find a bargain. Be sure to sign up no later than June 18 for the next Base Wide Yard Sale which will be held June 20 from 8 a.m. - 1 p.m. on the Grinder. Only \$10 to participate.  
• Looking for a weekend Getaway? Come with us to Atlanta, Ga! We will depart CBC at 4 a.m., July 18 and return at approximately 6 p.m. July 19. Prices vary but include round-trip transportation by deluxe motor coach and one night accommodations at the Holiday Inn Express Airport Atlanta.

# Community Notes

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members of NMCB 1 Seabees to attend NMCB 1 FRG meetings the first Thursday of every month at 6:30 p.m. at the Navy Operational Support Center (NOSC), building 114 (next to Broad Ave gate), preceded by a potluck dinner at 6 p.m. Children are welcome and baby sitting is provided during deployment. For more information, contact FRG President Angela Sourwine at: (228), 323-0036 or e-mail: a.sourwine@yahoo.com or FRG Vice President Rashelle Geddis at: (228) 224-1475 or e-mail: racechick40@hotmail.com.

**NMCB 7 FRG** welcomes friends and family members of NMCB 7 Seabees to attend NMCB 7 FRG meetings. The next meeting will be June 15, at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. For more information contact Shana Pitman at (228) 867-9968 or e-mail: shana\_pitman@att.net.

**NMCB 74 FRG** welcomes all friends and family members of NMCB 74 Seabees to join the NMCB 74 FRG. While the battalion is in homeport, the FRG will not be meeting on a regular basis. For more information, contact FRG President Torell Coquet at: (931) 338-8420, or Secretary Amy Tamplin at: (937) 570-0353.

**NMCB 11 FRG** welcomes all friends and family members of NMCB 11 Seabees to attend NMCB 11 FRG meetings the second Tuesday of every month at 6:30 p.m. in the Navy Operational Support Center (NOSC), building 114. Bring a dish to take part in the potluck dinner at 6 p.m. Children are welcome and baby sitting is provided.

**NMCB 133 FRG** invites all friends and family members of NMCB 133 Seabees to attend NMCB 133 FRG meetings the first Monday of every month at 6 p.m. at the Youth Center. Hall. Children are welcome and baby sitting is provided. For more information contact: NMCB133FSG@gmail.com

### Naval Officer's Spouse Club

The Naval Officer's Spouse Club holds monthly meetings the fourth

Thursday of every month at 6:30 p.m. in the Building 1 conference room. For more information contact: noscgulfport@yahoo.com.

### Navy-Marine Corps Relief Society

**The Navy-Marine Corps Relief Society Thrift Shop** is located in Building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers. Child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. New volunteers are always welcome. Visit the Navy-Marine Corps Relief Society offices at the Fleet and Family Support Center, Building 30, Suite 103, or call (228) 871-2610 to obtain information about becoming a part of the NMCRS volunteer team!

### Gamblers Anonymous

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

**Retired Activities Office** is located in the Fleet and Family Support Center and staffed entirely by volunteers for the retired military community. RAO's services are free and are intended to assist customers in obtaining their entitled rights, benefits, and privileges as a retiree, dependent, or survivor of a military service member. Hours of operation are Monday - Friday, 9 a.m. to noon. Call for an appointment at (228) 871-3000 ext. 35 or just drop in.

## TRAINING

**COMPASS** is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The 12 hour, three-day course is offered the last week of the month (Tuesday, Wednesday and Thursday) from 9 a.m. - 1p.m. in the CBC Chapel Fellowship Hall. The course and child care are FREE! Please R.S.V.P. (228) 871-3000 ext. 7444 Ask for COMPASS!

**Naval Sea Cadets - Gulfport branch** 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., Bldg. 60, Room 105. For more information contact Lt.j.g. Bowling at: (228) 313-9035 or coachcb\_yahoo.com; or AGC Enrique Acosta-Gonzalez at: (228) 871-3787 or enrique.acosta@navy.mil.

## SOCIAL

### Miss. Gulf Coast First Class

**Association** is seeking new members. Meetings are every Wednesday at 2:30 p.m. at CBC's Beehive, Building 352. Call MC1 Terry Spain at: 871-3663 or EO1 Denise Demontagnac at: (228) 871-2970 for more information.

### VFW Post 3937 Long Beach

is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of every month is Seafood night, the remaining Fridays are Steak night. Weekend breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Bill North at (228) 863-8602.

### VFW Post 4526 Orange Grove

is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. VFW meetings are held the first Wednesday each month at 7 p.m. Old and

new members alike are welcome and encouraged to attend. Call Post Commander Bill McNicholas at: (228) 832-0017 or Sr. Vice Commander Ben Barker at: (228) 832-3798 for more information.

## HERITAGE

**The Seabee Gift Store** has relocated to the new Training Hall, building 446 and is open Monday - Friday, 10 a.m. to 4 p.m., phone: (228) 871-4779. The shop has several command exhibits depicting the history of the Seabees. Our gift shop carries a variety Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of our new museum in Port Hueneme, Calif. The Web address is: www.seabee-museumstore.org/shop/index.php.



**Starbase Atlantis  
CBC Gulfport, Bldg 386  
(228) 871-3735/3469**

Session 1: 6/1-4\* \_\_\_\_\_  
Session 2: 6/8-1\* \_\_\_\_\_  
Session 3: 6/15-18\* \_\_\_\_\_  
Session 4: 6/22-25\* \_\_\_\_\_  
\*2 p.m. on day 4

Bring a sack lunch, a drink and a snack, and wear your Starbase t-shirt each day. Dress for the weather and don't forget sunscreen. Two permission forms will be emailed to you at the address you provide below. Please complete them and bring them to class on Day 1.

-----Cut here. Retain top portion. -----

Return to: Starbase Atlantis, 5510 CBC 8<sup>th</sup> St., Gulfport, MS 39501, OR by fax to (228) 871-3468 OR by email to shelley.bard@navy.mil

(Please mark your first and second choices)

1:	6/1-4	8:30 - 3 p.m.	*	_____
2:	6/8-11	8:30 - 3 p.m.	*	_____
3:	6/15-18	8:30 - 3 p.m.	*	_____
4:	6/22-25	8:30 - 3 p.m.	*	_____

\*2 p.m. on Day 4!!

Student Name: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
(Please print) School your child will attend next

Fall: \_\_\_\_\_

\* Call sign: \_\_\_\_\_ T shirt Size: S M L XL  
(T-shirts are adult sizes, and 100% pre-shrunk cotton)

Has student attended Starbase before? Year? \_\_\_\_\_  
Where? \_\_\_\_\_

Parent's Full Name: \_\_\_\_\_

Driver's License number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone number: Home \_\_\_\_\_ Work \_\_\_\_\_

\* Military style call signs are used in the program. Ask your child to select a short nickname or call sign to use for the week. If your child selects a call sign that has already been assigned, we will adapt his/her choice accordingly.

Park in designated parking spaces on board NCBC. Please do not park on the grass!

## **DEFY**

**FREE** 9-day Summer  
Camp for military and  
DOD children

8 1/2 - 13 years old

June 22 - July 2,

6:30 a.m. - 4:45 p.m.

Sponsored by

CBC Gulfport

DEFY's goals are to pro-  
duce youth with charac-  
ter, leadership and  
confidence.

Phase 1 is a challenging,  
fun-filled week and a  
half. Phase 2 is a year  
of mentoring.

Staff personnel are  
needed (officer and en-  
listed). Contact CE1 Tan-  
ner, (228) 871-2713,

email:

erica.s.tanner@navy.mil

or SK2 Lewis, (228) 871-

3412, email:

kurita.lewis@navy.mil.

Details at CBC website:  
<http://www.cnbc.navy.mil>

fault. Under that approach, when you die your surviving spouse will get your half of the house with the stepped up basis like the example with Clark. But your surviving spouse's half will stay at the lower basis like the example with Peter. You can give your surviving spouse a bigger tax savings if you both hold title as community property. Here's how it works. Bruce and Rachel get married and buy a house for \$100,000 taking title as community property. The house goes up \$50,000 in value and is worth \$150,000 when Bruce dies. He leaves Rachel his half. Since the fair market value of Bruce's half was \$75,000 when he died, the basis on that half becomes \$75,000. The magic of holding title as community

property is that Rachel's half automatically gets the stepped up basis too, making it \$75,000. It's called a double stepped up basis and in the end Rachel gets the house with a new basis

of \$150,000. Now when Rachel sells the house, the \$50,000 that she makes is tax free. Double stepped up basis can apply to many items in your estate and an estate

planning attorney can help you find those items and change title to community property if need be. You won't net the savings in your lifetime, but the family you leave behind sure will.

The Gulfport RLSO SE can be reached at (228) 871-2620. This article is not intended to substitute for the personal advice of a licensed attorney.

**Navy  
Seabee  
Veterans  
of  
America**

**63rd  
National  
Convention and  
All Seabee  
Reunion  
Oct. 12-16  
Gulfport, Miss.**

**Sponsored by the  
Gulfport, Miss.  
Island X1 Navy  
Seabee Veterans  
of America  
Visit our website  
at:  
[www.NSVAGulf-  
port.org](http://www.NSVAGulfport.org); or email  
questions to:  
allseabeere-  
union@  
cableone.net**

The Seabee Center USPS contract station is open on Saturdays from 9 a.m. to 1 p.m., as well as Monday - Friday, 8:30 a.m. to 1 p.m. and from 1:30 to 3:30 p.m.

From SPOUSE page 1

Tanya Queiro, a former Marine Corps noncommissioned officer, received the national 2009 Military Spouse of the Year award. She also received the service-branch award as the Marines' top military spouse.

Queiro's husband, Marine Corps Gunnery Sgt. Jose Queiro, is stationed at Camp Lejeune, N.C. They are raising three children: two sons, Jose, 12, and Marcus, 10; and a daughter, Adrianna, 8. Queiro said she met her future husband while she was in the Marines.

Other 2009 MSOY award service-branch honorees include:

**Army:** Misti Stevens, wife of Army Lt. Col. Wendell Stevens, Fort Campbell, Ky.;

**Air Force:** Susan P. Webb, wife of Air National Guard Master Sgt. Ken Webb, Air National Guard Base, Glasford, Ill.;

**Coast Guard:** Trish Pruett, wife of Coast Guard Cmdr. Jim Pruett, U.S. Coast Guard District 7, Miami; and

**Navy:** Christy Kuriatnyk, wife of Navy Lt. Cmdr. Alex Kuriatnyk, Naval Construction Battalion Center, Gulfport, Miss.

Military spouses support their husbands or wives and serve the communities in which they live, Mrs. Queiro said, noting that she and her husband have been married for 13 years. She volunteered to participate in the Marines' Lifestyle Insight, Networking, Knowledge, and Skills mentorship program, which provides new military spouses with knowledge about Marine Corps traditions, customs and courtesies and overall military culture. "All the volunteers are spouses teaching spouses," she explained. "So, we hand down best practices — things that have



U.S. Navy photo by MCI Jennifer A. Villalovos/Released

**Master Chief Petty Officer of the Navy (MCPON) Rick West speaks with Christy Kuriatnyk and her children, before the 2009 Military Spouse of the Year Awards Luncheon at the Ronald Regan Building and International Trade Center. Kuriatnyk is the wife of Lt. Cmdr. Kuriatnyk stationed at Gulfport Naval Construction Battalion Center, Ellersile, Ga. and is the Navy Spouse of the Year.**

worked for us and, hopefully, things that will work for them in their marriage."

Sergeant Queiro's said he's thankful for his wife's support while he's away performing special operations missions.

"I could walk out of that door at any time, head to Afghanistan or Iraq, and know that everything back at home will be all right when I get back," the gunnery sergeant said. "I don't have to worry about any issues in the rear; I know my wife is handling everything.

"That means a lot," he continued. "I can concentrate on the mission, and come back home alive."

Navy wife Christy Kuriatnyk and her husband, Alex, also have been married for 18 years. The couple has two girls and a boy. Alex, a lieutenant commander, is a "geographic bachelor" who works with a Seabee unit in Gulfport, Miss., while Mrs. Kuriatnyk takes care of the couple's two high-school-age children

who live at the family's home in Georgia.

"The role of a Navy spouse, basically, I think, is to support the service, as well as the active-duty member, in all matters," Mrs. Kuriatnyk said. She has a public-health job that enables her to work with the military community at Fort Benning, Ga., and she also volunteers for the Operation Homefront nonprofit organization that assists military families when their service member spouses are deployed.

"The Navy really has blessed us," she said, noting that she and her husband feel compelled in return to help military families in need and homeless veterans.

"My wife is the backbone of our family," Alex Kuriatnyk said of his wife's efforts in paying the family's bills and taking care of their children while he is away on military duty, which has included several tours in Iraq. She "supports the family when I'm not there," he said. "She's the hero."

PSD Gulfport I.D. card office now uses an appointment system for civilian and military I.D. cards. Walk-ins are still welcome, but customers may visit: <http://www.pasds.navy.mil/IDcards.asp> or call (228) 871-2322/2331 to schedule an appointment Monday - Friday from 7:30 a.m. - 4 p.m.

**Sounds by the Sea** The Gulf Coast Symphony will host their annual Sounds by the Sea, a *FREE* Memorial Day weekend concert at Jones Park in Gulfport May 23 at 6 p.m. and May 24 at Beach Park, Pascagoula. The open-air concert will feature patriotic selections and other quality musical numbers. Bring your picnic baskets and a blanket or lounge chair for an enjoyable evening of entertainment overlooking the Gulf of Mexico.

**From VOLUNTEER page 5**

While no specific log of individual service is required or encouraged, a service member should normally perform a sustained, hands-on community service over a 3-year period. Members assigned to deploying units may include deployed time in the 3-year period.

"Because of the current state of our economy, volunteer service has increasingly become more invaluable in response to the different needs of our fellow citizens," said Lowers. "As fears of unemployment linger and costs to goods and services increase, there is now an ever increasing call

for volunteers, skilled or unskilled, to help support our local organizations through basic operations, fund raising, or to assist local individuals on various tasking that would otherwise amount to severe financial costs, or time consumption. Volunteers help to ease the burden from all these effects and in addition, help to establish strong bonds of community and shared accomplishments."

To find out about community volunteer opportunities available through Naval Construction Battalion Center, contact NCBC Public Affairs Officer Rob Mims at [robert.c.mims@navy.mil](mailto:robert.c.mims@navy.mil).

**From RECYCLE page 8**

your organization would like to hear how you can participate in the

installation recycling program, give Bob Shiyou a call at (228) 871-2241.



U.S. Navy photo by NAVFAC SE Public Works/Released

**Ensign Mark McCoy, left, of Naval Mobile Construction Battalion 133 accepts recycling desk bins from Jack Bowles, CBC Recycling material handler. Those in need of recycling bins or more information in the installation recycling program can contact Bob Shiyou, (228) 871-2241.**

**From TIME page 10**

Involve the children at each point as much as possible, depending on their age. This will help them feel like the deployed parent is not going to be away "forever".

Deployment calendars can help older children follow the progress of time to homecoming as they have a better concept of time. However, the above activity could be done with the entire family. Elder siblings could help to come up with the best visual or complete the actual cutting out of the objects chosen.

Everyone in the family can share in this activity. Again, be creative and help the little ones understand the concept of time as they wait with us for the homecoming of our service members.

The FOCUS Project uses family training techniques to highlight areas of strength and resilience in the family and promotes family growth to help address current challenges. In both group and individual family service settings, family members are taught skills to improve emotional regulation, problem solving, goal setting, and communication.



## **Gulf Coast USO**

3001 6th St., Bldg. 306, (228) 575-5224

Snacks/Drinks, United Through

Reading Program;

Computers (4), with web cams, Email Access,  
Yahoo, Hotmail, X-Box.

Office hours: Monday-Friday, 8 a.m. - 5 p.m.,  
Saturday, 11 a.m. - 7 p.m., (Closed Sundays)



### **Seabee Memorial Chapel**

#### **Center Chaplains:**

**Cmdr. Macgregor McClellan, Protestant Chaplain**

**Lt. Leticia P.J. Rouser, Protestant Chaplain**

**For more information concerning other faith groups, call the chapel office at (228) 871-2454**

#### **Services:**

**Protestant: Sunday School, 9:30 a.m.**

**Sunday, 11 a.m. Divine Worship**

**Catholic: Sunday, 9:30 a.m., Family Choir Mass**

**Sunday, 10:40 a.m., Religion Education**

**Monday- Thursday, 11:30 a.m., Daily Mass**

**Gospel Service: Sunday, 8 a.m.**

# Keeping the 'Bee happy



U.S. Navy photo by MCI (SW) Terry Spain/Released  
Cmdr. Bill Sloan, chief staff officer of 20th Seabee Readiness Group, aims a water hose at the "winners" of the first-ever Naval Construction Battalion Center "Bee Wash Challenge" on the Center's grinder. The event raised approximately \$1,000 for the NMCRS. To date, over \$96,000 has been raised in the annual Active Duty Fund Drive.

May 21, 2009

Buckle Up for  
Safety . . .  
Every Time!

Seabee Courier

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