

# SEABEE COURIER

www.cnlc.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

February 4, 2016

## NMCB 11 honors those who served



The United States flag is folded by members of Naval Mobile Construction Battalion (NMCB) Eleven's Honors Detail during a funeral service for an area Veteran. The detail attends between 20 and 30 funerals a month that are in their area of responsibility which is comprised of 16 southern Mississippi counties. "Honoring Those Who Served" is the title of the Department of Defense program for providing dignified military funeral honors to Veterans who have defended our nation. Upon the family's request, Public Law 106-

65 requires that every eligible Veteran receive a military funeral honors ceremony, to include folding and presenting the United States burial flag and the playing of Taps. NMCB 11 will continue to render ceremonial honors until April, after-which the battalion will be relieved by NMCB 1. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Barton/Released)

*Search NMCB 11 on Facebook for more photos of the Honors Detail*

### Exercise SOLID CURTAIN-CITADEL SHIELD 2016 Feb. 1 - 12

Know how to update/access Navy Family Accountability and Assessment System (NFAAS) at: <https://www.navyfamily.navy.mil>

This exercise may cause intermittent traffic and base access delays!

Get Notified! Sign up for AtHoc Notification System at: [cnlc.navy.mil/gulfport](http://cnlc.navy.mil/gulfport)

**NCBC**

**Commanding Officer**

Capt. Cheryl Hansen

**Public Affairs Officer**

Rob Mims

**Courier Staff**

**Editor**

Bonnie L. McGerr

**Special Contributors**

BUCN Samantha Opyoke

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# FOCUS: February Tip of the Month

## From Families Over Coming Under Stress (FOCUS)

How do you show affection to your children? How do you show love to your partner?

Affirmations are a great way to show you care to family members. Statements such as: "You're my best friend," "I can always count on you" or "Our family is awesome!"

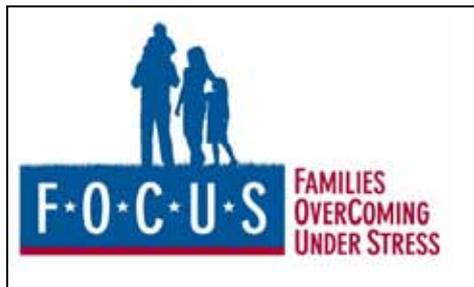
Try sharing a specific affirmation or two when you see your loved ones, or write them on little notes to find. Everyone likes to feel appreciated!

Looking for more ideas? At the FOCUS program, we teach skills and strategies to strengthen your bond and to enhance sharing support and love to

each family member!

FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main office phone number is 228-822-5736, and our general email is [gulfport@focusproject.org](mailto:gulfport@focusproject.org).

For more about FOCUS, visit: [www.focusproject.org](http://www.focusproject.org) or [www.facebook.com/FOCUSresiliencytraining](http://www.facebook.com/FOCUSresiliencytraining).



## Stormwater Pollution Prevention is Everybody's Business

### MAKE A SPLASH



### CLEAN UP YOUR TRASH

Report illicit discharges to **NCBC Environmental at: 228-871-2373**

### Heart to Heart!



Are you looking for a present for your child this Valentine's Day? Read a book aloud and the USO can ship it to your child to receive this Valentine's Day. Please call 228-248-0533 or email [usogulfcoast@uso.org](mailto:usogulfcoast@uso.org) to make an appointment. It only takes 15 - 30 minutes!



### 9-1-1 is the number for on base emergencies

Have an emergency? Please remember to dial 9-1-1 instead of 2333 when reporting an emergency on board NCBC Gulfport. Make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

**AUDRA**  
**SEXUAL ASSAULT SUPPORT GROUP**  
 AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

**Safe Helpline**  
 Sexual Assault Support for the DoD Community

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

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

**Register to Vote!**  
To register to vote, visit [FVAP.gov](http://FVAP.gov) now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant ([fvap.gov/military-voter/registration-ballots](http://fvap.gov/military-voter/registration-ballots)), or fill out the PDF ([fvap.gov/uploads/FVAP/Forms/fpca2013.pdf](http://fvap.gov/uploads/FVAP/Forms/fpca2013.pdf)), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

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Seabee Courier



**Steelworker 2nd Class Gary James, attached to Naval Construction Group 2, cleans a windshield for a "Gas and Glass" at the Navy Exchange Mini Mart gas station on board NCBC Gulfport, Jan. 29. The event helps raise funds for the 74th annual Seabee Ball which is March 5 at the IP Casino Resort and Spa in Biloxi. Tickets are available through command representatives. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)**

**Ensign Ryan Munion attached to Naval Oceanography Anti-Submarine Warfare (ASW) Center at Stennis Space Center, lifts weights at the Fitness Center on board NCBC Gulfport, Jan. 27. Fitness Center hours of operation are 4:30 a.m.- 9 p.m. Monday through Friday and 7 a.m.- 7 p.m. Saturday and Sunday. The Fitness Center offers a variety of fitness classes including yoga and zumba. Call the Fitness Center at 228-871-2668 for more information. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)**



**Jessica Kennedy, left, speaks with representatives from Morale Welfare and Recreation (MWR), about employment opportunities during the Fleet and Family Service Center (FFSC) monthly Career Fair on board NCBC Gulfport, Jan. 28. For information on future fairs, contact the FFSC at 228-871-3000. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)**

# Buzz on the Street

By BUCN Samantha Opyoke  
NCBC Public Affairs

**At the Career Fair at Fleet and Family Support Center Jan. 28, representatives were asked: "What advice to you have prospective employees?"**

"Ensure that you have a very competitive resume."

**Latasha Parker-Day**  
Southeast Louisiana  
Veterans Healthcare  
System



"Be confident and remember that professionalism goes a long way!"

**Jeremiah Flowers**  
Waffle House

"Be yourself ... be honest, and always put your best foot forward."

**Melissa Tatum**  
Morale, Welfare and Recreation (MWR) Gulfport



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

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

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates



- Motivated to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance

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

# Did You Know?

## Q & A regarding: Zika Virus Infection

By Navy and Marine Corps Public Health Center

Zika is a viral infection spread by mosquito bites. Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Ongoing Zika virus transmission is occurring in South and Central America, Mexico and the Caribbean. The Centers for Disease Control and Prevention (CDC) have issued a Travel Alert for all of these areas. This information paper is intended to raise awareness of Zika virus and recommend precautions for those travelling to areas of ongoing transmission.

### How do you become infected?

The virus is spread two ways:

- ~ by a bite from an infected mosquito
- ~ possibly by a mother to her fetus during pregnancy

What is your risk of becoming infected?

Navy and Marine Corps personnel, and their families, are at risk when travelling to areas experiencing ongoing Zika virus transmission. Infection risk is reduced by taking measures to avoid mosquito bites. Local transmission of Zika virus has not been reported in the United States.

What are the typical symptoms?

- ~ Fever
- ~ Conjunctivitis (red eyes)
- ~ Muscle Pain
- ~ Rash
- ~ Headache
- ~ Joint Pain

Most people infected with Zika virus have no symptoms. About one in five people infected will develop mild symptoms lasting several days to a week. Symptoms typically appear 2—7 days after being bitten by an infected mosquito.

### How can you prevent being infected if you do travel to Zika virus areas?

~ No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific anti-viral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission. Note: mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night

Until more is known, and out of an abundance of caution, the CDC recommends pregnant women consider postponing travel to any area where Zika virus transmission is occurring – currently the Caribbean, Central America, South America, and Mexico. Pregnant women, or women trying to become pregnant, who do travel

to these areas should talk to their health-care provider first, and they should take strict steps to avoid mosquito bites during the trip.

### The following steps are recommended if you must travel to an area with ongoing Zika virus transmission:

- ~ Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- ~ Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- ~ Cover exposed skin by wearing long-sleeved shirts and long pants.
- ~ Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for pregnant women when used as directed.
- ~ Use permethrin-treated clothing and equipment.

### What should you do if you suspect you have been infected?

If you or someone you know develops sudden fever, rash, joint aches, or conjunctivitis (red, irritated eyes) within two weeks of travelling to an area of ongoing Zika virus transmission, see your health-care provider immediately, and report your symptoms and travel history. They will coordinate testing for Zika virus if indicated and help manage your symptoms. Because Zika virus is often transmitted in the same geographic areas as dengue fever, you should avoid taking aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue infection is ruled-out (may increase risk of severe symptoms). You may use acetaminophen to treat fever and other symptoms. Finally, take strict steps to avoid mosquito bites during the first week after symptoms begin, to avoid further spread of Zika virus.

### Zika Virus Resources

- ~ CDC information hotline: 800-CDC-INFO (800-232-4636)
- ~ CDC Zika virus Email: Eoevent164@cdc.gov
- ~ Navy and Marine Corps Public Health Center Zika virus information: <http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Topics-in-Preventive-Medicine.aspx>
- ~ CDC Zika virus web page: <http://www.cdc.gov/zika/index.html>
- ~ CDC Zika travel advisories: <http://www.wnc.cdc.gov/travel/notices>
- ~ CDC questions and answers, Zika virus infection and pregnancy: <http://www.cdc.gov/zika/pregnancy/question-answers.html>

**NCBC Security Reminder:** Prevent theft of both personal and governmental property by remembering to secure vehicles, personal compartments, work spaces, buildings and compounds. Visible valuables invite thieves!

# Back in Time: Seabee History

## Jan. 31

1968: Gia Le combat base received 20 to 30 rounds of 122mm rockets during the early morning hours. Four rounds received in the NMCB 3 camp. Equipment Operator Constructionman (EOCN) Lawrence N. Stangel killed in action, EON3 Gary W. Bert and CN Delbert T. Byes wounded.

1969: Seabee Team 0514 arrived in Vietnam and arrived in Phu Vinh on 4 February 1969.

## Feb. 1

1968: The NMCB 3 camp area received two rocket rounds during the lunch period. Seaman (SN) Richard L. Blevins was killed in action. One member of NMCB 8 was wounded in action. At the same time, NMCB 3's fourth flight to the continental U.S. was mortared while emplaning at the Phu Bai Airport.

1968: Seabee Teams 4002 and 5802 graduated from

Seabee Team Training and were assigned to Officer in Charge, Construction Battalions, Pacific Detachment, RVN, deploying to Go Cong and Soc Trang, respectively.

## Feb. 2

1969: Seabee Team 5803 deployed to the Republic of Vietnam for assignment to Officer in Charge, Construction Battalions, Pacific Detachment, for duty at Chau Phu.

## Feb. 3

1967: Seabee Team 0908 returned to the main body at Da Nang, RVN via C-118 aircraft from leave in the U.S. after completing a six-month deployment in Vietnam.

## Feb. 6

1964: In reprisal for the arrest of Cuban fishermen who entered Florida coastal waters, the Cuban government cut off the water supply to the United States Naval base in Guantanamo Bay, Cuba. This action sev-

ered the base's last link with Cuba on the other side of the boundary fence. On the same day the United States authorized construction of a \$10 million seawater desalination and power plant at Guantanamo. Within hours, Seabees commenced site preparation. The plant went up in record time, and by late July was producing fresh water. Full operation was achieved in January 1965. Three flush-type evaporator units were producing a total of 2,250,000 gallons of water a day. Additionally, turbine generators produced a total of 15,000 kilowatts a day.

1967: UTP2 James O. Miller was mortally wounded at the NMCB 8 detachment site at Tam Ky when an 82mm mortar round exploded about five feet outside his berthing hut. Miller died several hours later after being evacuated to a hospital in Chu Lai.



**Seabees assigned to the 110th and 126th Naval Construction Battalions in 1944. After the Battle of Eniwetok in February 1944, these Seabees were charged with repair of the existing formerly Japanese-held operating base that included adding pier facilities, a fuel farm and a bomber airfield. The base gave the U.S. and other allied forces a foothold in the Marshall Islands for future operations.** (Photo courtesy of U.S. Navy Seabee Museum)

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## FORCE PROTECTION

### IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

If you see something suspicious, make the right call – tell a law enforcement official or person of authority. Call 228-871-2361 or 911. Suspicious Activity is any observed behavior that could indicate terrorism or terrorism-related crime.

This includes, but is not limited to:

~ Unusual items or situations – A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.

~ Eliciting information: A person questions individuals at a level beyond curiosity about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.

~ Observation/Surveillance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation

(particularly in concealed locations), unusual repeated, and/or prolonged observation or a building (e.g., with binoculars or video cameras), taking notes or measurements, counting paces, sketching floor plans, etc.

Report **SUSPICIOUS ACTIVITY** to law enforcement or a person of authority

Describe specifically what you observed including:

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



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

#### HOURS OF OPERATION:

Monday, Wednesday and Friday  
8:30 a.m. – 5 p.m.  
Tuesday and Thursday  
8:30 a.m. – 6 p.m.

Walk-ins are welcome Monday - Thursday

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

Call: 228-871-2301 early in the day for an appointment which typically begin at 9 a.m.

## Seabee Ball

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

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

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

**Tickets are on Sale Now!**

**Contact your Command Representative!**

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

Seabee Courier

# Camp Lemonnier undergoes first ROWPU filter upgrade

By Lt. Desiree V. Woodman  
Camp Lemonnier, Djibouti

Most Americans don't think twice about turning the faucet on for a cold drink of water. In the Horn of Africa at Camp Lemonnier, water is always on the mind of the 4,000 U.S. service members forward deployed to Djibouti. With the recent upgrade of the camp's Reverse Osmosis Water Purification Unit (ROWPU), the camp is now producing more fresh water to take care of the daily needs of personnel.

The ROWPU system allows Camp Lemonnier, Djibouti (CLDJ) to produce its own water from an aquifer that rests underneath the camp. There are three wells that can pump 800,000 gallons of raw water each day from the aquifer. The water from the three wells is pumped into one of four reverse osmosis (RO) units, each capable of producing 100,000 gallons of drinking water per day. This raw water is fed from the wells to the plant and passes through a complicated system of multimedia and granular activated carbon tanks, which capture impurities up to 10 microns in size, and then through smaller cartridge filters that capture impurities up to five microns in size.

This complex system of prefilters removes a variety of impurities before the high pressure pumps push the water through membranes to achieve RO. Each RO unit contains seven vessels containing four membranes each; a pressure of 300 PSI is required to push the water through. In the past, the ROWPU was using brine membranes, which cleaned the water to the point that 45 percent was safe for drinking. In order to produce more drinking water, the camp changed to salt water filters which has increased productivity, efficiency and total output.

"We will be able to produce more product water while taking less water out of the ground," said Construction Mechanic 1st Class Joe Gugala, assigned to CLDJ's Public Works Department. "These new membranes will allow us to increase our efficiency from 45 percent to 60 percent, meaning we will be able to produce at a 60 to 40 split, with 60 being potable and 40 being reject water."

Camp Lemonnier's proximity to the ocean causes salt water to impose on the aquifer. The new membranes are now salt water membranes and will increase the amount of fresh water produced for use throughout the base, creating less stress on the aquifer.

"We upgraded one RO membrane every other day," Gugala said. "Four units in four days, with approximately four to six hours of work each day."

"With the increase in production and the quantity of water being consumed," he continued, "if one unit were to go down for any reason, the remain-



**Construction Mechanic 1st Class Joe Gugala, Public Works Department, explains how the Human-Machine Interface monitors and controls the Reverse Osmosis Water Purifying Unit plant, Camp Lemonnier, Djibouti, Jan. 28.** (U.S. Navy photo by Mass Communication Specialist 1st Class Drae Parker/Released)

ing three units will be able to produce the quantity of water required to sustain the camp. It's a redundant system."

Additionally, the well pumps were upgraded from a 25 hp pump to a 50 hp pump. This change has created less stress on the wells, making it easier to pump water through while creating less running time for the plant. Furthermore, the upgrade from cast iron to stainless steel pumps makes it very unlikely that the pumps will need to be changed anytime soon. Bottom line, stainless steel pumps are going to last longer.

"It only take a day or two to realize the improvement in production," Gugala said. "The system is monitored on a daily basis so we have been able to see the true savings of this procedure."

So far, the preliminary data received has shown a drastic improvement in not only the quantity, but also quality of the water as well. Sanitary surveys are performed every three years to identify changes for the betterment of the water plant and the distribution system for the camp. There is a redundant system in place to check on the quality and safety of the water that includes the camp's environmental unit and preventive medicine unit. The water plant also has its own fully functional laboratory and staff which perform hourly testing while the plant is in operation. The lab staff also

pulls 20 random water samples per day around the camp to ensure the water quality meets the highest standards required by America Water Works Association and the U.S. Environmental Protection Agency standards. Twenty bacteriological tests are also performed each week. For service members stationed in Djibouti, where the summertime temperature hovers over 100 degrees every day, they can rest assured that when they need a cool drink, the water from their taps is both safe and refreshing.

Camp Lemonnier provides, operates and sustains superior service in support of combat readiness along with security of ships and aircraft detachments and personnel for regional and combat command requirements, enabling operations for the Horn of Africa while fostering positive U.S./African Nation relations.

Camp Lemonnier is a U.S. Navy-led installation operated by Commander, Navy Region Europe, Africa, Southwest Asia via U.S. Naval Forces Africa and Commander, Navy Installation Command. The camp supports approximately 4,300 U.S. joint and allied forces, both military and civilian personnel, and U.S. Department of Defense contractors. Additionally, the base provides employment for approximately 1,500 local nationals and a large number of third country national workers.

## Colmer Galley Hours of Operation

Breakfast: Monday - Friday 5:45 a.m. - 7:45 a.m., Lunch: 11 a.m. - 12:30 p.m., Dinner: 4:30 - 6 p.m. Weekend hours - Brunch: 9 a.m. - Noon; Supper: 4 - 5:30 p.m.



**Weights and Balance crew from Naval Mobile Construction Battalion (NMCB) 11 Embark and Air Detachment organizations work through the night and adverse conditions during ELEVEN's ETX. NMCB 11 is a Seabee Battalion providing contingency construction, disaster relief, and humanitarian assistance in support of Combatant and Component Commanders.** (U.S. Navy photo by Ensign Patrick Edwards/Released)

**Weights and Balance crew from Naval Mobile Construction Battalion (NMCB) 11 Embark and Air Detachment organizations weigh a 924 forklift during ELEVEN's Embarkation Training Exercise (ETX).** (U.S. Navy photo by Ensign Patrick Edwards/Released)



# NMCB 11 embark organization trains to certify

**By Ensign Patrick Edwards**  
NMCB 11 Public Affairs

NMCB 11's embarkation organization prepares to certify the battalion by conducting unit led training. The Embarkation Training Exercise (ETX) was conducted recently in preparation of Air Detachment (AirDet) and Main Body Mount-Out Exercises, which certify the battalion's readiness to deploy within a 48-hour window.

During ETX, the battalion is required to prepare equipment, materials, and people to be loaded on an airplane, in tasks ranging from pallet-building to load-planning the aircraft. This was done by setting up the stations required in the process. The exercise

tested the personnel and the proficiency of the staff to prepare for movement of troops out for a deployment.

Few units in the Navy have the organic capability to embark themselves, and success in this endeavor depends on all work crews working together in tight coordination.

One of the risks taken by the embark organization was not collocating the load planner's tent and the Mount-Out Control Center (MOCC). This was sure to cause a breakdown in communication and could have afforded extra difficulty in the exercise. To the evaluators' surprise and despite the difference in arrangement, the exercise was well executed with only a few notes of correction.

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## UCT-1 ... We build, we fight, we dive



**Seabees assigned to Underwater Construction Team (UCT) 1 complete portions of their Dive Exercise off the coast of Panama City, Fla., Feb. 2. UCT 1 is based at Joint Expeditionary Base Little Creek/Fort Story, Va. UCT-1 is prepared to exe-**

**cute underwater construction tasking in both permissive and non-permissive environments and in climates ranging from the Tropics to extreme cold weather.** (U.S. Navy photos by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Seabee Courier

# Focus on Education

## U.S. Naval Academy 2016 Summer STEM Program accepting applications

By Lt. Cmdr. Teng K. Ooi, PhD  
Missile Defense Agency/  
NAVAIR Reserve Program

Applications for the 2016 Naval Academy Science, Technology, Engineering, and Mathematics (STEM) Summer Program are open at [www.usna.edu/admissions/STEM](http://www.usna.edu/admissions/STEM).

Session dates include June 6-11 for rising 9th graders; June 13-18 for rising 10th graders; and June 20-24 for rising 11th graders.

This annual summer program is designed to expose young people to STEM concepts and technologies and to encourage 9th-11th graders to pursue a course of study in engineering and technology throughout high school, college and beyond.

The aim is to integrate STEM-focused concepts across the curriculum and pave the way for students to succeed academically in mathematics and science and help put them on a path towards successful STEM careers. An effective and practical way to stimulate student interest in STEM is to show how mathematics and science principles are applied to create exciting technologies.

The 2016 STEM program showcases the latest in



**STEM students participate in a variety of hands-on Science, Technology, Engineering and Mathematics activities, and have the opportunity to interact with the Naval Academy faculty and midshipmen, who serve as role models and mentors for the students. (USNA photo/Released)**

a wide variety of science and engineering topics to include energy and light, infrastructure, transportation, cybersecurity, environmental challenges, flight and fluids, automation, simulation and modeling, biometrics and robotics.

Students participate in project-based modules using a hands-on, real-world approach to solving design and analysis problems

world-class laboratory facilities. This unique learning environment promotes engineering "habits of mind" such as critical thinking, optimization, innovation, creativity, and teamwork. It exposes students to a problem-based environment outside the traditional classroom.

The 2016 Summer STEM Program is a great start to a student's career in science and engineering.

## Higher Education Workshop at Fleet and Family Support Center, Gpt

**Feb. 18 - 19  
8 a.m. - 4 p.m.  
FFSC, Building 30**

A two-day workshop designed to guide people to:

- ~ Choose a degree program and a college
- ~ Understand funding issues
- ~ Evaluate military credits
- ~ Complete admissions process

Call 228-871-3000 to register

Helpful to military retirees, spouses or separating members planning to see higher education.

NCBC Gulfport School

Liaison Officer

Kevin Byrd, MWR,  
Building 352, 1706

Bainbridge Ave.

Phone: 228-

871-2117, email:

[kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## Education Notes

### Ten Steps to a Federal Job

Ten Steps to a Federal Job will be held from 8 a.m.

– Noon, Feb. 22 at Fleet and Family Support Center (Building 30). Please call FFSC at 228-871-3000 for additional information or to register.

### Fort Hays State University

Stop by the Navy College Office (NCO) in Building 60, Room 231 and have your military credits evaluated. Fort Hays State University will accept a maximum of 60 semester hours toward a Bachelor Degree. FHSU offers a variety of Bachelor of Sciences, Bachelor of Arts and Bachelor of General Studies Degrees. Dr. David Drye is available on Mondays of each week to discuss the various programs available.

### Boots to Business

The Small Business Association (SBA) is hosting a Boots to Business Two Day Workshop from 9 a.m. - 1 p.m., Feb. 8 - 9 at The Innovation Center in Biloxi. Please call Fleet and Family Support Center at 228-871-3000 for additional information and/or to register.

### Armed Services Vocational Aptitude Battery (ASVAB)

Listed below are the dates for ASVAB testing in the Gulfport Region for 2016. Members need to be in the uniform of the day at PSD by 7 a.m. the day of the exam. To sign up, members must provide proof of further education and an approved request chit. Refer to MILPERSMAN 1236-010 for justification to retake the ASVAB. Deadline for submission and exam dates: Feb. 9/Feb. 15; May 10/May 17; Aug. 9/Aug. 16 and Nov. 8/Nov. 15.

## Gather Household Hazardous Waste for 'Second Saturday' Feb. 13

### From NCBC Public Affairs

Did you know that in addition to the annual "big" Household Hazardous Waste Collection Event held in April every month at Mississippi Power Company Plant Watson, there is a collection site open the second Saturday of every month? The collection site

is open 8 a.m. – noon and located at 10076 Lorraine Road in Gulfport, next to the Sheriff's Department. The site is free to the public and accepts:

- ~ Latex
- ~ Used cooking or automobile oil
- ~ Antifreeze
- ~ Household, marine and car batteries
- ~ White goods such as

freezers and refrigerators  
~ Fluorescent light bulbs  
~ Tires  
~ E-waste (electronics) such as computers, cell phones, televisions

The annual "Big Day" program will be held in April 2016 at Mississippi Power Company-Plant Watson at I-10 and Lorraine Road. Information about

this event will be available closer to the event.

For more information on Second Saturday, call Harrison County Beautification at 228-214-1405.



# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Blame El Niño for chills, not thrills and spills

I had no business getting on that sled.

A middle-aged Navy wife and mother of three, I should've been at the bottom of the hill taking pictures. But when my base neighbor handed me a red saucer after I'd been cooped up watching Jonas drop a foot and a half of snow on the hill behind our house, I really had no choice in the matter.

I'd come outside to let our yellow Lab, Moby, out for a romp with all the sledders, and that's when another military spouse approached me holding two plastic saucers.

I probably should have politely declined the invitation to sled with her, but Navy wives are known for their camaraderie, and I wasn't about to let her down. Placing the sled under my backside, I plopped down and lifted my boots in the air.

The rest is a bit of a blur.

Halfway down the steep embankment, Moby and his head - which is kind of like a cinder block covered

with fur - came from out of nowhere. BAM! After the big cartoon star in my head disappeared, I realized, he was trying to pull me off the sled by my chin-strapped hat.

At the bottom of the hill, Moby finally pulled me free of the saucer, ripping a hole in my new coat and nearly strangling me in the process. But in his well-intentioned pea-brain, he had saved my life, and treats were in order.

Before I had a chance to realize what had happened, I heard the crowd of sledders laughing hysterically. I laughed too, until an hour later, when I saw the bright purple shiner over my right eye.

And you know the strangest part? I'd probably do it again. In a heartbeat. What kind of idiot am I that, at 49 years of age, I think the 10-second saucer ride that produced a black eye was a good choice?

There must be something deep in our human psyche that compels us to thrill-seek in the face of obvious risks of great bodily harm. Every win-



ter freeze, we strap on skis, skates, and sleds, and willingly place our fragile flesh and bones at the mercy of gravity and frozen water, knowing full well what might happen.

We could blame El Niño for our idiocy. After all, this mysterious warming of equatorial Pacific ocean water that affects trade winds, jet streams and weather systems has arguably caused blizzards, hurricanes, tropical cyclones, drought, mudslides, poor crop yield, floods, famine, and dying coral reefs. Why not blame him for our stupidity too?

Those of you stationed in warmer parts of the world like California, Florida and Hawaii

shouldn't be so quick to pass judgment. Even though the only snow you see is in a cone and has blue raspberry syrup on it, you are not immune to weather-related thrill-seeking mishaps.

In fact, a couple of weeks ago in sunny California, 48-year-old surfing legend Garrett McNamara broke his arm and dislocated his shoulder falling off the face of a record breaking 50-foot wave that was brought on by El Niño-related storms.

So there.

Unfortunately, El Niño can't take all the heat (see what I did there?) for our poor choices.

Apparently, the human drive to danger is not related to extreme weather events, but rather, to our brain function. In a psychologytoday.com article entitled "Thrill-Seeking: What Parts of Your Brain Are Involved?" Susan Heitler, PhD states that highly addictive "happy chemicals" such as adrenaline and dopamine are triggered when we sense danger or a thrilling challenge.

I'm not so sure chemi-

cals or El Niño had anything to do with my decision to get on that red saucer. It could've been a pathetic cry for attention, a life-long need to fit in, lingering childhood insecurities, or maybe deep-seeded fears of the inevitability of death.

Or maybe, I was just being an idiot.

Regardless, tomorrow, black eye and all, I'm going on a ski trip with my family, even though none of us is coordinated enough to avoid falling repeatedly. But we are smart enough to know one thing at least: We'll never let all that tedious science get in the way of our wintertime fun.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

## Energy Savings

In many homes, poorly insulated and leaky attic access stairs provide an opportunity to improve comfort and save energy and money. You can air seal and insulate the attic stairs opening by building your own insulated cover box or purchasing a kit or pre-built box. Treat the attic stairs access as you would an opening to the outdoors. Regardless of the type of insulation

you use for your attic access, it is important to thoroughly air seal the opening.

To optimize savings and comfort, the attic stairs cover box must: Be durable enough to withstand repeated openings and closings; Have an R-value similar to the rest of the attic insulation; and provide an air seal.

Learn how to construct an insulated attic stair cover box at: <http://energy.gov>



# NCBC Helping Hands

**PERSHING SQUARE PROJECT** - Volunteers are needed to prepare an installation site consisting of two 4 foot by 10 foot squares on each side of a walkway and install engraved pavers honoring our living and deceased veterans of World War I, World War II, Korea, Vietnam and the Middle East who served in the Military, preserving our freedom. The pavers are to be installed in the Spring of 2016 at the site of the World War I Monument in front of the Mary C. O'Keefe Cultural Center located at 1600 Government St., Ocean Springs. Point of contact is Richard Eckert Sr., American Legion Post 42, Ocean Springs: 228-875-5233 or email: reckert11@cableone.net.

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

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

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

**DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

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

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

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

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

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

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

Save the Date ... Mark your calendars

Vacation Bible School, Seabee Memorial Chapel June 7 - 10, 11 a.m. - 4 p.m.

For details and updates, visit the chapel Facebook page at <https://www.facebook.com/ncbcchapel>

## Seabee Memorial Chapel What's happening at the chapel?

### **Sunday**

9:15 a.m. - Sunday School  
10:30 a.m. - Protestant Service  
11 a.m. - Children's Church



### **Wednesday**

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)  
11:30 a.m. - Men's Bible Study  
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### **Sunday**

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

### **Monday, Tuesday & Friday**

11:15 a.m. - Mass

### **Thursday**

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

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

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

**SEABEE CINEMA** FEB. 7<sup>TH</sup> FREE! **USAA**

# SUPER BOWL BASH AT SEABEE CINEMA

Come meet Saints Cheerleaders!

**DOORS OPEN AT 5 P.M.**

Paid sponsorship. No Navy or federal endorsement implied.

QR Code **FEB 5-11** **MWR**

Appointments Available Wed-Fri 2-8 p.m. Sat & Sun 10a.m. - 5 p.m.

## Valentine's Oil Change Classes

February 9-13!

**FREE for All Hands**

Engine

Schedule your FREE oil change class today! Bring your oil and oil filter and surprise your sweetie! Oil and filter requirements will be given when appointment is scheduled. Auto Skills Center Bldg 397 Call 228-871-2804 for details.

**THE HIVE**  
 Billiards  
 Music  
 Gaming  
 Darts!

NEW HOURS!

Wed & TH 6-10:30 p.m.  
 Fri & Sat 6-11:30 p.m.

# Home Run Derby

Feb 19 \* 7 p.m.

Call the Fitness Center for info 228-871-2668

Home Run Distance Prize Winners Male & Female!

Softball Fields  
 Free for all Hands

**LIBERTY**  
 NAVAL CONSTRUCTION BATTALION CENTER  
 GULFPORT, MISSISSIPPI

2/5 – 6 p.m., Cooking Corner: Grilled Corn, Free  
 2/6 – 5:30 p.m., Krewe of Neptune Mardi Gras Night Parade, \$2  
 2/7 – 5 p.m., Super Bowl Bash at Seabee Cinema, Free Food & Prizes!  
 2/8 – 5:30 p.m., Marvel Movie Marathon, Free Popcorn!  
 2/9 – 6 p.m., Mardi Gras Liberty Party/ Poker Tournament, Free Food Drinks/ 1<sup>st</sup> Place Prize!  
 2/10 – 6 p.m., Watercolor Workshop, Free  
 2/11 – 6 p.m., Guitar Lessons Workshop, Free  
 Call 228-871-4684 for more information

**SEABEE CINEMA**

Regular movie showings Thursday- Sunday of every week!  
 Showing this weekend: Star Wars: The Force Awakens; Concussion; The Big Short; Daddy's Home  
 For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times

February Lunch Special

# SLOPPY JOSE

Flavors from south of the border with the zing of jalapenos!  
 Served with choice of fries or potato chips & refreshing fountain soda

**ONLY \$6.00!**

Call 228-871-2499 to order

It's ALWAYS a great time for camping with an A-liner!

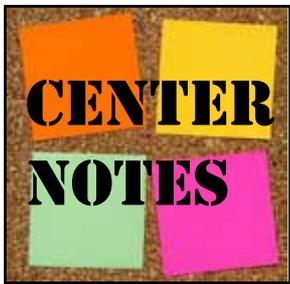
**ONLY \$35/day** (plus \$17.50 deposit)

Take a tour & make reservations today!

Call 228-871-2127 or stop in at Community Recreation Outdoor Rental Center

### MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
The Hive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		



**SUPPORT**  
**NMCB 1 Family Readiness Group (FRG)** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are

welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

**FOCUS - Families Overcoming Under Stress** provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email [gulfport@focusproject.org](mailto:gulfport@focusproject.org)

**Gulfport Officer's Spouse Club** is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

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

contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclub-sof-america.org](http://www.navywivesclub-sof-america.org) for more information on NWCA.

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

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

**TRAINING**

**Naval Sea Cadets**

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

**SOCIAL**

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

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

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

Contact Post 3937 at 228-863-8602 for details.  
**Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary** - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email [cfetters@cablone.net](mailto:cfetters@cablone.net) for more information.

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

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

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

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil) or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit [www.nsva.org](http://www.nsva.org).

**HERITAGE**

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact them at [www.seabeeuseumstore.org](http://www.seabeeuseumstore.org) or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

**NCBC Public Affairs**  
 228-871-3664

**Inside the Gate:**  
[tinyURL.com/NCBCITG](http://tinyURL.com/NCBCITG)  
**Seabee Courier:**  
[tinyURL.com/CBCCourier](http://tinyURL.com/CBCCourier)  
**Facebook:**  
 NCBCGulfport  
**Twitter:**  
 @SeabeeCenter



**Stay in Touch with NCBC Gulfport**

**Veterans Crisis Line**



1-800-273-8255  
 PRESS 1

**'BEE INFORMED**



DOWNLOAD SEABEE MOBILE 3.0

**Fraud, Waste and Abuse Hotline:** Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil)

**Food Trucks are Here!**

**Monday & Wednesday**  
**Taste Budz**  
 Fried Chicken, Fried Catfish, Smothered Pork Chops & Southern Treats!

**Tuesday & Friday**  
**BBQ WORLD**  
 Smoked Sausage, Pulled Pork, Brisket & Jalapeno Poppers!

**Training Hall Parking Lot**  
 10:30 a.m. - 1:30 p.m.



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



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

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

