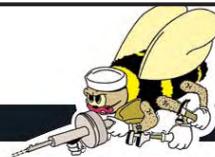


Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 46 No.15

Naval Construction Battalion Center, Gulfport, Mississippi

August 13, 2009

Inside this edition



A Seabee with NMCB 133, adjusts equipment during the Battalion's mid-summer Communication Exercise.

See page 4



Morgan Ruby practices skills learned at a Rape Aggression Defense seminar held onboard NCBC.

See page 7



NMCB 1 and NMCB 74 are beginning 6-month deployments to Pacific Command and Southwest Asia this month.

See page 14

Welcome home NMCB 11



First Kiss ... Yeoman 1st Class Marshall Kessler gives his wife, Candra, the "first kiss" Aug. 9 upon arrival of Naval Mobile Construction Battalion (NMCB) 11 at the Seabee Center Training Hall. NMCB 11 is returning from their first deployment in nearly 40 years since the battalion was decommissioned Dec. 15, 1969. The battalion was re-commissioned Sept. 14, 2007 and can trace its heritage back to World War II. While deployed, the battalion's 600 plus Seabees worked in over 33 locations, in 25 countries, spanning 11 time zones and support requirements for at least four different Component Commanders ranging from mission support construction to humanitarian operations. Seabees with the 25th Naval Construction Regiment have also begun their return back to homeport after a 6-month deployment supporting ongoing operations in Afghanistan. More than 40 service members provided overall command and control over Seabees in the region.

(U.S. Navy photo by Rob Mims/Released)

See page 13 for more coverage of the return

IA support increases

By MC1 Russell Tafuri
U.S. Naval Forces Central Command

Throughout the Middle East there are more than 14,000 Sailors serving "boots on ground" with forward-deployed units in the U.S. Naval Forces Central Command (NAVCENT) Area of Responsibility.

More than 5,100 of these Sailors are individual augmentees who left their 'parent' command behind to serve in places such as Iraq, Afghanistan and Kuwait.

To ensure that Sailors receive the support they need while deployed to the region as IAs, the Navy implemented a command, complete with Sailor services, to support the journey from their parent command to their deployed unit and back again.

Commander, Task Force Individual Augmentee (CTF-IA), was established by NAVCENT in November 2008 to support Navy IA Sailors deployed throughout the AOR, providing a locally based, forward-deployed command and staff that Sailors can turn to for help. The command also offers Navy-specific support that is necessary in a joint service combat environment.

"Our task force is charged with ensuring that every Sailor receives the oversight, guidance and support they need while deployed as an IA," said Rear Adm. T.C. Cropper, commander, Task Force Individual Augmentee (CTF-IA). "Our Sailors do amazing work while deployed as individual augmentees, and it is important that they have a Navy chain of command to help them while they serve in joint, expeditionary

See **SUPPORT** page 22

NCBC/20SRG
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Capt. Ed Brown
Public Affairs Officer
Rob Mims
Editor

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Mass Comm. Specialist
MC1(SW) Terry Spain
MC2 (SCW) Gregory N. Juday

22 NCR Commander
Capt. Louis V. Cariello
Public Affairs Officer
MCC(SCW) Jeffrey J. Pierce
Mass Comm. Specialist
MC3 Michael Wright

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Public Affairs Officer
Lt.j.g. Ina Miranda-Vargas
Mass Comm. Specialist
MC1 (SCW) Demetrius Kennon

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MC2 Michael Lindsey

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MC2 (SCW) Jeffrey Militzer

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Public Affairs Officer
Ensign Eric Hower
Mass Comm. Specialist
MC2(SCW) Michael B. Lavender

NMCB ONE THIRTY THREE
Commanding Officer
Cmdr. Christopher Kurgan
Public Affairs Officer
MCC (SW/AW/PJ) Ryan C. Delcove

NCTC Gulfport
Commanding Officer
Cmdr. Stephanie Jones
Public Affairs Officer
Chaplain (Lt.) Daniel Spies

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Navy Legal Federal Housing Assistance Program information

By Lt.j.g. Patrick Jackson, JAGC
RLSO SE BROFF Gulfport



There is an old cliché that “when the going gets tough, the tough get going.” Well times certainly are tough, and it almost goes without saying that there is no one tougher than the members of the United States military. However, many of our fellow service members are unable to “get going” with their lives due to the poor economy and the collapse of the housing bubble. Imagine the plight of John Q. Sailor who bought a new home several years ago while home values were still high. Now his orders are up and it’s time to PCS somewhere new, but he is stuck in his current home. Facing the very real possibility of having to sell his home at a significant loss, he is left to choose the less horrible of two lousy options: start making two mortgages, or a mortgage and a rent payment, each month; or sell his home and lose thousands of dollars in the process. What is he to do?

Fortunately for John Q. Sailor, the federal government is deeply committed to protecting service members and assisting them during this economic crisis. President Obama recently signed the “American Recovery and Reinvestment Act of 2009,” which includes key provisions that could have a dramatic effect on service

members dealing with the decline in the housing market. In particular, Section 1001 of the Act updates and expands upon the Department of Defense Homeowners Assistance Program.

HAP was originally designed to help service members whose home values were negatively affected by the closure of nearby military installations. After making a reasonable effort to sell their home, individuals thus affected could be reimbursed by the government for part of the lost value of their home. First, an eligible person could be compensated for the difference between 95 percent of the old value of the home, and the current sale or appraisal value. Second, an eligible person could instead choose to sell the property directly to the government for up to 75 percent of the old fair market value of their home, or the current total amount of existing mortgages, whichever is greater.

“HAP-Plus,” as the expanded program has come to

See FEDERAL page 23

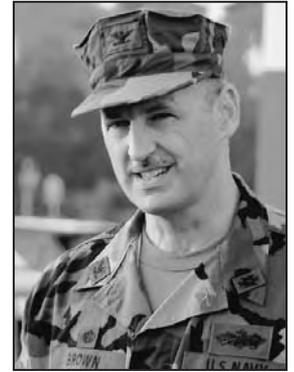
Skipper's Log

A call for action

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

What do you stand for? Do you typically ask, “What’s in it for me?” or “How can I help?” Some of us fool ourselves by thinking it’s the latter; however, our behavior indicates the former. If we don’t follow ethical behavior, there is no question you’re in the “What’s in it for me?” group. Taking something that doesn’t belong to you (in all cases otherwise known as stealing – and you can’t rationalize that away), putting someone down to advance your own benefit or lying shows a lack of ethics.

Every one of you I talk to, relay their greatest career experiences as the times you saw someone that you helped succeed, or the memory of the eyes of the local as you rebuilt their community. How does this kind of deep passion to do good, co-exist with someone that will scam to benefit themselves? We need to look in the mirror and do the right thing.



Capt. Ed Brown

We need to uphold the highest level of ethics and report any one that does not. Failing to speak up and not stopping improper conduct is wrong. We are from the Gulf Coast, we are proud community leaders, we will not tolerate those that will tarnish our reputation.

Find solutions that are best for most, even if it’s not best for you. Speak up, it is our community and heritage to protect.

Married in the Military . . .

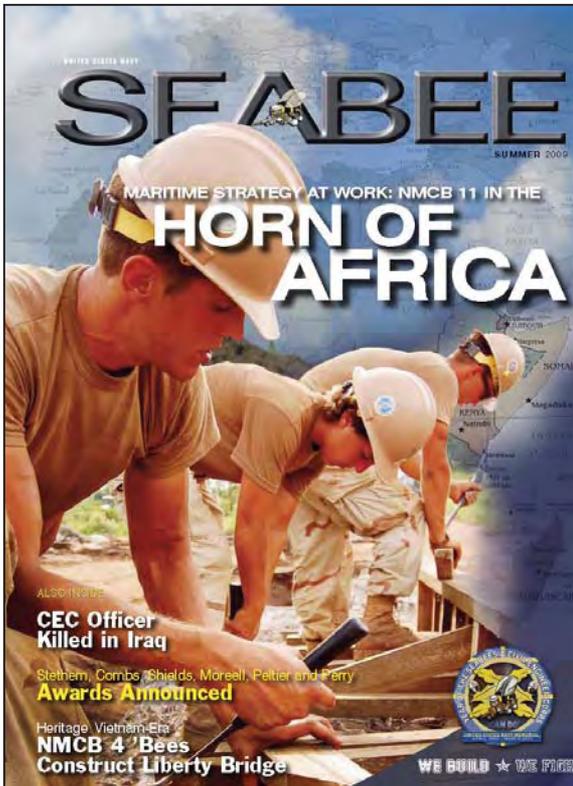
Fleet and Family Support Center will sponsor the class, "Married in the Military," Aug. 18 from 5:30 to 7:15 at the FFSC, building 30. This class is for anyone who married recently or plans to marry within the next six months. The class will address Navy paperwork requirements, financial planning and marriage enrichment. The class is open to individuals as well as couples. Pre-registration is requested; call FFSC at (228) 871-3000.

Sailor's Creed

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

Command Action Line:

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



Seabee Magazine honored for second consecutive year

From Naval Facilities Engineering Command Public Affairs

Seabee magazine earned the 'Award of Distinction' (Silver Award) for the second consecutive year during the 15th Annual Communicator Awards competition.

The magazine is produced by the Public Affairs & Communications Office, Naval Facilities Engineering Command, Washington, D.C.

The 2009 Communicator Award is sponsored by the In-

ternational Academy of the Visual Arts, an invitation-only body consisting of top-tier professionals from a "Who's Who" of acclaimed media, communications, advertising, creative and marketing firms. There are two award levels - Excellence and Distinction. This year's competition received more than 7,000 entries from companies and agencies of all sizes, making it one of the largest awards programs of its kind in the world.

Get Tropical Cyclone Condition and Emergency info on Twitter and Facebook . . .

NCBC Gulfport now has a Twitter and Facebook account to help people stay informed. Twitter will be used mainly for official notification. To follow Seabee Center on Twitter, go to <http://twitter.com/SeabeeCenter>. On Facebook there will be news and events posted regularly. Go to <http://www.facebook.com/Seabee.Center.Gulfport> to sign up.

Gulfport duo cook up noteworthy performance at Navy Region SE Iron Chef competition

By MCI(SW/AW) Rebecca Kruck
NAS Jacksonville Public Affairs

Naval Air Station Jacksonville's Flight Line Café hosted an iron chef competition July 30 for six culinary specialists teams from various Commander Navy Region Southeast installations.

Teams from Naval Station Mayport, Naval Air Station Jacksonville, Naval Submarine Base Kings Bay, Naval Hospital Jacksonville, Naval Base Guantanamo Bay, Cuba and Naval Construction Battalion Center (NCBC) Gulfport participated in the competition.

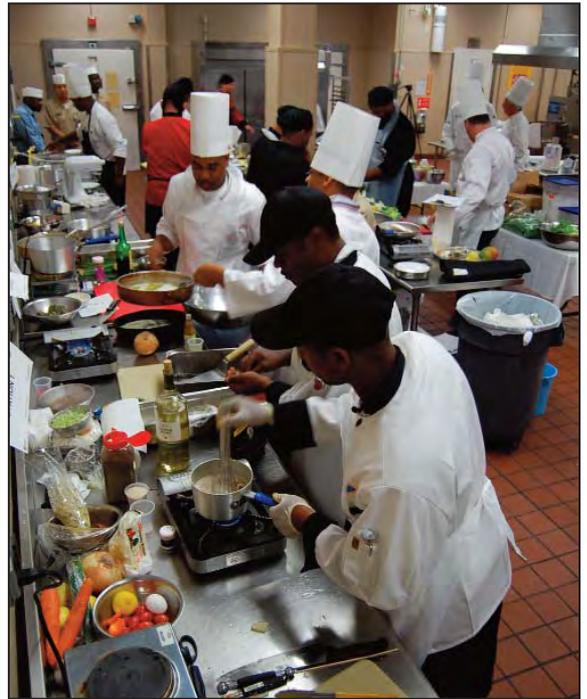
Robert Irvine, a Food Network chef and a judge for the competition, judged the teams on work ethic, ingredients, presentation and dish taste.

"The Navy does such an amazing job of training their culinary specialists and putting them through the [American Culinary Federation] program," said Irvine. "Anybody that comes out of the service has a discipline, they have the focus and they have the training. If someone came up to me and said I was a culinary specialist in the Navy, they would be hired on the spot."

Prior to the competition, David Bearl, a chef from First Coast Technical Institute's School of Culinary Arts, gave the teams some guidelines to follow.

"You will need to demonstrate four classical cuts, a vinaigrette and at least two sauces," said Bearl. "We will also be looking for sanitation and safety and organization skills. We don't want to see you wasting anything. If you waste food, you waste money."

The competition began at 7:30 a.m. with the revealing of the mystery proteins, fresh shrimp and beef tenderloin. The six teams then had 30 minutes to write a menu and three hours to prepare a salad, appetizer, and main entrée dish for each of the four judges as well as for the presentation table.



Naval Culinary Specialists rush to prepare their dishes before the clock runs out during the 2009 Commander, Navy Region Southeast Iron Chef Competition. (U.S. Navy photo by Mass Communications Specialist 1st Class Rebecca Kruck/Released)

Robert Tulko, Winn Dixie's executive chef, also served as a judge for the competition.

"One of the entrée meats is a beef tenderloin. You use different cuts of this meat for different dishes. So I want to see them using it appropriately" said Tulko. "We're looking for creativity. They're taking these ingredients and making something special."

At the close of the competition, Irvine announced the winners. Commander, Navy Region Southeast Rear Adm. T. Alexander and Naval Air Station Jacksonville Commander Capt. Jack Scorby presented the awards.

Naval Base Guantanamo Bay, Cuba's team, consisting of Culinary Specialist 1st Class Horace Rodney and Culinary Specialist 2nd Class Victor Silas, won first place.

"I'm shocked," said Silas. "I can't believe it!"

"We put 60 to 70 hours in the kitchen after hours getting ready for this," said Rodney. "We prepared a list of 'secret' ingredients that would go with any meat, which helped us put together our menu."

Their menu consisted of a warm bacon salad, Key West lemon-grilled shrimp, stuffed beef tenderloin, German potatoes and sweet glazed carrots.

Naval Hospital Jacksonville's team, consisting of Culinary Specialist 2nd Class Brandon Robinson and Culinary Specialist 2nd Class Derrick Victor, took home second place.

NCBC Gulfport's team, consisting of Culinary Specialist 2nd Class Brandon Robinson and Culinary Specialist 2nd Class Derrick Victor, took home third place.

NMCB 133 pioneers tactical communications

By ET3 Andrew Briennio and
ET2 (SCW) Brandi Chopie
NMCB 133 Public Affairs

Communications personnel from Naval Mobile Construction Battalion (NMCB) 133 recently completed a four-day communications exercise designed to test the battalion's ability to establish and maintain communications in a field environment.

Electronics technicians and information systems technicians from NMCB 133's communications

shop led the charge, supported by personnel from NMCB 133's communications platoon. The proper setup of antennas, phone networks, tactical data networks and satellite communications were only a few aspects of communications that were under the microscope during COMMEX.

Throughout the exercise the battalion was divided into two main personnel groups, Main Body and Air Detachment.

Each unit was evaluated on its

ability to communicate with the other as well as with higher commands. To further challenge NMCB 133, the Air Detachment was redeployed twice and each time tasked with re-establishing communications with Main Body and higher. The Main Body was also redeployed once and tasked with sending multiple detachments or groups of personnel into the field, all while maintaining communications to higher echelon commands.

"The exercise was very demanding and pushed our people hard... but with dedication and skill we succeeded, I'm very proud of how everyone performed," said Chief Information Systems Technician (SW/AW) Michael Pittenger, NMCB 133's S6 chief.

COMMEX 2009 also saw the first use of a new concept in battalion communications, spearheaded by NMCB 133. In the months leading up to COMMEX, NMCB 133's S6 personnel were busy setting up a 20-foot container for use as a mobile antenna farm.

"The box," as it has come to be known, is framed in with two by four wall studs and sheeted with plywood. Electrical outlets and lighting were set up in the box, as well as built-in shelves for the storage of communications gear and racks for storage of Vehicle



Information Systems Technician Petty Officer 1st Class Christopher Moore from Naval Mobile Construction Battalion (NMCB) 133 loads communications gear during NMCB 133's communications exercise (COMMEX) at Naval Construction Battalion Center. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)



Construction Electrician 3rd Class Duane Dailey with Naval Mobile Construction Battalion (NMCB) 133 sets up a Yagi antenna while setting up satellite communications during NMCB 133's communications exercise (COMMEX) at Naval Construction Battalion Center. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)

Radio Communications radios 90 and VRC 92s. Cables and components were pre-connected so that communications could be established quickly in the field. The phone switchboard and Tactical Data Network server were also housed in the box. An air conditioning unit was installed to keep all the gear from overheating.

"The box takes all of the communications gear out of the muck and into a controlled environment," said Electronics Technician

1st Class (SW/SCW) Jeffrey Brink, leading petty officer for the Battalion's ET Shop. "It allows us to be ready to establish communications immediately rather than waiting to set up a tent. It makes communications overall much more reliable."

NMCB 133 performed exceptionally well on COMMEX 2009 and will soon apply their knowledge, skills and new assets on the Battalion's upcoming Field Training Exercise.

Pre Conditioning Clinic . . .

NCBC Fitness Center will be offering a Pre Conditioning Clinic for all service members who need extra or advance fitness training for a course or school. The clinic is free and self-paced. If you are applying for Special Forces or preparing for Expeditionary Combat Skills training, this clinic is for you.

Participants **must** have proof of course/school that they are attending. Contact Xavier Thornton, MWR Fitness Coordinator at (228)871-2353 for more information.

Naval Construction Battalion Center

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Volkslauf Mud Run 2009

**Saturday
Sept. 12
8 a.m.**



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www.cnic.navy.mil/Gulfport/index

**This 4+ mile course is filled with challenging
obstacles and tons of old fashioned
Mississippi Mud!**

Thrift Shop Manager needed

The Navy-Marine Corps Relief Society Gulfport Office is seeking a volunteer Thrift Shop Manager for the NCBC Thrift Shop. A great opportunity to join an energetic team of volunteers and to help others, await the new Thrift Shop Manager. Call Alice Huffman, Director or Angie Egger, Chairman of Volunteers, at (228) 871-2610 for information. NMCRS volunteers are reimbursed for mileage and for childcare while volunteering with the Society.

NMCB 74 donates blood to help one of their own

By MC1 (SW) Ryan G. Wilber
NMCB 74 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 74 pulled together to give blood and help one of their own on Tuesday when they volunteered to donate blood on behalf of six year old Timia Gilbert, daughter of Yeoman 1st Class Timothy Gilbert, assigned to NMCB 74's Headquarters Company, and his wife Tonja.

Only one in one million children are diagnosed with Atypical Rhabdoid Tumor (AT/RT) each year in the United States, and unfortunately Timia was diagnosed with AT/RT when she was only three years old. She went into remission, but has relapsed and will again undergo chemotherapy to eradicate the cancer cells. "Timia takes chemotherapy five times a week and needs platelets once a month, but in the beginning she needed blood more often," said Gilbert.

The blood drive was set up by The Blood Center, which supplies all of Jackson County and 40 hospitals in southeastern Louisiana and southern Mississippi, including Tulane Chil-

dren's Hospital where Timia is being treated, and coordinated through NMCB 74's Blood Drive Coordinator and Command Chaplain, Lt. Gregory Hazlett. All the volunteers and workers displayed a warm heart concerning the condition of Timia and the position of the family. "The cool thing about this is it takes care of one of our dependents, and a portion of the blood will go to Timia and sick children like her in the hospital," said Hazlett. "Any time we give blood we save lives."

In preparation for a long day during the drive, Pat Warfield, Coastal Regional Director for the Blood Center, encouraged her team, stating "I showed my team a picture of Timia to encourage them with a reminder of the benefit to the family."

It was a worker at the Blood Center that brought the condition to Ms. Warfield's attention and that is when the Blood Center contacted the Gilbert family to initiate the blood drive. "When we were contacted by the Blood Center it warmed my heart to know that the Center was going to help Timia and all the other children at the hospital," said Gilbert.

Seabees from NMCB 74 came out to support the blood drive, including Builder Construction Apprentice Heaven Brooks.

"I wanted to give blood to support the command and especially in support of a child of a Seabee in need," said Brooks.

Some were not overly enthusiastic about being stuck for the blood draw, but volunteered for a good cause, like Equipment Operator Construction Apprentice Travis Love, assigned to NMCB 74's Alfa Company.

"I hate needles, but I'll come over to donate for a good cause, and it's always better when it's a fellow Seabee," said Love.

Seabees from other battalions volunteered to show support of NMCB 74 and the Gilbert family. Construction Electrician Construction Recruit Marcos Saenz, assigned to NMCB 11 came to volunteer after receiving word about the blood drive from his Chief.

"I normally like to volunteer for things to help people, such as give blood. I hope a fellow Seabee would do the same for me if I were in a similar situation," said Saenz.

Amidst last minute preparations for NMCB 74's deploy-



Equipment Operator Construction Apprentice Travis Love, attached to Naval Mobile Construction Battalion (NMCB) 74 has blood drawn during a blood drive at the NCBC Chapel. The blood drive was held on behalf of six year old Timia Gilbert, daughter of Yeoman 1st Class Timothy Gilbert and his wife Tonja. Timia has been diagnosed with Atypical Teratoid Rhabdoid Tumor (AT/RT) and is receiving chemotherapy at Tulane Childrens Hospital. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

ment to Afghanistan, 43 Seabees from the command had donated blood. According to Warfield, for every donation three people

will be helped, which creates what she called "a win-win

See DONOR page 18

Mixing it up, Texas style



Seabees from Naval Mobile Construction Battalion (NMCB) 22 out of Fort Worth, Texas, mix concrete during a Mix, Place and Finish class at Naval Construction Training Center on board NCBC Aug. 5. NMCB 22 is in the training phase of their homeport and are preparing for an upcoming field exercise. (U.S. Navy photo by MC2 Gregory N. Juday/Released)

Now is the time to make sure your TWMS information is up to date . . .

Recall and emergency contact information is critical to have in case of a disaster, emergency, or mishap. Review the information contained in the Total Workforce Management Service (TWMS) application at <https://twms.nmci.navy.mil/selfservice>.

If you find anything that is incorrect or outdated in those fields that allow direct update, correct the information. Specifically, review base location, building number, home address, E-mail addresses, supervisor's name, work phone, cell phone or pager number, home phone and emergency points of contact.

Some fields may require logging into the official program of record which supplies the information to TWMS. In those cases, the link to that program of record will be available on the Self Service form. Click on that link and log into that system to correct the data, it will update the information during the next update cycle.

If errors are found in non updatable fields, please contact the applicable servicing Human Resources Office (for civilian and NAF employees), or PSD (for military personnel) to have the data corrected in the applicable program of record.

NAF employees should review all information contained in their record, note any incorrect items and contact the servicing NAF Human Resources Office with the updated information.

Contact the help desk toll free at 1-888-264-4255 (DSN: 942-6597 or Commercial: 1-904-722-6597) and select the TWMS option if further assistance is needed.

Daughter of Seabee wins pageant honors

By Bonnie L. McGerr
NCBC Public Affairs

McKenzie Irish of Biloxi is the newly-crowned National American Miss Mississippi Jr. Teen and will compete in Anaheim, Calif., in November for national honors, cash and prizes.

Since winning her title in June, the D'Iberville High School sophomore has been busy with personal appearances, autograph sessions and interviews.

"I have visited Biloxi Mayor A.J. Holmoway, done radio and TV interviews and held autograph sessions at Dilard's," said Irish.

The Miss Mississippi Jr. Teen pageant was the first competition that Irish participated and she found that one of the best things about the experience were the friendships formed with other con-

testants. Her favorite part of the evening though, was when she heard her name announced as the winner and was escorted to the stage by a very special person.

"My daddy got to walk me onto the stage," said Irish. Her father, Chief Utilitiesman Troy Irish recently transferred from Naval Mobile Construction Battalion (NMCB) 7, to Construction Battalion Mobile Unit 202 homeported in Little Creek, Va. "My dad is wonderful and I miss him so much," she explained.

When not fulfilling her pageant obligations, the 15-year-old keeps an active schedule which might not be possible without the organizational and emotional support of her mom Kim, who acts as her informal manager and accompanies her to many of her activi-

ties. Irish is not only a competitive pageant participant, but also a member of her high school swim team and vice president of the 10th grade student council.

Who knows what the future holds for this young woman? Her future ambitions include swimming in the Olympics, joining the circuit as a professional motocross rider, and studying to become a veterinarian, a marine biologist and a paranormal investigator.

As a daughter of a Seabee Chief, you just never know what she "Can Do."

McKenzie Irish, daughter of Chief Utilitiesman and Mrs. Kim Irish is the newly crowned Miss Mississippi Jr. Teen. The 15-year-old will compete in November for national honors in California. (Photo courtesy of Miss. Irish)



Meeting the mission, working hard to make our families smile

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

Long, hot, and extremely humid days dragging into late hours of the night, making sure everything is ready for the 2,725 personnel and 1.2 millions pounds of cargo and equipment heading out on deployment and coming home from the desert heat. This is the life of the R-43 Embarkation Department, and it is far from over.

With the 25 Naval Construction Regiment and Naval Mobile Construction Battalion (NMCB) 11 returning home from South-west Asia, NMCB 1 and NMCB 74 stepping off on deployment and NMCB 22 and NMCB 133 heading out to Camp Shelby for their Field Exercises, the month of August is a challenge.

"The hardest part of our job is coordinating with the battalions and units world wide," said Chief Equipment Operator (SCW) Toby Davis. "Helping the departing battalions get ready to step off and preparing for the incoming battalions while communicating our efforts with Seabees world wide is our biggest challenge."

Equipment Operator 1st Class



Gear is loaded into the cargo bay of an airplane that will transport service members from one location to another. Members of the 20th Seabee Readiness Group Embarkation department work to ensure that deployments go as smoothly as possible in order to ensure mission success. U.S. Navy photo by Lt.j.g. Ina Miranda-Vargas/Released)

(SCW) Joseph Dietz spoke a little further, "Coordination is definitely a challenge, especially when you don't have all the assets needed for the Job. NMCB 7 has been fragmented to help and have been doing an outstanding job."

It is a known fact that the hard work and late nights come with a reward that is worth more than any medal or letter of recognition. It is the smile on a child's face when he sees his

mother or father return home after being gone for six months.

"When I am in that white bus, pulling up to the grinder, gym, or training hall, and I see the eyes light up on the children, wives, girlfriends and family waiting to see their loved ones, I know it was worth all the hard work," said Dietz. "That is what this job is all about, getting one group out so another can come home and there is no reward greater than that."

Women get defensive during RAD seminar

From Fleet and Family Support Center/MWR Gulfport

The Fleet and Family Support Center's (FFSC) Sexual Assault Victim Intervention Program (SAVI) teamed up with Morale, Welfare and Recreation (MWR) to host a Rape Aggression Defense seminar for active duty and civilian women at Naval Construction Battalion Center Gulfport.

R.A.D. is a self-defense program for women made up of easy-to-learn techniques that have realistic and practical applications. The objective of the course is to develop and enhance the options of self-defense for women.

Maj. Justin Ansel, Marine Advisor to the Twenty Second Naval Construction Regiment (22 NCR), who coordinated the training.

"I wanted to bring the R.A.D. instructors to CBC Gulfport to give our female Seabees, wives of our Seabees, and civilian workers the confidence to protect themselves in a violent encounter," said Ansel. "I think the peace of mind, knowing our loved ones can protect themselves, is priceless, especially for our Seabees deployed away from their home."

Certified R.A.D. instructors



R.A.D. instructor, Sherry Honsinger, demonstrates a defense move against Maj. Justin Ansel during a Rape Aggression Defense seminar sponsored by the Gulfport Fleet and Family Support Center and MWR onboard NCBC. (U.S. Navy photo/Released)

from the Mississippi University for Women presented the participants with various options to consider for use in a self-defense situation. The educational format also included awareness, prevention, risk re-

See RAD page 18



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Long Beach Festival



Construction Mechanic Construction Apprentice Brenton Cliber waits until a proper salute is rendered before passing the American Flag to Builder 3rd Class David Dreen during the reading of "Old Glory" at the 2nd Annual Long Beach Festival Aug. 8. Both Sailors are from the Naval Construction Training Center and were on hand to help the city celebrate their 104th Birthday. Captain Ed Brown, Naval Construction Battalion Center commanding officer was the guest speaker and Chaplain Macgregor McClellan, NCBC chaplain, said the invocation. (U.S. Navy photo by Rob Mims/Released)

Plastic Recycling Facts



Questions on
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Recycling at:
(228)
871-4738

Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away! Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year! Recycling plastic saves twice as much energy as burning it in an incinerator. Americans throw away 25 billion Styrofoam coffee cups every year.

22 Naval Construction Regiment Car Wash . . .

There will be a 22 NCR car wash Aug. 18 from 10 a.m. to 2 p.m. in the Anchors and Eagles parking lot. They will also be selling Pulled Pork sandwiches. Please come out and show your support.

Time for back to school routines

By Ann Jenkins-Allen, LMSW
FOCUS Gulfport

Summer is done and the children are back to school already. There are also many changes on the Center with people coming in and others leaving out. This affects our daily routines drastically. All these changes can affect our military children's behaviors and/or their ability to regulate their emotions. It varies by the age of the child, the history of deployments in the family, and the reactions of the primary caregiver, but developing a regular routine can be helpful for children of any age and at any stage.

Children really do thrive with set routines and boundaries. We all like to know what we can expect from day to day. Why would that be different for our children? These routines can add security and safety to the overall sense of well being for our military children. Of course, if the normal routine in the household is negative and emotionally taxing to everyone, by all means find a way to change it. FOCUS held a "Return to Routines" workshop recently and allowed children to have their own session as their parent(s) met in another room.

As introduced at the workshop, simple, open conversations about expectations and responsibilities of each family member can be a great start to developing routines. There is great information out there about maintaining morning routines, improving bedtime routines, and solving the homework hassles that may be just what is needed.

Please contact us at FOCUS at (228) 871-2810 ext 143 for any information on this topic or if we can answer questions you may have about being part of a military family.



Sailor welcomed back from IA duty

Yeoman 2nd Class Shunkalita King of the Naval Construction Training Center is greeted by friends and colleagues upon her arrival at the Gulfport Biloxi International Airport July 28. King completed a nearly seven month individual augmentee tour to Camp Taji, Iraq. (U.S. Navy photo by Rob Mims/Released)

August 13, 2009

Seabee Courier

Clip' the excess from your grocery bill

By Millie Slamin
DeCA Public Affairs Specialist

Carmen Chapman saves more than 30 percent on her purchases every time she uses her commissary benefit, and just recently she learned she can save even more by downloading manufacturer's coupons from the Defense Commissary Agency's Web site: <http://www.commissaries.com>.

"I didn't know about being able to download coupons from DeCA's Web site," said Carmen, whose husband is an Army retiree and whose two sons are soldiers on active duty. "I'm going to have to tell my daughter-in-law about this!

"I've been trying for years to get her to shop at the commissary, but I think after I tell her about being able to download coupons, she'll change her mind."

Although most customers know they can redeem

coupons at commissaries, not many are aware that in addition to downloading them from the DeCA Web site, they can also pick them up at the store entrance, collect them from displays on store aisles, and use coupons that are attached to products.

Chapman admitted that she gets the majority of her coupons from the Sunday paper and collects a few here and there as she walks up and down commissary food aisles. But now that she's armed with information about downloading coupons from DeCA's Web site she said she'll be able to save even more than the \$10 to \$15 she now saves on her bi-weekly grocery bill.

Shuffling through her coupons, Chapman explained, "I have two sons who are deployed right now. One is in Iraq and the other one is in Germany. I like sending them the individual packets of cereal bars," she continued, plucking the right coupons

from the stack. "They really appreciate getting those."

The beauty of being a coupon clipper is that you can redeem coupons at all commissaries, whether it be in the states or overseas. And, the coupons can be clipped out of newspapers and magazines, downloaded from the Internet, or manufacturer's coupons collected from store shelves.

In addition to customers overseas being able to use these same coupons, there is another perk: "We will redeem coupons for our customers overseas up to six months after the coupon expiration date," remarked DeCA's Director and CEO Philip E Sakowitz Jr., during a discussion about coupons on the Navy's radio talk show, Homefront, June 11.

"If it has a bar code on it so we can scan it, we should be able to take it," he continued, reminding listeners that along with the 30 percent they save by shopping at the commissary, they can increase their

savings to 41 percent or more by using coupons.

According to DeCA Europe store directors and zone managers, newly reported service members and their spouses are briefed on the use and advantages of using coupons at overseas commissaries.

Store associates at overseas locations notice most patrons are aware of the added savings to be gained by using coupons, even though they do not have access to as many there, because there are no coupons available in daily newspapers like there are stateside.

Some customers never use coupons, while others come in equipped with well-organized boxes or envelopes full of them on every trip. Those who are avid "couponers" will most likely stop at the coupon display in the store's customer corner to see how many more they might add to their collection.

Thousands of coupons are redeemed at commissaries



throughout the United States and overseas, daily. These money savers are not only honored at all stores, they are even accepted at Guard/Reserve on-site sales held at remote, off-base locations as well as at regular case-lot sales usually held on sidewalks outside the stores.

"My mother taught me to use coupons when I was little, and I have been using them ever since," remarked Amber Cloclasure, an Air Force wife whose husband was stationed in England in 2006. "They are like free money. If I can save \$10 at the commissary, then that's \$10 more I have to spend on something else."

A reminder from NCBC Public Safety regarding Firearms . . .

IAW CBCGPTINST 8370.3A, The Unauthorized Possession or Storage of any Privately-Owned Firearm/Weapon or Ammunition is STRICTLY PROHIBITED on-board CBC Gulfport to include Housing, Bachelor Officer/Enlisted quarters, vehicles and work space. Weapons will be declared immediately upon entering NCBC Gulfport.

Buzz on the Street



What do you think of the Navy's new uniform policy concerning wearing CUU's off station?



"I really like the change; it makes it easier for the service member to grab lunch and run errands during their lunch break."

BUCN Brittany Livsey
20TH SRG



"It still needs a few adjustments, but is a step in the right direction."

UT2 Jerell Hoepfner
NMCB 74



"I feel it is a good change. We are catching up to some of the other services and improving quality of life for the individual."

HM1 Kenneth Burrell
NMCB 74

FITNESS FACTOR

By MC1 (SW) Terry Spain
NCBC Public Affairs

The treadmill is an exercise machine for running or walking while staying in one place. Many people use the treadmill as a supplement for running outside during inclement weather.

Treadmill training can improve endurance and provide a wide variety of health benefits. One of the biggest advantages to using the treadmill is that you can watch television or read while burning calories.

A 160 pound individual can burn roughly 342 calories in 30 minutes when the treadmill is set at a 4.0 walking pace on

a 10 percent incline.

According to Science Daily, treadmill exercise helps patients with peripheral arterial disease improve their walking performance without having symptoms of pain in their leg muscles.

Treadmills range in price from \$200 to \$4,000 and although they are a good form of exercise equipment to use, there are some disadvantages.

Drawbacks include maintenance and repairs issues that may arise with a treadmill, as well as the space that is required to set one up.

Bottom line - if you are planning on investing in a treadmill, do your research and shop wisely.



Treadmill Analysis

Sam Perkins, sports coordinator for NCBC, runs on a treadmill during his weekly routine at the base Fitness Center. The new Fitness Center is schedule to open in September.

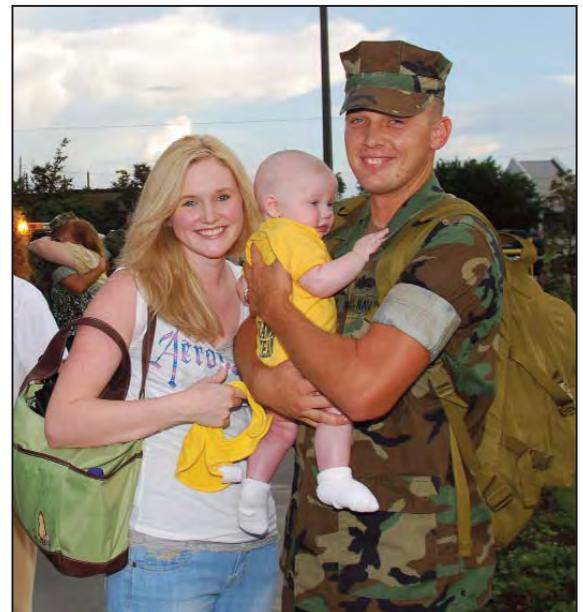
(U.S. Navy Photo by Mass Communication Specialist 1st Class Terry Spain/Released)

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Welcome back NMCB 11



Above: Construction Mechanic 3rd Class Justin Bennett kisses his wife Lindsay upon arrival at the Seabee Center Training Hall Aug. 9. Right: A Seabee gets a warm reception upon returning from a six month deployment with NMCB 11. Below: Builder Construction Apprentice Nick Toltowicz holds his five month old son Logan for the first time since Toltowicz' wife, Brittany gave birth. Below: The message is clear for all to see -friends and family members of Naval Mobile Construction Battalion 11 are glad to have them back in Gulfport. (U.S. Navy photos by Rob Mims/Released)



Good luck and safe journey to NMCB 1 and NMCB 74



Left: Seabees with Naval Mobile Construction Battalion 74 receive boxed lunches just prior to deploying. Above: Hospital Corpsman 3rd Class Catherine Jacobsen administers vaccinations to Seabees from NMCB 74 during lockdown. The Battalion is departing for their scheduled deployment to Southwest Asia. (U.S. Navy photos by Mass Communications Specialist 1st Class Ryan G. Wilber/Released)



Left: Seabees from Naval Mobile Construction Battalion (NMCB) 1 have their baggage weighed and searched as they prepare to be locked down at the Training Hall, Aug. 4 during their embarkation for their Pacific Command (PACOM) deployment to Okinawa. (U.S. Navy photo by MC2 Gregory N. Juday/Released) Top left and above: Seabees with NMCB 1 depart for DETs to the Philippines and Guam after a 16-month homeport in Gulfport. (U.S. Navy photos by Lt.j.g. Ina Miranda-Vargas/Released)



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Sign Up for the MWR Texting Program

Want to be in the know about upcoming events aboard the Seabee Base? Sign up today to receive text messages right to your phone about upcoming MWR events. By signing up you'll get a text message sent to your phone for the division of events and programs you are interested in! Just text CBCFit-ness, CBCMWR, or CBCFun (Liberty) to 30364.

Information Ticket and Tours (ITT)

Saints Football Tickets . . . (871) 2231/2126
 Tickets to 10 Saints home games are on sale at the Information, Ticket and Tour Office (located in Building 352). Tickets are limited as there are only

30 seats for each game. Customers can purchase as many tickets to as many games as they would like. \$35 per ticket, in sections 605 and 629 (Terrace Level) and a parking pass for \$27.50 can also be purchased. All purchases are available on a first come, first served basis. The ITT office is open Monday-Friday from 9 a.m.- 6 p.m. and Saturday 9 a.m.-1 p.m.

Base-wide Yard Sale - Sept. 19 from 8 a.m.-1 p.m. on the Grinder. For a \$10 booth purchase you get your choice of either two tables and two chairs or a 10 X 10 canopy. For \$15, you can get both. To sign up or for more info, stop by the ITT Office, Bldg. 352, or call 228-871-2231/2126. (Rain date will be Sept. 26).

Let's get ready to go to the Orlando Theme Parks one more time! ITT is taking a trip Oct. 9 - 12! This is a great opportunity to take advantage of your free military tickets and discounted family/friends for all of the parks! Trip includes round-trip deluxe

motor coach transportation and three night's accommodations at the Radisson World Gate Resort. Tickets can be purchased separately. It's not too early to sign up! Payment plans available. Sign-up deadline is Oct. 1, with final payment due by Oct. 5! For more information, or to sign up, stop by the ITT Office located in Bldg. 352, or call 228-871-2231/2126!

ITT has partnered with Vision Tours in offering a trip to the Talladega race Nov. 1. Cost is \$160/per person and this includes round trip transportation, race ticket and post-race BBQ. Pick-up is 3 a.m. at Crossroads Mall (by Barnes & Noble), return approximately midnight! To sign up and pay, stop by the ITT Office, Bldg. 352 or call (228) 871-2231/2126!

Attention race fans . . . that time of year will once again be upon us! Yes, the 52nd running of the Daytona 500 is quickly approaching! Join ITT on our third annual "running," Feb. 13-15. Trip will include round-trip deluxe motor coach transportation and two night's hotel accommodations at the Radisson World Gate Resort. Race tickets may be purchased separately. Stop by the ITT Office, Bldg. 352, or call 871-2231/2126 for more info and pricing!

Liberty Center

Aug. 14, Saints vs. Cincinnati Bengals, \$35 Depart Liberty at 5:15 p.m.

Aug. 18, Prime Outlets Shopping Trip, depart Liberty at 5:30 p.m.

Aug. 19, Microwave 101 "Salads & Sandwiches" Come get FREE samples for lunch and learn some great recipes

Aug. 21, Movie on the Lawn "The Godfather" AND today is the last day to sign up for Destin Labor Day weekend trip \$150.

Aug. 22, New Orleans Day Trip Depart Liberty at 10 a.m. and return at 11 p.m. ONLY \$2

Aug. 23, Big Kahuna's Waterpark in Destin, Fla. ONLY \$25 Depart Liberty at 7:15 a.m.

Aug. 26, Rock Climbing at Slidell Rocks \$8 Depart Liberty at 5:15 p.m.

Thanks Mickey



Melody Monroe (left) and Eileen Brown of the Disney Store donate school items to the children of the Youth Activity Center on board NCBC, Aug. 4. As students throughout the Gulf Coast prepared to start school Aug. 5, the Disney Store chose to assist the NCBC YAC children with essential supplies. (U.S. Navy photo by Mass Communications Specialist 2nd Class Gregory N. Juday/Released)

Join Liberty as we travel to Destin, Fla. to celebrate the last days of summer over Labor Day weekend! Only \$150 covers your round trip transportation and three nights hotel accommodations! While you're enjoying the beautiful beaches of the Florida Gulf Coast you can go diving, fishing in the "World's Luckiest Fishing Village", shopping at the Silver Sands Outlets, splashing at Big Kahuna's Waterpark, enjoying the many opportunities for nighttime entertainment or simply lounging on the beautiful white sand. Send off summer in style! Sign up at Liberty or call (228) 871-4684 for more information!

Outdoor Recreation

Charter Fishing Trip Aug. 22 - 23. Only \$75 per person; 10 person minimum and a 14 person maximum each day. Sign up and pay by 1 p.m., Aug. 17.

Bethel Mountain Biking Trail Aug. 29. \$10 per person, includes bike and transportation. Depart Outdoor Recreation at 8 a.m. and return at 4 p.m. Must sign up and pay by Aug. 26.

Minimum of 6 persons.
 New Orleans Swamp Tour, Aug. 30, \$20 (Adults) and \$14

(Children ages 3-10 years old). Depart Outdoor Rec. at 10 a.m. and return at 4 p.m. Sign up by Aug. 20 with a minimum of six persons.

Youth Activity Center 3 & 4 Year Old PASSERS Soccer League Registration Going On Now!

Is your 3-4 year-old ready to learn the basics of soccer and have some FUN? Then this is the program for you! Register until Aug. 31. The fee is only \$35 per child, which includes a T-shirt, participation trophy and end of season banquet. Call Ms. Sabrina at 871-2251 for details. First Coaches Meeting is Sept. 8 at 6 p.m. First Parent Meeting is Sept. 10 at 6 p.m.

Me & Mommy Program is back! Come to the YAC each Tuesday from 8:30 - 10:30 a.m. to meet other parents and create lasting relationships; all while helping your child master new skills and have fun! At each session, the children will enjoy crafts, songs, story time and movement activities. Call Ms. Jennifer at (228)871-2251 for more information. This class is FREE for children 5 and under.

At the Movies . . .

FREE movies, now playing at the Training Hall Movie Theater

Aug. 13: State of Play-PG13, 6:30 p.m.

Aug. 14: The Soloist-PG13, 7 p.m.

Aug. 15: 17 Again-PG13, 1 p.m., Star Trek-PG13, 3:30 p.m., State of Play-PG13, 6:15 p.m., Observe and Report-R, 8:30 p.m.

Aug. 16:

Hannah Montana-G, 1 p.m., X-Men Origins: Wolverine-PG13, 3:30 p.m., Crank-R, Showing at 6 p.m.

Aug. 18: Fighting-PG13, 6:30 p.m.

Aug. 20: Obsessed-PG13, 6:30 p.m.

Aug. 21: Haunting in Connecticut-PG13, 7 p.m.

Aug. 22: Star Trek-PG13, 1 p.m., Observe and Report-R, 3:30 p.m., 17 Again-PG13, 5:30 p.m., Hannah Montana-G, 7:45 p.m.

Aug. 23: X-Men Origins: Wolverine-PG13, 1 p.m., The Soloist-PG13, 3:30 p.m., State of Play-PG13, 6 p.m.



Builder Constructionman Apprentice Cleve Waiwai, assigned to Naval Mobile Construction Battalion 1, and Ethan Baatz raise the American flag over the USS Utah Memorial during a Make-A-Wish tour of historic Pearl Harbor. (U.S. Navy photo by Mass Communication Specialist 2nd Class Robert Stirrup/Released)

Proud Grandfather shares story of grandson's volunteer service

Good day and ALOHA!

"I am Jim Taylor, Retired Navy Master Chief, and am a volunteer worker at the Public Affairs Office in Pearl Harbor, Hawaii. My Grandson, BUCA [Builder Construction Apprentice] Cleve Waiwai, who is assigned to NMCB-1, is here in Hawaii on leave; unfortunately he goes back Saturday night. Cleve loves the Navy, is excited about his upcoming deployment, and, needless to say, I am very proud of his "career-choice," having served 33 years myself.

When I found out about the "Make-A-Wish" Foundation coming to Pearl Harbor, I asked Cleve if he would like to volunteer to be an escort. He was stoked and even went to the Uniform Shop and bought a new uniform to make sure he had a spotless uniform. Again, I was very proud!

The tour included participating in the Nation-Wide Bell Ringing Ceremony at the Arizona Memorial Visitor Center, a Harbor Tour hosted the Chief of Staff of Navy Region Hawaii, Captain Donald Hodge, USN, a windshield tour of Ford Island, and a tour of the Pacific Aviation Museum. During the tour an American Flag was flown over the Arizona and Utah Memorials, and certificates of presentation were given to Ethan Baatz, the MAW Recipient.

I have been a loyal reader of the SEABEE COURIER since he arrived in your Battalion and thought you might like to run a story on a great volunteer effort."

Jim Taylor
Commander Navy Region
Hawaii
Public Affairs Office

School Liaison Officer
Location: MWR, Bldg 352
1706 Bainbridge Ave. , NCBC
(228) 871-2117

Academic Achievers



Navy College Director Alex Carter presents Storekeeper 1st Class (AW) Tanya Bennett with her Associate of Arts degree in Management from Northwood University. Bennett is assigned to the 25th Naval Construction Regiment (R41). (U.S. Navy photo/Released)



Dr. David Drye, Coastline Community College representative presents Steelworker 3rd Class (SCW) Thaddeus Newton with his Associate of Arts degree in Criminal Justice from Coastline Community College. Newton is assigned to Naval Mobile Construction Battalion 74. (U.S. Navy photo /Released)

Interested in the Sea Cadets?



The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 60, room 105. For more information, e-mail enrique.acosta@navy.mil. (U.S. Navy photo/Released)

LifeWorks
August Schedule
of Events



Aug. 13-14: National Resurrect Romance Week - Last time to stop by and enter your name to win dinner and a movie. Winner announced Aug. 17!

Aug. 14: National Relaxation Day - Drop by the office and pick up your relaxing gift for Saturday which is officially National Relaxation Day. Just kick back and RELAX!

Aug. 19: Root Beer

Float Day - Stop by the office for a "black cow" ice cream float!!

Aug. 22: Sand Castle Building Contest - Test your sand castle building skills. Meet at beach for some Fun in the Sun!!

Aug. 31: Yard of Month Awarded- Don't forget to mow your back yard and keep your patio neat and clean. You could be our next winner!!!



Balfour Beatty
Communities

It's Annual CEL Housing Survey Time!

A Reminder from NCBC Safety . . .



Motorcycle Safety Training is mandatory

for all Sailors who ride motorcycles. Sign up on line at: <http://www.navy-motorcyclerider.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.

From RAD page 7

duction, and avoidance strategies. Fleet and Family Support Center's Sexual Assault Coordinator Peggy Cuevas was at the R.A.D. seminar and noted the importance of the class. "The fear of being sexually assaulted is a reality for women," said Cuevas. "I particularly like the way the course is as much about awareness and listening to your instinct as it is about the

physical defense when an attack does occur. Learning to reduce risk and vulnerabilities is crucial to a woman's safety." R.A.D. teaches that no one decision is right for all women in all situations. Unlike other self-defense programs, R.A.D. offers practical techniques that require no special equipment or skill; just actions that will become instinctive with repetition. For more information, contact Peggy Cuevas, SARC, at (228) 871-3736.

From DONOR page 6

situation - the hospital gets the blood they need and the families get assistance." At the end of the day, Gilbert had a message for all who had come out to show their support. "My family and I would like to say thank you to the 43 people who donated, and the other 50 who tried to donate blood on behalf of my daughter. The donated blood will not only benefit my daughter, but other children at the Children's Hospital who are in desperate need," said Gilbert. If you were unable to make it to the blood drive you can still donate blood at the Blood Center's Ocean Springs Donor Center. You can call (228) 872-7713, (504) 887-2833 or visit: www.thebloodcenter.org.

combat billets."

The IA Sailors' chain of command within the NAVCENT AOR starts in Bahrain with the CTF-IA command staff and extends to three forward headquarters in Iraq, Kuwait and Afghanistan. CTF-IA has also implemented a mobile support team to travel throughout the AOR to assist Sailors with pay, career, medical, spiritual and other needs.

"What this means for spouses and families at home is their deployed Sailors' needs are met, and the necessary support structure is in place from before the deployment begins all the way through to their transition back home," said Capt. Rinda Ranch-Hillis, CTF-IA chief of staff. "We are here and will be here to support Sailors completely during their IA deployment."

Lt. Lisa Masso, an officer assigned to the CTF-IA headquarters staff in Bahrain, said the forward headquarters staff serves as Sailors' advocates in-country.

"Our IAs can rest assured they'll have Navy support while serving in a joint service environment," she said. "Our Sailors in theater conduct

everything from detainee operations to serving as dentists and doctors. We're here to solve problems and ensure IAs don't have any undue or unnecessary stress while serving in combat throughout the CENTCOM AOR."

In addition to CTF-IA support while deployed to the region, Navy parent commands in the continental United States have a designated command individual augmentee coordinator, similar to a Navy command ombudsman, who maintains liaison between IA Sailors, their

command and the families of deployed Sailors.

The CIAC maintains that critical lifeline between the Sailors and his or her parent command and ensures things run smoothly for the deployed Sailors' families.

Aviation Electronics Technician 1st Class (AW) Justin Seibel, assigned to the CTF-IA staff in Bahrain, said that adapting to this ever-moving environment highlights the renowned flexibility of Sailors.

"We let Sailors know that the

Navy cares about their experience, their families and their sacrifice," he said. "It's important for every Sailor to know they and their families are taken care of."

As each IA Sailor's deployment comes to an end, they attend a three-day Warrior Transition Program in Kuwait designed to expedite gear return, allow for down-time and provide them with transition guidance before returning home to their family and friends.

Once home, IA Sailors are encouraged to attend a Returning

Warrior Workshop during which they and a family member participate in an expenses paid conference near their home or Navy operational support center. Most, if not all, expenses related to the RWW are covered by the IA Sailor's NOSC or parent command.

CTF-IA will continue to provide support to all Sailors serving throughout the AOR. Leaders say IA Sailors are the epitome of Navy versatility and play a vital role in bringing security and stability to the region.

Tired of waiting for info to come to you . . . Visit the links below to 'BEE in the KNOW!

<https://www.cnic.navy.mil/gulfport/index.htm>
<http://www.facebook.com/seabee.center.gulfport>
<http://www.twitter.com/SeabeeCenter>

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

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 6:30 p.m. meeting. Children are welcome and baby sitting is provided during deployment. For more information, contact FRG President Angela Sourwine, (228) 323-0036 or FRG Vice President Rashelle Geddis, (228) 224-1475 or 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 Youth Center. Children are welcome and baby sitting is provided. To receive FRG information, 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 Fleet and Family Support Center. Bring a covered dish to take part in a potluck dinner. For more information, contact FRG President Torell Coquet at torellcoquet@yahoo.com or Vice President Annie Gundy at anniegundy@gmail.com. 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 second Tuesday of every month at 6:30 p.m. in the Navy Operational Support Center (NOSC), building 113. For more information contact FRG President Liz Stocking at (717) 491-2900 or Vice President Sarah Edwards at (336) 215-2211 or email 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 hansonk154@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 holds monthly meetings the fourth Thursday of every month at 6:30 p.m. in the building 1 conference room. For more information contact noscgulfport@yahoo.com.

Navy-Marine Corps Relief Society

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

Gamblers Anonymous

The Fleet & Family Support Center offers 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 12 hour, three-day course is offered the last week of the month (Tuesday, Wednesday and Thursday) from 9 a.m. - 1 p.m. in the CBC Chapel Fellowship Hall. The course and child care are FREE! Please R.S.V.P. (228) 871-3000 ext. 7444 Ask for COMPASS!

Naval Sea Cadets - Gulfport branch are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization

that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., 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) 871-3787 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 MC1 Terry Spain at 871-3663 or EO1 Denise Demontagnac at (228) 871-2970 for more information.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of every month is Seafood night, the remaining Fridays are Steak night. Weekend breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Bill North at (228) 863-8602.

VFW Post 4526 Orange Grove is open daily from noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. VFW meetings are held the first Wednesday each month at 7 p.m. Old and new members alike are welcome and encouraged to attend. Call Post Commander Bill McNicholas at (228) 832-0017 or Sr. Vice Commander Ben Barker at (228) 832-3798 for more information.

HERITAGE

The Seabee Gift Store is in the new Training Hall, building 446 and is open Monday - Friday, 10 a.m. to 4 p.m., phone (228) 871-4779. The shop has several command exhibits, as well as a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Huenueme, Calif. The Web address is www.seabeemuseum-store.org/shop/index.php

2009 Defense Forum Washington presents
"Coping with Unseen Injuries: From Battlefield to Homefront"
Sept. 16, Hilton Alexandria Mark Center, Alexandria, Va.
Confirmed Keynote Speaker: Admiral Michael G. Mullen, Chairman of the Joint Chief of Staff
www.defenseforumwashington.com



One of the projects Seabees with Pacific Partnership 2009 completed during their stop in the Kingdom of Tonga was the renovation of Community Center. (U.S. Navy photo/Released)

Pacific Partnership 2009 concludes visit to Tonga

By BU2 Charles Ferguson
NMCB 1 Public Affairs

Sixteen Seabees from Naval Mobile Construction Battalion (NMCB) 1 and 12 Seabees from Amphibious Construction Battalion (ACB) 1 worked with engineers from Australia, New Zealand, and Tonga to complete five projects during our stay in Tonga. Within 13 days of our arrival, the PP09 crew completed three school renovations, Community Center at Faleloa village, and a medical clinic.

The PP09 Seabees have worked with a diverse group of fellow nation engineers. As Construction Electrician 3rd Class Alfonso Delgado explained, "partner nations operate much like we do, there's always focus on safety and quality!"

Working conditions also provide a new set of challenges such as unknown Australian electrical standards, and metric fittings. The partner nation subject matter experts make PP09 a great learning experience that keeps Seabees highly engaged. As CE3 Delgado states: "I would really enjoy working with the partner nations again".

Partner nation's collaboration stood out during the six Seabee crew renovation of the Community Center at Faleloa. The comradeship allowed the

crew to trust that they would have the help they needed to complete what seemed like an overwhelming project. The renovation was led by a New Zealand engineer, four Australians and village support from local glass cutters.

The renovation was an exercise in team work.

"It was a growing experience for everybody," said Construction Electrician 2nd Class Lujan. "Seabees operate one way, the Australians in another . . . and then to be led by a Kiwi engineer! In the end it all came together."

During the short time PP09 was in Faleloa the village became involved in all work efforts. The village was appreciative of the work, and the daily interaction with the crew, they took pride in their newly renovated community center and consequently decorated the building for the ribbon cutting ceremony.

Although the mission is not over, and many challenges lay in store it is nice to see when everyone works together how quickly a project can be completed. In spite of any difference that we may have, we can all come together for a central goal and succeed!

Tonga was the second of five countries PP09 will visit this summer. Next up are the Solomon Islands.

August 13, 2009

Seabee Courier

From **FEDERAL** page 2

be called, broadens eligibility for relief. Guidelines for implementation are still under review, but at least four basic requirements will have to be met before relief under the new law is possible. They are:

The property involved is the current principal residence of the service member;

The property was purchased by the service member prior to July 1, 2006;

The service member was "permanently reassigned" on orders "to a duty station or home port outside a 50-mile radius" of the prior base or installation; and

The qualifying property was sold by the owner between July 1, 2006 and September 30, 2012 (or potentially some earlier date);

Although the DoD is still in the process of finalizing policy and regulations for HAP-Plus, military members who believe they may be eligible can start

the application process. Applications and additional information for the Homeowners Assistance Program can be found online at <http://hap.usace.army.mil/homepage.html>. If you intend to apply, please be patient while

the program becomes operational, and your application is processed.

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



**Fire Warden Training,
Aug. 27, building 60,
room 105, 2 - 3 p.m.**



Gulf Coast USO
3001 6th St., Bldg. 306, (228) 575-5224
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Reading Program;
Computers (4), with web cams, Email Access,
Yahoo, Hotmail, X-Box
Office hours: Monday-Friday, 8 a.m. - 5 p.m.,
Saturday, 11 a.m. - 7 p.m., (Closed Sundays)



Seabee Memorial Chapel

Catholic

Family Choir Mass, Sunday, 9:30 a.m.
Religion Education, Sunday, 10:40 a.m.
Daily Mass, Monday - Thursday, 11:30 a.m.

Protestant

Sunday School, 9:30 a.m. Gospel Service, 8 a.m.
Divine Worship, Sunday, 11 a.m.

Center Chaplains:

Cmdr. Macgregor McClellan,
Protestant Chaplain
Lt. Leticia P.J. Rouser,
Protestant Chaplain

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

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