



# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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Naval Construction Battalion Center, Gulfport, Mississippi

June 17, 2010

## NMCB 11 Seabees run to honor memory of those who gave all



CAMP SHIELDS, OKINAWA, JAPAN - Construction Electrician Senior Chief John Beck of Naval Mobile Construction Battalion (NMCB) 11 carries the American flag during a Memorial Day remembrance run with fellow Seabees May 31. About 25 members of the Battalion participated in the memorial run to help celebrate the true nature of the holiday - to remember those service members who came before us and gave the ultimate sacrifice. NMCB 11 is currently deployed to Okinawa, Guam, and several other parts of the Pacific theater in support of Operation Enduring Freedom. (U.S. Navy photo by Utilitiesman 3rd Class Lalita Limpichart/Released)

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## SECNAV discusses future of alternative energy resources

By MC1 Doug Kinsey  
Naval War College Public Affairs

The Secretary of the Navy (SECNAV) shared his vision of a greener Navy and Marine Corps team, one that is more energy independent, but still remaining the greatest maritime force in the world, during a keynote address at the Naval War College's 61st Current Strategy Forum in Newport, R.I., June 9.

"It's a matter of energy independence, it's a matter of our security," said SECNAV Ray Mabus of the need for the Navy and Marine Corps to reduce dependence on foreign fossil fuels.

Attended by more than 1,200 participants, the 2010 conference explored the theme of "The Global System in Transition" by examining U.S. foreign policy in the emerging global order, the strategic leadership opportunities for the United States and the role of the maritime services in supporting the nation's key objectives. The two-day forum is hosted annually by SECNAV.

"It's a matter of making sure that when we need those ships at sea, when we need those aircraft in the air, when we need the Marines on the ground, we have the energy produced right here in the United States to do that," said Mabus.

Mabus, a former governor of Mississippi, U.S. Ambassador to Saudi Arabia and surface warfare officer, gave examples of efforts to become



Secretary of the Navy (SECNAV) the Honorable Ray Mabus delivers the keynote address during the 2010 Current Strategy Forum at the Naval War College in Newport, R.I. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien/Released)

less dependent on foreign fossil fuels.

"In April (2010), we flew the Green Hornet, an F-18 Hornet. The Green Hornet, a regular off-the-shelf F-18, supersonic, flew on a mixture of regular gasoline and biofuel, biofuel made from camelina," said Mabus.

Camelina is a small mustard seed that has the potential to be grown in rotation with wheat in every state.

Becoming greener serves tremendous tactical imperatives as well, said Mabus.

"The example that I like to use is getting a gallon of gasoline to a Marine front line unit in Afghanistan," said Mabus. "You have to put that gallon of gasoline on a tanker. You've got to take it across the Pa-

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## Committed to Excellence



Nine newly frocked Sailors assigned to Naval Construction Battalion Center (NCBC), stand at attention and receive congratulations from Cmdr. Victor Velasco, chief staff officer 20th Naval Construction Regiment (NCR) and Master Chief Clinton George, at morning quarters July 10 on board the Seabee Center. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)

Hurricane season is here . . . Do you know what you and your family will do if a hurricane is headed toward the Gulf Coast? — Visit Emergency Management at [https://www.cnic.navy.mil/Gulfport/Service\\_Organizations/EmergencyManagement/index.htm](https://www.cnic.navy.mil/Gulfport/Service_Organizations/EmergencyManagement/index.htm) to help you answer the question. Do you know how to get info about current tropical cyclone conditions and base actions? There are several avenues to get accurate info quickly including the Base Website at [www.cnic.navy.mil/gulfport](http://www.cnic.navy.mil/gulfport), Facebook (sign up for SMS alerts) at <http://www.facebook.com/pages/Gulfport-MS/Naval-Construction-Battalion-Center-Gulfport/161404016711?ref=mf>, Twitter at <http://twitter.com/SeabeeCenter>, Base Marquees, AtHoc (CAC card holders only), and 228-871-4777.

## 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.

## Skipper's Log

### Greatest strengths

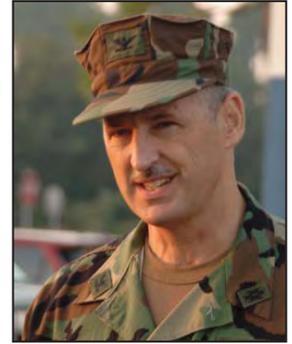
By Capt. Ed Brown  
 CO, NCBC/CMDR 20TH SRG

Hopefully you all know what your greatest strengths are. Some people are athletic, some are smart and some are great negotiators. Every one of you has a special talent. I have watched the most junior person interact in a group setting and observed all eyes on them. Clearly that junior person, while not a leader by assignment, had strong leadership skills; unrefined skills, but skills never-the-less.

If you haven't taken the time to sit down and take note of your best attributes, do so at your earliest opportunity. What comes easy to you? Are these traits pronounced? Would people close to you agree? Ask them?

Are you the mediator, the director or the do'er? Are you the idea person or the social butterfly?

It's important to know these strengths because you use these traits all the time. Here lies the challenge. When dealing with others, can you see how these positive attributes



**Capt. Ed Brown**

can be viewed as negatives. The person seeing themselves as driven may be viewed as inflexible. The negotiator could be viewed as unable to stick to a cause. The social butterfly may be thought of as only getting ahead because people like them.

All these perceptions are unfair and untrue in most cases. We need to know however, how people may view us and work hard to ensure we present a full picture of ourselves. This is hard work and to become our best requires making ourselves more than what people see on the outside.

## Hospital Corpsman Anniversary Celebration . . .

On behalf of all Corpsmen past, present and future, everyone is invited to attend a ceremony celebrating 112 years of faithful and dedicated service by Navy Hospital Corpsmen June 17, at 11 a.m. at the Training Hall.

## 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.

# Balfour Beatty Communities strive for '5' in housing survey

From *Balfour Beatty Communities*

The Annual CEL Housing Survey time is upon NCBC Gulfport once again. In a few weeks, family housing residents will be receiving the CEL Resident Satisfaction Survey. Balfour Beatty Communities encourages residents to fill them out and return them.

By completing and handing surveys in, residents will qualify for weekly drawings.

The survey is part of a performance assessment program.

Balfour Beatty Communities ranks "extremely" satisfied and "very good" a passing grade on the survey and any score that is less than this is considered unacceptable.

"We truly strive to exceed our resident's expectations and hope that every resident enjoys their home and the services that we provided,"

explained Courtney Collier, Community Manager for Balfour Beatty Communities.

Once residents complete their surveys and seal them in the

postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Collier, "it's important for residents to fill them out honestly."



President Barack Obama speaks during a ceremony in which NAVFAC Southeast employee Bennie Boren was presented with the 2010 Frances Perkins Vanguard Award during National Small Business Week in Washington, D.C. Boren is the acquisition supervisor and small business specialist at Public Works Department (PWD) Gulfport at Naval Construction Battalion Center. (Photo courtesy of PWD Gulfport)

## NAVFAC Southeast Civilian earns Small Business Award

By NAVFAC Southeast Public Affairs

Bennie Boren, an employee from Naval Facilities Engineering Command (NAVFAC) Southeast, was presented the 2010 Frances Perkins Vanguard Award during the National Small Business Week in Washington D.C. May 25.

"We're thrilled that Bennie has received this well-deserved recognition, said NAVFAC Southeast Deputy for Small Business Nelson Smith. "His hard work and dedication to providing maximum opportunities for Women-Owned Small Businesses exemplifies NAVFAC's commitment to the Small Business program."

Boren is the acquisition supervisor and small business specialist with Public Works Department Gulfport on board Naval Construction Battalion Center (NCBC) Gulfport.

"Today we celebrate the contributions of the outstanding business leaders, government officials and small businesses whose inspiring work in the federal contracting arena are creating jobs and helping lead economic recovery," said SBA Administrator Karen G. Mills

during the ward presentation.

The Frances Perkins Vanguard Award honors government and industry for excellence in the use of women-owned small businesses as prime contractors and subcontractors.

"Contracting with small businesses is a win-win for both the government and small businesses: the government gets access to the most innovative companies and small businesses get the oxygen they need to grow and take their businesses to the next level," said Mills. "That's why it's so important that more than \$7 billion in federal contracts have already been awarded to small businesses under the American Recovery and Reinvestment Act."

Small Business Week featured a series of forums on Innovation, Exporting and Social Media, designed to help entrepreneurs with current, real-world issues that impact their businesses.

Every year since 1963, the President of the United States has proclaimed National Small Business Week to recognize the contributions of small businesses to the economic well-being of America.



June

**Dog Days of Summer:** This will be a two month event. Throughout the month of June we will be accepting donations for the South Mississippi Humane Society. ( Check your flyers for "Wish List". Drop off stations at Community Management office and Community Pool House. In July we will put on a "Doggie Wash" with the Humane Society. More Details Coming Soon !!

**17 June: Father's Day Craft** - From 2 p.m. - 4 p.m. stop by the Community Management Office where we will be making our dads their very own cookie jars. We are going to fill them with fresh baked cookies! We will have "cookie jars" available, but if you have any old Pringles cans please bring them with you.

**20 June: Father's Day** - Balfour Beatty Communities would like to wish all our Dad's a very Happy Father's Day!

**22 June: Community Town Hall Meeting** - All residents are invited to meet with Balfour Beatty, Base Security, and Fire Department at the Seabee Heritage Center at 3:30 p.m. where any suggestions or concerns will be addressed.

**23 June: Tie - Dye T-Shirts with a Summer Splash** - Summer is officially here, so we will be at the pool. Come join us from 2 p.m. to 4p.m. and make your own tie - dyed T - shirt!

**25 June: Grand Opening Pool Party** - Join us at the pool today for the Grand Opening Party! Free Food, Music, Fun! Don't forget the sunblock! The party kicks off at 1:30 p.m.

**26 June: Northpointe Preserve's Summer Splash** - Mark your calendars! All residents are invited to meet at Northpointe's Tot Lot at 10:30 a.m. where we will kick off summer with a "Splash". Water Moon Bouce's, Free Food, Music, Jungle Buggy! Event you don't want to miss!!

# MWR provides summer relief for military families

By MC1 (SCW) Demetrius Kennon  
NCBC Public Affairs

The Morale, Welfare and Recreation department on board Naval Construction Battalion Center currently offers a plethora of activities for families attached to the base this summer.

The Summer Youth Program 2010, run by the MWR Youth Center, is an 11-week program offered to active duty military and DoD civilian families. Children entering the program must be between the ages of five and 12. The program includes weekly field trips, daily social development activities, and special activities including karate, pottery, swimming and more.

Families interested in outdoor activities can check out MWR Outdoor Recreation located at Auto Hobby.

"We have Outdoor Recreation which is a place where you can rent kayaks, canoes, camping gear, and party equipment, but we also do trips every month," said Nicole Lewis, MWR marketing and publicity coordinator. "Every weekend Outdoor Rec. offers trips both local and far, like to the zoo, to the beach, to concerts. This month they're going to do a trip to Atlanta, Ga., and we're calling it the 'Father's Day Get-away' so that mom, dad, and the kids can all get away, catch a Braves game, go to Six Flags or White Water Park and hang out."

The trips through Outdoor Recreation are open to a wider audience to accommodate families on the base.

"Sometimes liberty trips are only for single Sailors. The Youth Center trips are only for kids from five to 12," Lewis added. "The great thing about Outdoor Rec trips is that they're for anyone including retirees, DoD employees, dependents, and active duty, so a lot more people can take advantage of that."

Families that enjoy working out are able to participate in a number of activities offered at the base gym.

"We have several group fitness classes that we offer right now for moms or dads," said Lewis. "We have one called Stroll-n-Stride



Children enrolled in the Summer Youth Program take time out for a photo at the Audubon Zoo in New Orleans, La., during one of their weekly field trips. The Summer Youth Program, run by the MWR Youth Center, is an 11-week program offered to active duty military and DoD civilian families. (U.S. Navy photo/Released)

which is where the moms bring their little ones that are in strollers, and they walk around the track and do exercises on the outdoor fitness equipment. We also have another family oriented fitness class that is called Tiny Tots for moms with babies up to nine months old, and it helps the mom work out while bonding with her baby."

Because kids are out of school for the summer, the gym has extended the hours for family swimming.

Additionally, the Information, Tickets and Traveling (ITT) office continues to offer discounted prices on tickets to popular venues such as Disney World in Orlando, Fla., the Audubon Zoo in New Orleans, La., and Six Flags in Atlanta, Ga., and the Training Hall is a local escape for those families who enjoy dinner and a [free] movie.

For more information on these MWR family opportunities as well as many more, call 228-871-2127.

# NMCB 133 'Roos work to build up Camp Kopp

By BU3 Joseph Coyle  
NMCB 133 Public Affairs

A small group of Seabees from Naval Mobile Construction Battalion (NMCB) 133's Det. 2 have completed numerous projects in a short time at Camp Kopp, located within Camp Leatherneck, Afghanistan.

The small group of Seabees located within Camp Kopp's 12' high Hesco Barrier walls completed the build-out of a 1500 square foot facility two days ahead of schedule.

The crew worked well together, learning from each other along the way and experiencing all the different facets of construction trades. Many members of the crew were tasked with jobs outside of their skill set. Rather than letting this obstacle slow the group down, each individual embraced the opportunity for a challenge and showed just how proficient a Naval Mobile Construction Battalion can be when faced with adversity.

Det. 2 was later assigned to

construct nine K-span buildings within Camp Kopp. Builder 2<sup>nd</sup> Class David Jackson and Construction Mechanic 2<sup>nd</sup> Class Beau Cooper were able to successfully lead and educate the crew in the construction of their first K-span before the first week ended.

With a number of potential safety issues involved in the construction of such structures, the crew has implemented a number of daily safety topics to ensure that everyone understands the inherent risk of working with such large machinery. Each member understands that situational awareness is paramount, and in the process of understanding, Det. 2 has had zero safety mishaps throughout the construction.

Morale and production on Camp Kopp is high. Although the camp is just under 200 personnel, there is still a lot of work to do on a daily basis, and the Runnin' Roos of NMCB 133 are looking forward to the challenges that lie ahead.



AD SPACE

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Fire fighters assigned to Naval Construction Battalion Center Gulfport (NCBC), work together during a semi-annual Live Air Craft Fire Training June 1 at the Seabee Center grinder. The firefighters were trained by members of Naval Air Station Pensacola Fire Team. (U.S. Navy photo by Mass Communication Specialist 1st Class Terry Spain/Released)

AD SPACE

AD SPACE

# Runnin' 'Roos of NMCB 133 'Kings of the Mat'

By ET2 Andrew Brieno  
NMCB 133 Public Affairs

Seabees with Naval Mobile Construction Battalion (NMCB) 133's Det. Shindand are constructing the largest Aluminum Marsden Matting project ever attempted by Seabees outside of the continental United States.

The Runnin' 'Roos' arrived at the airfield in late March and immediately began preparing for the tremendous task ahead: Over 1.1 million square feet of AM2 matting to be used as aircraft parking and taxiways, expanding on the airfield built by the Soviet Union during the Cold War.

Steel Marsden matting was

first used by Seabees in World War II to construct airfields on legendary battlefields like Guadalcanal and Iwo Jima. Today's Marsden matting consists of interlocking aluminum sheets strong enough to allow aircraft to land, take off, and taxi as they normally would. The sheets are light enough to be handled by a small crew and permit airfields to be constructed much faster than traditional asphalt and concrete would allow.

A surveying team led by Engineering Aide 2nd Class Zachary Cunningham and Engineering Aide 3rd Class Heather Mosby surveyed the 120 acres of future airfield. The team created a hyper-ac-

curate topographical map of the area so that heavy equipment operators using bulldozers and graders would know exactly how to shape and sculpt the land. The preparation paid off when the Det.'s equipment operators took over. Working long days in dusty conditions the EP filled in holes and pushed down hills until the ground was like glass.

"I couldn't be prouder of these young EP... they operate like seasoned professionals," said Equipment Operator 1st Class Shane Breyette, Alfa platoon commander and project supervisor.

Now crews like the one led by Equipment Operator 2nd Class (SCW) Josh Ault are installing, or "slammin' mat" as the 'Bees call it, on a daily basis. So far the crews have installed over 21,000 square feet of AM2. As they become more accustomed to the installation procedures their pace will accelerate, until all 120 acres becomes usable airfield. Operations at Shindand Airfield will be greatly enhanced by the extra space created by the 'Roos of 133.

Combat construction with Marsden matting is nothing new to Seabees. Those Seabees who used it to create airstrips on the shores of Tinian and in the jungles of Guam would be proud of their modern day counterparts "paving the way to victory" in Shindand, Afghanistan.



Seabees from Naval Mobile Construction Battalion (NMCB) 133 lay Aluminum Marsden Matting in order to convert 120 acres of land into usable airfield during the airfield expansion project at Shindand Airfield, Afghanistan. NMCB 133 is currently in the Central Command's Area of Operations while on deployment in Afghanistan. (U.S. Navy photo by Electronics Technician 2nd Class Andrew Brieno/Released)

**CYP Survey . . .** The Child and Youth Program (CYP) needs to hear from you if you have a child (or more than one) who lives with you at any time during the year and who is eligible to participate in Navy children's programs. Please enter this link into your web browser to take a short survey: <https://www.surveymonkey.com/s/7QMFPBY> The survey covers such areas as child care needs, hours of care you might need, school transportation, youth programs, and youth sports options. It will only take about 10 minutes and will help to determine the needs of all eligible patrons aboard the base. If you wish to fill out a written survey instead of the on-live survey, you may get a printed copy at any of the installation CYP facilities.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 use a screedboard to remove excess concrete from formwork during a concrete placement in Thies, Senegal. NMCB 7 and its detachments are currently deployed to various locations throughout Europe and Africa as part of the battalion's regularly scheduled 2010 deployment, with the main body of the battalion operating from Camp Mitchell, Spain. (U.S. Navy photo/Released)

## Seabees with NMCB 7 break ground in Thies

By BUCN Zachary A. Wallace  
NMCB 7 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 Det. Senegal have begun construction projects in Thies (pronounced chess) to support Exercise Flintlock 2010, a part of the African Partnership Initiative.

The Det. will concentrate their construction efforts on two projects; a Military Operations on Urban Training facility and a Known Distance Range for small arms training. Shortly after arriving in Thies and establishing their base camp, the Seabees quickly mobilized project crews and began working at their respective project sites.

Construction of the MOUT facility will require the Seabees to place and finish more than 420 linear feet of concrete formwork, to include the mixing of 32 cubic yards of concrete by hand.

"I couldn't have asked for a better group of Seabees to complete this tasking," said Builder 2nd Class Richard Santiago-Martinez, project crew-leader.

The Seabees expect that the

\$50K MOUT facility, estimated to require more than 210 man-days of labor to complete, will be finished by the end of June.

Construction of the small arms range will require the Seabees to place and finish more than 436 linear feet of concrete formwork, to include mixing 25 cubic yards of concrete by hand. This project, at an estimated cost of \$16,648, will encompass 155 man-days of labor.

"Each crew, armed with various skill sets, areas of expertise and a "Can Do" attitude is meeting all challenges head on," said Chief Warrant Officer Antoine Stephens, detachment officer in charge.

Flintlock is part of an annual exercise program aimed to strengthen security institutions, promote multilateral sharing of information, and develop interoperability among the partner nations of the Trans-Sahara Counter-Terrorism Partnership. As part of this program, Flintlock helps to achieve United States Africa Command objectives for military-to-military training and multinational regional cooperation.

# Seabees, Latvia builders finish fire training tower renovation

By Gunita Midliniece  
NMCB 7 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 7 assisted Latvia's Fire and Rescue Services with the renovation of a fire training tower that opened May 26 in Ventspils, Latvia.

The renovation was made possible by the close partnership of the Latvian Ministry of Defense and the U.S. Embassy's Office of Defense Cooperation.

The Ventspils Fire and Rescue Service Division protects approximately 45,000 people in more than 2,530 square kilometers of territory and employs 113 personnel.

The Office of Defense Cooperation via U.S. European Command's Civil Military Operations office provided \$25,000 to renovate the Ventspils fire training tower. The renovation was the first time humanitarian assistance and humanitarian civic assistance funding were used to complement each other to accomplish a humanitarian assistance project in Latvia.

A Latvian contractor teamed up with 24 Seabees from NMCB 7 to complete the project. The Seabees were in Latvia supporting preparations for exercise Baltic Operations

(BALTOPS) 2010. The partnership will continue when another unit of Seabees arriving for BALTOPS will team up with a Latvian contractor to renovate a bathroom in a Ventspils orphanage and fix a school auditorium in the city of Liepaja.

"Our mission is to provide exercise-related construction and humanitarian civic assistance in support of BALTOPS 2010," said Ensign Li-wei Chen, Deployment for Training (DFT) Latvia officer-in-charge.

The Latvian armed forces also played an integral role in this project by assisting with logistical support for the Seabees.

"Their combined support has been a tremendous aid in assisting us with material contractors and general communications," said Chen.

The Seabees had a great experience working with the 46th Battalion of the Latvian Army National Guard.

"Having been on multiple detachments and DFTs, I think that this will be some of the best experiences the younger Seabees will have," said Chief Equipment Operator Jerry Greer, senior enlisted advisor and assistant officer-in-charge. "I'm looking forward to a safe deployment and hope the

troops take back great memories of our partnership with the Latvians."

The fire training tower project is one of many disaster preparedness projects undertaken by the U.S. Embassy's Office of Defense Cooperation in Latvia, in close cooperation with the Latvian government and the Latvian National Armed Forces. Projects like these are possible because of the successful relationship that the U.S. military has with its Latvian counterparts.

In addition to the training tower, 10 fire and rescue stations across Latvia, including Ventspils station, will receive renovations in the next few years at a total value of \$1.9 million. The Ventspils station has been approved for renovations to replace two garage doors and reconstruct a garage. Financial support for these projects will be provided by the U.S. European Command through its Civil Military Operations programs.

NMCB 7 and its detachments are currently deployed to various locations throughout Europe and Africa as part of the battalion's regularly scheduled 2010 deployment, with the main body of the battalion operating from Camp Mitchell at Naval Station Rota, Spain.

**Naval Mobile Construction Battalion (NMCB) 7 Seabees, left, U.S. Ambassador Judith Garber, center - left, Captain Vilguts, commanding officer of the 46th Latvian Army National Guard, center - right, and Ventspils firefighters stand in front of a newly renovated fire training tower. NMCB 7 Seabees performed \$25,000 in renovations to the tower during their detachment to Ventspils, Latvia in support of Exercise Baltic Operations (BALTOPS) 2010. (Official U.S. Navy photo/Released)**



Seabees with Naval Mobile Construction Battalion (NMCB) 11 are pictured holding the American flag in triumph after battling through a rainy Memorial Day run designed to celebrate the holiday. Several Seabees ran 20+ miles in an effort to highlight the meaning of the holiday. NMCB 11 is currently deployed to Okinawa, Guam, and several other parts of the Pacific theater in support of Operation Enduring Freedom. (U.S. Navy photo by Utilitiesman 3rd Class Lalita Limpichart/Released)

## NMCB 11 Memorial Day run honors those who paid with their lives

By MC1 (SCW) Nicholas Lingo  
NMCB 11 Public Affairs Officer

Memorial Day is a day set aside that gives Americans the opportunity to reflect on the hardships, turmoil and lives that have been changed by the conflict we have been involved in and especially the loss of lives by our fallen brethren in arms.

To celebrate this somber yet momentous occasion, Seabees from Naval Mobile Construction Battalion (NMCB) 11, forward deployed to the Pacific Rim in Support of Operation Enduring Freedom, decided the best way to honor service members in the past, present and future was with a remembrance run. Senior Chief Construction Electrician John Beck, one of the participants in the run, ran nearly 28 miles over a four and a half hour period.

"We came out to honor all those service men and women who paid the ultimate sacrifice, and I figured what better way than to go out and parade the American flag around our base. Putting my body through a little bit of pain is nothing compared to what those service members felt or the pain their families felt when they lost their

loved ones."

Around 25 people took part; some ran multiple legs of the race and some ran the entirety or close to it, but throughout this grueling race the true meaning of this day of remembrance was never far from minds of the vigilant athletes.

"We weren't just running around, we wanted to make sure people knew what the importance of Memorial Day was, so as we would get to tough parts on the course, we would mention to one another, 'think about the folks who died at Pearl Harbor, think about the folks who died at Iwo Jima, think about all those who have gone before us to give us the liberties we are enjoying, that we ourselves have committed ourselves to possibly die for,'" added Beck. "To me this day means to give thanks, that I have the ability to come to work every day and that I live in the freest and greatest country in the world."

The end result may have been to run, but these Seabees were not running from the past, they were running to impress upon those with a lack of understanding, that what we're doing, is hopefully running toward a better future.



From **ENERGY** page 1

cific. You have to put it into a truck, and truck it over the Hindu Kush and down through Afghanistan. Now, as you do this, you've got to guard it."

Mabus explained that convoy duty for that gasoline takes, "Marines away from what Marines should be doing; fighting, engaging, helping to rebuild that country."

Mabus also talked about the Navy's first hybrid ship, the amphibious assault ship USS Makin Island (LHD 8), which sailed from Pascagoula, Miss., to its homeport in San Diego, saving almost \$2 million in fuel costs by using an electric drive for speeds of 10 knots or less.

"Over the lifetime of that ship, if fuel prices remain absolutely the same, we will save about a quarter of a billion dollars in fuel. We're prototyping that engine to be retrofitted onto our guided-missile destroyers so that we can begin to move that further out into the fleet," said Mabus.

SECNAV said that great change is almost always met with great resistance.

"We changed from sail to coal in the 1850s. We changed from coal to

oil in the early part of the 20th century. We went to nuclear for our subs and our aircraft carriers in the 1950s," said Mabus.

"Every single time that we made one of those changes, there were people that said you are abandoning one source of proven energy for one that you do not know whether it will work, and by the way, it's too expensive," said Mabus.

Mabus is confident that results will show that progress in adopting alternative energy sources will prove yet again to be vital for the Navy's future.

"The Navy and Marine Corps fulfill every mission given to them, including helping us become energy independent," said Mabus.

Mabus also spoke directly to Naval War College students, challenging them to fulfill their leadership duties as they continue their careers.

The legacy of the Navy and Marine Corps is a legacy of leadership," said Mabus. "It is up to you students of the War College to maintain that legacy. You follow in some amazing footsteps. It's your turn to write the next chapter for our military services and our country. Write them well."

**Pedestrians have the right of way on board NCBC, drive with care!**

**AD SPACE**

## **Installation Antiterrorism**

### **Note . . .**

All personnel should be alert and inquisitive about strangers, especially those seen loitering, taking photographs or notes near the installation's perimeter or gate areas. Be suspicious of items that don't belong in the area and be alert for abandoned parcels. All suspicious activity should be reported immediately to Security at (228) 871-2361.

**AD SPACE**

# First responders take part in Emergency Vehicle Operator Course

By EO2 (SCW) Elizabeth Saranto  
NCBC Public Affairs

Every day, drivers of virtually every type of emergency vehicle are required to operate beyond the limits normally experienced by the private driver. The nature of fire and ambulance driving during emergencies often places extreme demands on both the driver and the vehicle. The Emergency Vehicle Operators Course (EVOC), held on board Naval Construction Battalion Center (NCBC) in early June taught drivers to avoid the types of accidents most often experienced in the line of duty.

"The confidence course gives them a series of veering scenarios which they have to maneuver through safely without hitting any of the cones, and they have to do it in a prescribed time limit," said Brian Webb, EVOC instructor and assistant fire chief at the Seabee Center.

NCBC fire fighters trained on the standard pumper and ladder trucks, and security personnel trained on military police SUV's at the 'Bee Grinder.

"The course enhances operator efficiency while driving an emer-



**Demetrius Baldwin** a Fire inspector assigned to the NCBC Fire Department concentrates on driving a fire truck during Emergency Vehicle Operators course held on board NCBC grinder June 8. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Saranto/Released)

gency vehicle under emergency conditions," Webb stated.

EVOC training is held every two years or whenever a new person arrives. The fire and security departments are the two prominent outlets on NCBC who participate in EVOC.

"There are different driving conditions. We have the alley dock which simulates backing into tight spaces, also a serpentine to weave

in and out of, and a change lane in case you have a vehicle stopped in front of you so you're able to get around it," said Demetrius Baldwin, a fire inspector on board NCBC.

At the conclusion of the training EVOC students had gained a greater understanding of vehicle and traffic laws, as well as their rights and obligations under the law.

## Time honored tradition



**Builder 3rd Class Eric Larson**, left, renders a hand salute to the U.S. flag as **Steelworker 3rd Class Matthew Golden** prepares to raise the flag during morning colors on Flag Day at Naval Construction Battalion Center. In August 1949, President Harry S. Truman proclaimed June 14 as Flag Day, a yearly commemoration which encourages all Americans in the country to display the Stars and Stripes outside their homes and businesses. (U.S. Navy photo by Mass Communication Specialist 1st Class Terry Spain/Released)

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### Interested in volunteering?

Check out  
[www.volunteer-mississippi.org](http://www.volunteer-mississippi.org) for  
information on  
volunteer  
opportunities in  
your community.

AD SPACE

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# Buzz on the Street



By EO2 (SCW) Elizabeth Saranto  
NCBC Public Affairs

**What is your favorite  
summer vacation  
spot?**



*"Aspen, Colo., I love  
the mountains."*

**YN3 (SCW) Kristen Frutiger**  
20th SRG  
Hometown: Peyton, Colo.



*"Florida, because of the  
amusement parks and of  
course, family."*

**YN3 Crystal Morales**  
20th SRG  
Hometown: Bronx, N.Y.



*"Ocean City, Maryland,  
because of the Boardwalk."*

**SW3 Monica Berkey**  
CBC  
Hometown: Danville, Pa.

To receive an electronic copy of the Seabee Courier, send an e-mail to [seabecourier@navy.mil](mailto:seabecourier@navy.mil)

AD SPACE

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# Focus on Education

## Summer is the time to SOAR

From Kevin Byrd  
NCBC School Liaison Officer

School is out! Your child has been home a week or two depending on the school district. Now you hear the famous words "I'm bored!" To make sure that boredom doesn't set in and those academic skills don't become rusty during the summer, log on to [www.soarathome.com](http://www.soarathome.com) and register for an account. SOAR (Student Online Achievement Resources) is an online program for military families and their civilian classmates. This internet-based program allows students in grades 3 to 11 to reinforce and review skills, practice what they have learned, and even learn new skills. And best of all, this resource is free.

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials. There are both video and printable tutorials available to parents to assist them as they navigate through SOAR. You just login and click Educational Resources Kit, Parent Tutorials.

Additionally, SOAR has expanded its list of resources with the release of Making Sense, developed by the University of Northern Iowa. Making Sense consists of engaging videos and resources targeting math and literacy skills and is available to registered users on the SOAR website under the Educational

Resources Link; click on SOAR Learning Videos.

Think Aloud! Making Sense of Literacy helps students and parents make sense of challenging literacy concepts. Through engaging videos, the inquisitive Knowledge Seekers demonstrate how to examine the thinking that goes on inside their heads as they process or create text. By using Thinking Aloud! Videos and supplementary resources, students develop the literacy strategies necessary to construct understanding and flexibly apply them to new situations.

Problem Solved: Making Sense of Mathematics helps students and parents make sense of challenging math concepts and procedures. The video in the series build the viewer's conceptual understanding of mathematics by working through interesting real-life situations. Supplementary resources give students the opportunity to check and extend their reasoning by solving problems similar to those in the video.

Once vacation is over and your child returns to school next year, SOAR can continue to be used for enrichment resources, but it can also be used for remediation if your child has to stay home due to an illness. SOAR can provide engaging online activities to supplement the work sent home from school. Students can search the Skill Resources from their home page to find activities on a specific math or reading topic they might be studying at that time.

Have a Great Summer!

## Academic Achievement



NCBC Gulfport Navy College representative Dr. David Drye presents Culinary Specialist 1st Class (SCW) Roslyn Barner with her Bachelor of General Studies degree from Fort Hays State University. Barner is stationed with the Construction Battalion Center (CBC). (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Saranto/Released)

## Gulf Coast school registration dates

School phone numbers can be found at: <https://www.enic.navy.mil/Gulfport/OperatingForcesSupport/MilitaryMoves/SchoolResearch/index.htm> or call the School Liaison Officer at 228-871-2117. Be sure and call the schools to make sure someone is present.

All Harrison County Public Schools: Any time on or after July 28. School starts Aug. 11.

All Gulfport Public Schools: Any time Monday to Friday for elementary schools

Gulfport Central Middle School: School starts Aug. 11. Registration is:

- o 6th grade June 21-23
- o 7th grade July 13-15
- o 8th grade July 21-22

All Long Beach Public Schools: Any time on or after July 19. School starts Aug. 9.

All Biloxi Public Schools: July 29-30. School starts Aug. 11.

All Ocean Springs Public Schools: Any time Monday to Friday. School starts Aug. 5.

Needed registration documents:

Two proofs of residency-lease, utility bill, drivers license with MS address, etc.

Students Social Security Card

Mississippi Shot Compliance Form 121-can get base medical to convert out of state form

Certified copy of students Birth Certificate

Report card or withdrawal documentation from previous school, if needed - copy of IEP, comprehensive assessments-eligibility report

School Liaison Officer

Location: MWR, building 352, 1706 Bainbridge Ave. , NCBC  
(228) 871-2117 or e-mail [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

The School Liaison Officer's main objective is to serve as a link between parents, educators, and the command so the military-connected child can make a smooth school transition. Other duties include creating partners

in education, home school linkage, post secondary preparations, and to act as a conduit connecting educators to Navy deployment and to serve as a subject matter expert for education-related issues.

# NCTC changes hands during parade field ceremony

By Lt Rob Williams  
NCTC Public Affairs

Cmdr. Bill Whitmire assumed command of Naval Construction Training Center (NCTC), relieving Capt. Stephanie Jones June 11.

Capt. John Heinzl, commanding officer, Center for Seabees and Facilities Engineering shared his remarks as guest speaker for the day.

As a tri-service command NCTC trains thousands of Seabees, Soldiers and Airmen each year. Courses range from basic construction skills in building and steelwork to advanced training in each of the Seabee rates. NCTC is one of the premier training sites in the navy having won the

Naval Education and Training Command, Training Excellence Award for the last two years.

Capt. Jones served as NCTC commanding officer since June of 2008. She will be transferring to Little Creek, Va., to serve as the Assistant Chief of Staff for Training for First Naval Construction Division.

Cmdr. Bill Whitmire is coming to Gulfport from U.S. Army Garrison Vicenza, Italy where he served as Resident Officer-in-Charge of Construction. He is a graduate of the University of South Carolina – earning a Masters Degree in Mechanical Engineering. His previous assignments have included

Naval Mobile Construction Battalion (NMCB) 5; Administrative Support Unit, Southwest Asia, Bahrain; Puget Sound Naval Shipyard Bremerton; Presidential Retreat Camp David; Thirty First Seabee Readiness Group, and Naval Mobile Construction Battalion (NMCB) 4.

Capt. J.J. Heinzl, commanding officer of the Center for Seabees and Facilities and Engineering, bids a final salute to Capt. Stephanie Jones, outgoing commanding officer of Naval Construction Training Center (NCTC), during a change of command ceremony at the 'Bee Grinder on board NCBC June 11. Capt. Jones turned over the responsibilities of commanding officer of NCTC to Cmdr. William Whitmire. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Saranto/Released)



## NMOPDC holds Change of Command ceremony

As Rear Adm. Jonathan White, commanding officer Naval Oceanography Operations Command looks on, Cmdr. Frank Schenk, right, salutes Cmdr. John Daziens, left, after being relieved as commanding officer of Naval Meteorology and Oceanography Professional Development Center (NMOPDC) at a change of command ceremony held at the NCBC Seabee Memorial Chapel June 11. NMOPDC provides training and education to meteorology and oceanography professionals. (U.S. Navy photo by Mass Communication Specialist 1st Class Terry Spain/Released)



# NMCB 133 works to build morale in Afghanistan

By *CECN Mary Porras*  
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133's Echo Company built a Southwest Asia Hut (SWA) to be used as a Morale, Welfare, and Recreation Facility at Kandahar Airfield (KAF), Afghanistan in May 2010.

The Echo Company Seabees worked hard at improving the quality of life for personnel transiting through and stationed at Kandahar Air Field.

After arriving in KAF, the Battalion concentrated on the build up and establishment of all needed operational facilities in order to make sure they were mission ready first.

These operational facilities included their Combat Operations Center and Alfa Yard along with their Logistics, Medical, Staff, and Administrative offices.

After the Battalion ensured their mission readiness, they decided to build a place where the Seabees on KAF could unwind during their time off.

Builders, Steelworkers, Construction

Electricians and Utilitiesmen spent over 100 hours building the 24' x 48' SWA Hut from the ground up over the course of ten days. It required the assembly of the foundation, flooring, framing as well as the installation of interior and exterior doors rafters and roofing. CE's and UT's installed air conditioning units and ran electrical wiring and lighting.

The task was all the more challenging with limited materials and manpower fluctuations. "When we ran out of 2" x 4's we took 2" by 8" that we had in excess and ripped them down to size . . . "We always anticipate situations like this so we are better prepared to minimize surprises," said BU1 Shawn Monkress, the MWR SWA Hut project supervisor.

Despite a few small hurdles, NMCB 133's Echo Company completed the project on schedule ensuring quality construction methods were used in a safe manner.

The SWA Hut will be used as the command suite and training facility as well.



**Builder 3rd Class Victoria Hughes and Steelworker Constructionman Teresa Baker from Naval Mobile Construction Battalion (NMCB) 133, paint the Battalion's number on a concrete wall at Kandahar Airfield, Afghanistan. NMCB-133 is currently in the Central Command's Area of Operation while on deployment in Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)**

## Seabees assist USAID in Timor-Leste

By *Ensign Matthew Lundin*  
NMCB 11 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 11 helped clean up U.S. Agency for International Development (USAID) offices following a fire in Dili, Timor-Leste, May 13.

A fire broke out May 12 causing damage to a number of USAID offices.

Although the fire was localized, it did spread into the roofing system causing major damage.



Although many of the offices suffered only minor damage from the smoke, the USAID had to vacate the premises and find a new secure location to work from.

NMCB 11 Seabees came to USAID's aid by helping remove much of their vital electronic equipment and salvaging much of their office equipment May 13. Because the roof was severely damaged, the Seabees had to move fast.

They mobilized rapidly and also coordinated assistance from Australians, who are part of the International Stabilization Force (ISF). With help from the ISF, they were able to quickly remove sensitive equipment and transport it to

**Seabees from Naval Mobile Construction Battalion (NMCB) 11 and Australians who are part of the International Stabilization Force (ISF) remove furniture from the USAID offices to transfer the remnants to a local warehouse. The USAID offices were mostly destroyed by a fire on May 12. (U.S. Navy photo by ENS Matthew Lundin/Released)**

a local warehouse.

The Seabees found themselves helping the local United Nations Police with their investigation of the scene.

NMCB 11's Construction Electrician 2nd Class Darius Michael, Construction Electrician 3rd Class Joshua Murphy and Equipment Operator 3rd Class Robert Shuaghnessy examined the area and determined that the fire was most likely caused by faulty wiring.

With rain in the forecast, the work was nonstop until equipment and furniture which did not sustain damage from by the fire was safely out of the building.

"You guys [the Seabees] are life savers," said Peter Cloutier, development director of USAID in Timor-Leste. "We owe you one."

USAID is currently focusing efforts on accelerating economic growth, strengthening democracy and governance and improving the health of the Timorese people.

For more news from Naval Mobile Construction Battalion 11, visit [www.navy.mil/local/nmcb11/](http://www.navy.mil/local/nmcb11/).



**Utilitiesman 3rd Class Steven Hursh removes furniture from the offices of the United States Agency for International Development. The USAID offices were mostly destroyed by a fire on May 12th. NMCB Eleven is currently deployed to Timor-Leste, Japan, Vietnam, Guam, and several other parts of the Pacific theater. (U.S. Navy photo by Ensign Matthew Lundin/Released)**

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## A&E

Anchors & Eagles is the club for Chiefs and Officers. Located in Rhodes Hall (Building 303), A&E is open Tuesdays-Thursdays 2 - 9 p.m. Featuring the best prices, bartenders, a social every Thursday with free snacks. For rental information call 228-424-6892.

## Auto Hobby Shop

Receive a 10 percent discount on a vehicle lift throughout the month of June. Save money and do it yourself at the Auto Hobby Shop. If you have any questions there is an ASE mechanic on duty to help with any assistance that you may need while working on your vehicle.

## Beehive

FREE wireless internet available 24/7! The Beehive "All Hands Club" is the best place on base to unwind and have a good time. We feature the friendliest bartenders anywhere, some of the lowest prices you can find, and seven TVs - all within walking distance of most of the base. If you are looking for great fun that is safe, inexpensive and open six days a week, then come out to the Beehive Lounge. For information call 228-424-6892.

## Child Development Center

Drop in services are available Monday - Friday from 6 a.m. - 5 p.m. for children up to 5 years old.

## Fitness

Coming in July is the anticipated "Family Bike Race" which will be held July 10 at 8:30 a.m.,

on the grinder. Families are encouraged to come compete or just ride in the 10K/20K Fun Bike Race. For details contact Xavier at

Xavier.Thornton@navy.mil or 228-822-5108. A limited number of bikes will be available through outdoor recreation, so please sign up early if you need to register for a bike.

The Pool is open to anyone authorized to use MWR facilities. New Family Hours have begun and the new hours are posted at the pool. Call 228-822-5104 for more info.

Enroll in MWR Swim Lessons! Sessions are scheduled for July 19 - 30 and Aug. 9 - 20. Cost is \$35 for the first child and \$30 for each additional child. Registration begins the first of every month.

Kick back and relax by the pool! Pool Party Packages are available every Saturday and Sunday from 6 - 9 p.m. All reservations must be made two weeks in advance by calling 228-822-5103.

Work out while your children have fun! Just because your kids come first doesn't mean your fitness has to come last. Work out at the Fitness Center while your kids enjoy fun-filled activities at one of the Child and Youth Programs Activities. Drop in fees are \$3 per hour at the CDC and at the YAC during the After School and Holiday Camp Programs.

## Grill

Pick up your lunch card today! Stop by for breakfast or lunch served seven days a week. Lunch specials include: meat loaf, mashed potatoes, and veggies on Mondays; Lasagna with coleslaw or salad and bread on Wednesdays; and Catfish with fries and coleslaw on Fridays. Call ahead, 228-871-2494, and beat the crowd.

## Intramural Sports

Who's ready for Volleyball? A team roster will consist of a maximum of 12 players per team. Sign-up at the CBC Gymnasium front desk, fill out the roster sheet. A hold harmless agreement must be signed by each player and turned in to Sam Perkins, prior to play. Sign up from June 22 - July 2. Deadline to turn roster into Sports Coordinator (Samuel Perkins) is

July 2. Season scheduled to start week of July 12. If you have any questions call 228-822-5109. Game schedule will be determined at later date.

## ITT

Offering discounted tickets to local attractions available at special prices just for the Military. Stop by and check out our new location in Building 365. We have tickets to Disney World-Orlando, Universal Studios, Seaworld-Orlando, and Discovery Cove-Orlando, Busch Gardens-Tampa, Kennedy Space Center-Cape Canaveral, Seaworld, Audubon Zoo, aquarium of the Americas, Blue Bayou, Dixie Landing, I-Max, Gulf Island Waters Park, Wizarding World of Harry Potter, and more.

Senior Special: Zoo - \$8.75, Aquarium - \$12, and I-Max - \$6.25. Tickets can be purchased now through July 31, but can be used at anytime throughout the year.

Gulf Island Water Park Season single day passes are \$18.

## Liberty Center

Get wet June 19 at Gulf Islands Waterpark. Departs Liberty at 10 a.m. and costs \$14.

We'll take you out to the ball game June 20; trip departs Liberty at 4:30 p.m. and is FREE! Come check out some Coast vehicles at Scrapin the Coast June 25. The Liberty bus will depart at 1 p.m. for this FREE trip. Skeet Shooting June 26, in Alabama. This trip departs at 10:30 a.m. and is \$12.

New Orleans Day trip June 27; trip departs at 10 a.m. and is \$3.

Bowling Night at Island Strikz is June 28; trip departs Liberty at 6 p.m. and is \$5.

Our on-base activities include: International Picnic Day, June 18. First Day of Summer BBQ at the fitness pool. FREE begins at 5 p.m. Water Wars, June 24 at 5:30 p.m.

Cut the Lbs., - Health Food Day, June 30, FREE - while supplies last. A Ping pong tournament is set for June 22 beginning at 6 p.m., Pool Tournament June 17 beginning at 6 p.m., and a Texas Holdem Poker Tournament June 29, beginning at 6 p.m. All tournaments are free to enter and have prizes awarded for First and Second place.

We are also having a NCBC

## Beat the heat, work out at the Fitness Center



The Fitness Center has an Olympic weight room, a physical fitness room complete with Life Fitness cardio and strength training equipment, and two basketball goals. There are steam rooms and saunas in the locker rooms, as well as a swimming pool where swim lessons and lifeguarding classes are available. (U.S. Navy photo by Rob Mims/Released)

Liberty T-shirt design contest! If you would like to design a shirt for the contest the rules will be available in Liberty through July 10. Along with bragging rights you have the chance to win an I-pod and all Liberty staff will wear your design!!!

There will also be a charter fishing trip July 25. You must sign-up for this trip by June 21. It will cost \$75 for a six hour trip, everything is provided: equipment, licenses, food, water and a great experience!

## Outdoor Recreation

Join Outdoor Rec. for a sun soaking, water splashing, sand bar sitting good time June 20 as we canoe and kayak the Okatoma River. We will leave Outdoor Rec. at 8 a.m. Price is \$25/canoe (2 adults) or \$25/kayak (1 adult). Sign up and pay by noon June 18.

Over the weekend of June 25 - 27, Outdoor Rec. has events planned for the entire family! Comedy Hypnotist on Friday night for adults, Disney's Aristocats Kids on Saturday and Blueberry Picking in Vancleave on Sunday. Sign up for all these activities by noon June 25.

Have something in mind that we have left off the calendar of events? Please call 228-871-2127 and give us some fresh new ideas to make your week-ends full of family fun and we do all the work!

## Pine Bayou Golf Course

Pine Bayou is closing its doors

June 30. Our final golf tournament is June 25 at noon and it is FREE to enter!

Format will be a 4-Man Scramble and is open to the first 20 teams that sign up. June 8 - 11 is the sign up period for all Active Duty, Retirees, and CBC DoD. If there are still spaces available we will then open sign ups to all other golfers June 12-15. For more information, call 228-871-2494.

## Snack Bar

The Snack Bar is the quickest and easiest place to grab a bite to eat. Located in the Training Hall (Building 446), the Snack Bar is open for lunch and dinner seven days a week. We also offer delivery to anywhere on base. So, come out and give our sandwiches, salads & other items a try. We think you will be satisfied! For delivery call 228-871-4775.

## Vehicle Storage Lot

Free storage for the first vehicle and 50 percent off each additional vehicle including RV's for all deploying troops. For more info call 228-871-2804.

## Youth Activities Center

Drop in services are available from 6 a.m. - 5:30 p.m. for youth 5 - 12 years old every Monday - Friday.

FREE recreational programming is offered each Tuesday-Thursday for youth 5-17 years old from 5:30 - 8:30 p.m. Drop off and pick up service is provided in base housing areas.

**Movies . . .** Get out of the heat and catch a blockbuster! Movies are FREE and shown 7 days a week! Stop by the Training Hall for a schedule or call the Movie Hotline at 228-871-3299.



# A reminder from NCBC Safety . . .

Motorcycle Safety Training is mandatory for all Sailors who ride motorcycles. Sign up on line at: <http://www.navymotorcyclerider.com> or call NCBC Safety at (228) 871-4343 if you have questions.

In order to improve the skills and knowledge of motorcyclists, it's **mandatory for all Sailors** who are motorcycle riders to attend motorcycle safety training courses. Courses are available at no cost. There are three types of courses:

**Basic Rider Course (BRC):**

A two day course required for all military who ride motorcycles. Then, depending on the type of motorcycle owned the next class is either: **Experienced Rider Course (ERC):** A one day course for standard cruiser or touring motorcycle greater than 500cc. Must complete no later than three years following BRC.

**Military Sport Bike Rider Course (MSRC):** A one day course required for all sport/touring bike riders. Must complete no later than 60 days following BRC.



U.S. Navy photo by EO3 Mikayla Mondragon/Released

AD SPACE

# FOCUS on FITNESS

By EO3 Mikayla Mondragon  
NCBC Public Affairs

## Outdoor Fitness Center

**Fit Tip:** Enjoy fresh air and build strength with the Outdoor Fitness Center.

Adults and supervised children can work out together at the Outdoor Fitness Center. It includes several different stations, such as the leg press, air walker, sit-up bench, and the chest press.

Each fitness station targets a

specific group of muscles and uses your own body weight as a resistance.

So if you enjoy a bit of fresh air while you work out, stop by the Outdoor Fitness Center, located next to the gym, by the track.

For more information on other fitness opportunities, contact the Fitness Center at 228-871-2668.



**WANTED:  
Seabee  
Divers!  
Underwater  
Construction  
Team ONE**

**Contact:  
S1/CCC@  
(757) 462-  
3986/3988**

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No Butts about it! . . .  
NCBC is a No Litter  
Zone! Pitch In! . . .  
Use the Bin! . . .

# Water Quality Data Table

The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. 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 change frequently.

Contaminants	MCLG or MRDLG	MCL TT, or MRDL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source
<b>Disinfectants &amp; Disinfectant By-Products</b>								
[There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.]								
Chlorine (as Cl2) (ppm)	4	4	0.72	0.58	0.84	2009	No	Water additive used to control microbes
<b>Inorganic Contaminants</b>								
Nitrate [measured as Nitrogen] (ppm)	10	10	0.2	0.2	0.2	2009	No	Runoff from fertilizer use; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	0.05	0.05	0.05	2009	No	Erosion of natural deposits
<b>Volatile Organic Contaminants</b>								
1,2,4-Trichlorobenzene (ppb)	70	70	0.5	NA		2009	No	Discharge from textile-finishing factories
cis-1,2-Dichloroethylene (ppb)	70	70	0.5	NA		2009	No	Discharge from industrial chemical factories
Xylenes (ppm)	10	10	0.0005	0.0005	0.0005	2009	No	Discharge from petroleum factories; Discharge from chemical factories
Dichloromethane (ppb)	0	5	0.5	NA		2009	No	Discharge from pharmaceutical and chemical factories
p-Dichlorobenzene (ppb)	600	600	0.5	NA		2009	No	Discharge from industrial chemical factories
m-Dichlorobenzene (ppb)	75	75	0.5	NA		2009	No	Discharge from industrial chemical factories
1,1-Dichloroethylene (ppb)	7	7	0.5	NA		2009	No	Discharge from industrial chemical factories
trans-1,2-Dichloroethylene (ppb)	100	100	0.5	NA		2009	No	Discharge from industrial chemical factories
1,2-Dichloroethane (ppb)	0	5	0.5	NA		2009	No	Discharge from industrial chemical factories
1,1,1-Trichloroethane (ppb)	200	200	0.5	NA		2009	No	Discharge from metal degreasing sites and other factories
1,2-Dichloropropane (ppb)	0	5	0.5	NA		2009	No	Discharge from industrial chemical factories
Trichloroethylene (ppb)	0	5	0.5	NA		2009	No	Discharge from metal degreasing sites and other factories
1,1,2-Trichloroethane (ppb)	3	5	0.5	NA		2009	No	Discharge from industrial chemical factories

Tetrachloroethylene (ppb)	0	5	0.5	NA		2009	No	Discharge from factories and dry cleaners
Toluene (ppm)	1	1	0.0005	NA		2009	No	Discharge from petroleum factories
Ethylbenzene (ppb)	700	700	0.5	NA		2009	No	Discharge from petroleum refineries
Styrene (ppb)	100	100	0.5	NA		2009	No	Discharge from rubber and plastic factories; Leaching from landfills
Vinyl Chloride (ppb)	0	2	0.5	0.5	0.5	2009	No	Leaching from PVC piping; Discharge from plastics factories
Carbon Tetrachloride (ppb)	0	5	0.5	NA		2009	No	Discharge from chemical plants and other industrial activities
Benzene (ppb)	0	5	0.5	NA		2009	No	Discharge from factories; Leaching from gas storage tanks and landfills

Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Typical Source
<b>Inorganic Contaminants</b>							
Copper - action level at consumer taps (ppm)	1.3	1.3	0.2	2009	0	No	Corrosion of household plumbing systems; Erosion of natural deposits
Lead - action level at consumer taps (ppb)	0	15	5	2009	0	No	Corrosion of household plumbing systems; Erosion of natural deposits

Term	Definition
ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter (µg/L)
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.

Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal. The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level. The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	TT: Treatment Technique. A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level. The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

# 2009 NCBC Consumer Confidence Report

## Is my water safe?

CBC Gulfport has water quality sampling and laboratory analysis performed in accordance with Environmental Protection Agency (EPA) and the Mississippi State Department of Health (MSDH). Last year, as in years past, your tap water met all EPA and state drinking water health standards. Local water vigilantly safeguards its water supplies and once again we are proud to report that our system has not violated a maximum contaminant level or any other water quality standard.

Throughout the year continuous sampling is performed on the drinking water system and the analysis is completed by the state water laboratory. The state performs annual inspections of drinking water systems. No significant deficiencies were observed during the 2009 inspection. The base received a rating of 5.0, the highest rating.

## 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?

NCBC Gulfport receives raw 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 for the NCBC Gulfport water supply is pumped from three wells. Each well is in excess of 700 feet.

## Source water assessment and its availability

Our source water assessment was prepared by the MSMD and is available for review. If you would like to review this report, please call the Environmental Division or visit our webpage: [https://www.cnic.navy.mil/Gulfport/Service\\_Organizations/Environmental/index.htm](https://www.cnic.navy.mil/Gulfport/Service_Organizations/Environmental/index.htm)

## 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 EPA Safe Drinking Water Hotline (800-426-4791).

## 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.

The consumer confidence report will not be mailed to NCBC customers, but is posted on the NCBC Environmental webpage. The Environmental Division encourages all customers that have concerns or questions to contact us directly, 228-871-2485 or visit our website.

## 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.

- o Take short showers - a 5 minute shower uses 4 to 5

See WATER page 25

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

## For more information please contact:

Contact: NCBC Environmental Division  
Address: 2401 Upper Nixon  
Gulfport, MS 39501  
Phone: 228-871-2485  
Fax: 228-871-3116  
Website: [https://www.cnic.navy.mil/Gulfport/Service\\_Organizations/Environmental/index.htm](https://www.cnic.navy.mil/Gulfport/Service_Organizations/Environmental/index.htm)

# Destinations: *Lagos, Nigeria*

By MC1 (SW) Terry Spain  
NCBC Public Affairs

Lagos is the most populous city in Nigeria, and the largest country in Africa. It has more than 250 individual tribal languages, but English is the only language common to most people.

Also known as the commercial hub of Nigeria, Lagos has a lot of natural resources such as oil, natural gas, coal, fuel, wood and water.

In February, I had a chance to visit Lagos, and the people and culture were one of a kind. Water taxi is the most widely used transportation and, of course, walking.

Everyone was extremely nice to me and offered to show me around the beautiful beaches and the markets so that I could do my souvenir shopping. While shopping, often times you tend to work up an appetite, so if you are a taste tester, eating in Nigeria is an exciting and rich experience. Food in Nigeria is traditionally eaten by hand. However, with the growing influence of Western culture, forks and spoons are becoming more common,

**Nigeria**  
**Population:**  
**7,937,932**  
**Language: English**  
**Currency: Naira**

even in remote villages. Whether people eat with their hand or utensils, it is considered dirty and rude to eat using the left hand.

After experiencing the cuisine you can go out and enjoy the night life. There are plenty of bars and cafes, not only in Lagos but all over Nigeria.

Before you go to Nigeria, make sure you have your updated visa, shot record and proper identification. You can visit the State Department website:

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_987.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_987.html) for more information.

It is advised to cash all your naira back into another currency at the airport before you leave Nigeria. The rate is irrelevant, as the naira is not worth much outside Nigeria.



Nigeria is the largest nation in West Africa as its beaches and tropical forests, savannas and its modern cities, has become one of the most developed tourist destinations on the continent.. (U.S. Navy photo by Mass Communication Specialist 1st Class Terry Spain/Released)

**Buckle up for safety every time . . .  
Click it or ticket!**

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gallons of water compared to up to 50 gallons for a bath.

o Shut off water while brushing your teeth, washing your hair and shaving and save up to 500 gallons a month.

o Use a water-efficient showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.

o Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.

o Water plants only when necessary.

o 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.

o 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.

o Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce next month's water bill! Visit [www.epa.gov/watersense](http://www.epa.gov/watersense) for more information.

**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:

o Eliminate excess use of lawn and garden fertilizers and pesticides – they contain hazardous chemicals that can reach your drinking water source.

o Pick up after your pets.

o 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.

o Dispose of chemicals properly; take used motor oil to a recycling center.

o 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.

o 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.

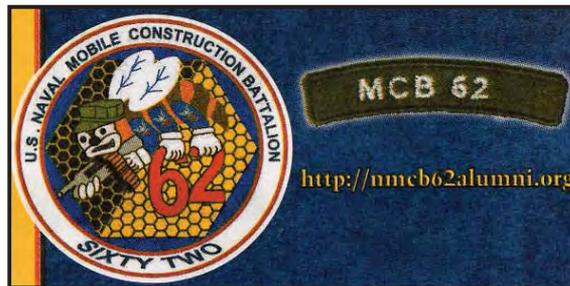
**Additional Information for Lead**

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. NCBC Gulfport 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>. Lead in the drinking water has not posed a problem in the past.



**Navy Seabee Veterans of America Island X-1 Gulfport**

Navy Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each

month at Anchors & Eagles at 7 p.m. For more information contact Joe Scott (Secretary) at 228-669-8335 or [elevenoaks58@ca-bleone.net](mailto:elevenoaks58@ca-bleone.net) or log onto [WWW.NSVA.ORG](http://WWW.NSVA.ORG) for an application.

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# Community Notes

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, 228-273-4158, e-mail nmcbonefrg@gmail.com or Secretary Krystin Canipe, 704-726-5751, e-mail nmcbonefrg@gmail.com.

**NMCB 7 FRG** welcomes friends and family members to attend FRG meetings the third Monday of each month at 6 p.m. at the NCBC chapel. Children are welcome and baby sitting is provided for children four and under. For e-mail updates, send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at 228-206-0377.

**NMCB 74 FRG** welcomes all friends and family members to join the NMCB 74 FRG. Meetings are the third Monday of every month at 5:30 p.m. at the Naval Reserve Training building #114. Bring a covered dish to take part in a potluck dinner. Contact FRG President Angela Boyd at 832-579-8422 or Vice President Tanieka Roshell at 414-530-4189. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

**NMCB 11 FRG** welcomes all friends and family members to attend FRG meetings the third Tuesday of every month at 6:30 p.m. in the Seabee Chapel Fellowship Hall. For more information contact FRG President Sarah Edwards, Vice President Robin Coker, Secretary Krysta Thomas or Treasurer

Jennifer Babb via email at nmcb11frg@gmail.com. Visit the ombudsman and FRG website at <http://nmcb11.webs.com>.

**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 Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail hansonkl54@yahoo.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg>

### Naval Officer's Spouse Club

The Naval Officer's Spouse Club meets the fourth Monday of every month at 6 p.m. in the Youth Center. Children are welcome and child care is provided. E-mail noscgulfpport@yahoo.com or visit NOSCGulfpport.org for information.

### 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. Child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday 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 & Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by

GA. Come to a meeting or call Jim Soriano at 228-871-3000 for more information.

### TRAINING

**COMPASS** is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 or Amanda at 228-328-1352 to sign up.

**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., building 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 228-688-5288 or enrique.acosta@navy.mil.

### SOCIAL

**Miss. Gulf Coast First Class Association** is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or come and join us at a meeting.

**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 the month is Seafood night, the remaining Fridays are Steak night. 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. Meetings are held the first Wednesday each month at 7 p.m. All 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.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for more information or for links to hundreds of Seabee historical sites.

**Navy Seabee Veterans of America Island X-1 Gulfport** are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the second Thursday of each month at Anchors & Eagles at 7 p.m. For more information contact Joe Scott (Secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto WWW.NSVA.ORG for an application.

### HERITAGE

**The Seabee Gift Store** is located in the Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Hueneme, Calif. Contact the museum at [www.seabeemuseum-store.org/shop/index.php](http://www.seabeemuseum-store.org/shop/index.php) or call the gift shop locally at 228-871-4779.

## AD SPACE



GULF COAST USO  
3001 6th St., Building. 306,  
(228) 575-5224  
Office hours: Monday-Friday,  
8 a.m. - 5 p.m., Saturday,  
11 a.m. - 7 p.m., (Closed Sundays)



## Seabee Memorial Chapel

**Services:**

**Sunday Catholic Mass: 9 a.m.**

**Daily Mass: Monday - Friday, 11:35 a.m.**

**Protestant Service: Sunday, 10:30 a.m.**

**Gospel Service: Sunday, 11:45 a.m.**

**Center Chaplains:**  
**Lt. Cmdr. Michael Brown,**  
**Protestant Chaplain**  
**Lt. Leticia P.J. Rouser,**  
**Protestant Chaplain**

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