



# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 47 No. 15

Naval Construction Battalion Center, Gulfport, Mississippi

August 5, 2010

## Closing the gap on post deployment health checkups

By Lt. Cmdr. Erik Wells  
Chief of Naval Personnel  
Public Affairs

The Navy is stepping up its efforts to require all returning deployed Sailors to complete a mandatory post deployment health re-assessment (PDHRA).

The PDHRA is completed online and assesses the state of a Sailor's health and provides critical information to military health care providers to identify present and future medical care a member may need.

The assessment is due six months after the Sailor returns home from an individual augmentee manpower management assignment, Global War on Terrorism support assignment or overseas contingency operation support assignment.

"We don't want to ever forget that a Sailor might be dealing with a struggle in life," said Master Chief Scott Benning, fleet master chief of Manpower, Personnel, Training and Education. "Leadership is very much concerned about their health and well-being."

As of May 2010, the completion rate for the PDHRA was

more than 90 percent, but the goal is 100 percent.

To reach that goal, the chief of naval personnel released NAVADMIN 246/10 in June 2010 which ties the completion of PDHRA with the periodic health assessment (PHA).

Sailors who are overdue on the PDHRA will be prohibited from taking the PHA and risk failure of the physical readiness test as a result.

"It is imperative that commands understand the importance of making sure their Sailors follow through on the PDHRA," said Benning. "But it's also the personal responsibility of the Sailor to complete it and seek help, if needed."

Benning said a Sailor's life changes when they are sent into theater. Upon their return, they need to be reintegrated back with their families, their shipmates and society. While the process is smooth for most, there are those who may need help but unless they come forward, the help could be elusive which is why identifying needs through the PDHRA is so important.

"Creating a culture where people need to come and ask for help when they need it is what we are trying to do," said Benning.

"Operational stress control does that and so does the PDHRA. Ultimately, we all need to be responsible for our professional and personal well being."

## 'Roos honor fallen comrades



Religious Program Specialist 2nd Class Kirk Cogswell (left) and Engineering Aide 3rd Class Andrew French from Naval Mobile Construction Battalion (NMCB) 133 load a podium built by the Battalion's Echo Company Seabees on Kandahar Air Field, Afghanistan. The Seabees built the podium to be used during Ramp Ceremonies where members of the Coalition Forces honor their comrades who have fallen during Operation Enduring Freedom. NMCB-133 is currently in the Central Command's Area of Operation while on deployment in Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)

See HONOR page 10

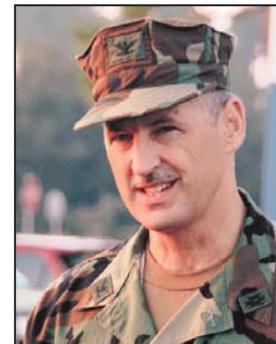
An essay

By Vice Admiral Thomas J. Kilcline

U.S. Navy

By Capt. Ed Brown

CO, NCBC/CMDR 20TH SRG



**Capt. Ed Brown**

Every orientation group gets asked the same two questions. Who has a mentor? And who is a mentor? Typically, there are a few hands on each, mostly the more senior people. We then move through the definitions of mentorship. The Navy has an official mentor program and it serves an important role in the development of our people. The mentorship I'm describing is the informal, day-to-day helping others.

During the discussions I promptly tell everyone that my most invaluable mentor is very easily my wife, Eileen. This is not because she has some unique knowledge of the Navy or some critical leadership gift. It really is because she listens; she understands my normal thought process and is able to pick out what doesn't align. It's "that look" while we're talking that makes me think what I just said must have been the dumb-

est thing to come out of my mouth all day. Bottom-line she helps ME think so I can make good, smart decisions.

Mentorship is ensuring people make their own smart decisions; making sure they've done their homework and making sure they asked the questions they were avoiding.

Everyone has to pick their own path down the road, but a mentor helps program the GPS, clean the window and turn on the lights.

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Crucial to the accomplishment of our mission is the comprehensive development of our Sailors, encompassing the fundamental physical, mental, and spiritual aspects of their humanity. We devote a great deal of time and energy in developing the knowledge of our Sailors, i.e., their mental capacity to accomplish their mission. Likewise, we promote and encourage their physical development and hold them to high standards in that arena as well. Recognizing that mental and physical development are but two-thirds of the equation, the question needs to be asked: What can and should we do as leaders to strengthen the development of the spiritual—defined in this context as the moral—fiber of our Sailors?

The moral development of our Sailors depends on the development of their character, their internal sense of what is right and what is wrong. One only needs to look to Petty Officer Michael Monsoor, a Navy SEAL, who was posthumously awarded the Medal of Honor for saving the lives of two fellow Sailors. He is one of a select few Sailors and Marines who have earned our nation's highest military award. While these brave men and women came from different ethnic, cultural, and faith groups, the common thread that bound them together was character, that sense of doing the right thing. Character underpins the moral side of our humanity and we should all seek to nurture it in our Sailors. Ultimately, character defines who we are and has the greatest impact on motivation and subsequent performance in both peacetime and combat.

### Character

The great force multiplier in our Navy is character; not technology, not numbers, but

character. Character is the foundation of decision-making in the Navy. Character underlies courage in its most profound sense. While there may be some debate on the exact definition of character, there can be no doubt as to our moral principles. A man or woman of character is one whose existence rests on a solid moral foundation. This foundation sustains the Sailor during the greatest trials and crises and will provide the crucial moral orientation for decision-making at the moment of greatest need.

Seen in this light, the development of character becomes as crucial to mission accomplishment as is the development of our Sailors' mental and physical abilities.

### Integrity

Integrity is an integral component of one's character. The Latin root of the word, *integritas*, originally referred to the soundness of the armor plate covering the breasts of the Legionnaires of the Roman Empire. With integrity, all was possible in battle and all was whole. Absent integrity, there was vulnerability; indeed, there would be a "disintegrity" or disintegration.

Integrity is the unflinching trait that, above all others, a Sailor demands of leaders. They expect it of us. Absent integrity, there is no moral authority to lead. It is only when our Sailors see and identify integrity in those that lead them that we are able to demand and foster that same integrity from those who serve under us. As leaders at all levels, we must set the example with our goal of growing Sailors as people of integrity and of character. Our mission is dependent on Sailors making decisions based on foundations of solid values and beliefs.

## MultiCultural Diversity Fair

featuring Regions and States



Aug. 5 from 11 a.m. to 1 p.m.  
 in building 361 (old gym).  
 For more info, contact  
 Chaplain Rouser at  
 228-871-2454

More than 15 Departments  
 and Commands  
 participating.  
 Come out and enjoy the  
 culture of the United States.

## 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.

# Zero tolerance for "Spice" in today's Navy

By EO3 Mikayla Mondragon  
NCBC Public Affairs

As indicated in recent military instructions, the Navy's Zero Tolerance policy includes the "herbal incense," commonly known as "Spice." This drug is now illegal to buy, sell, or possess in several states and local communities including Biloxi, Gulfport, Gautier and Moss Point. The drug is also illegal in Louisiana, Alabama, Georgia and Tennessee. Several other states, including Mississippi are considering passing the same legislation to ban the synthetic marijuana.

Although this drug is not yet illegal in Harrison County, it is banned on board Naval Construction Battalion Center (NCBC) and to all Navy personnel. NCBC is treating the drug as any other drug; personnel will be punished and dishonorably discharged if caught possessing or using



**"Not for human consumption" is printed right on the package, yet people all over the country are trying the new "fad drug" 'Spice.' The drug is legal in most states, but not for military personnel. Personnel caught using or possessing the drug will be prosecuted and dishonorably discharged.** (Internet file photo)

the drug.

In an effort to fight this drug, NCBC is educating senior enlisted personnel on how to spot the drug during room inspections. NCBC Security is working on procedures to

train the Military Working Dogs to find the drug. NCBC Security is also working with the Gulfport Police Department to keep an eye out for military personnel in the off-limits shops that sell the drug

such as Ya Ya's, Pugs, and Herbal Alternatives.

"There are several chemicals in 'Spice' that are hazardous to your health. It's not worth the risk to your career, and it's not worth the risk to your health," said Chief Master-at-Arms Maurice Evans, the command drug and alcohol program advisor.

Since the Navy prohibited use of this drug, the civilian community has come on board to help eliminate this threat by increasing awareness across the nation. The Navy is continuing to implement its 'Zero Tolerance' policy while sharing ideas to help get community guidelines set in place.

For more information on the Zero Tolerance policy visit [www.npc.navy.mil/ReferenceLibrary/Messages](http://www.npc.navy.mil/ReferenceLibrary/Messages) to view NAVADMIN 108/10 or reference SECNAVINST 5300.28D or OPNAVINST 5350.4D.

## Area Off-Limit Locations

**Biloxi:** Boulevard Night Club, Blue Note Lounge, Henry Beck Park, YaYa's

**Gulfport:** Bunk Small Apartments, Herbal Alternatives

**D'Iberville:** Guitars and Cadillacs

**Moss Point:** Tony's Lounge

**Ocean Springs:** Pugs  
**Pascagoula:** Carver Village, Bunksmall Apartments, H&H Hideaway

\*Current "off-limits" establishments (all on the Mississippi Gulf Coast are agreed upon and approved by local Armed Forces Disciplinary Control Board

**SEABEE MUD RUN**

Sept. 18 at 8 a.m.  
at the Seabee Base, Gulfport

Go to  
<http://tiny.cc/bic65>  
to register

FEEL THE STING!!

Endurance  
Stamina  
Victory

DIRTY! SWEATY! MUDDY!

15th ANNUAL SEABEE VOLKSLAUF  
2010



No Cell Phones

Please . . . It is against NCBC Gulfport policies to talk on a cell phone while driving on base. Offenders will receive a 2 point penalty for the first offense followed by a 30 day driving suspension for the second. Please don't do it.

# NMCB 7 detail supports Exercise West Africa

## By NMCB 7 Public Affairs

A detail of Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 departed Naval Station Rota, Spain for their detachment site of Sao Tome, Sao Tome in support of Exercise West Africa Training Cruise (WATC) July 22.

The primary mission of the detail is to conduct various construction improvements and provide Humanitarian Civic Assistance to their host nation.

"We are all looking forward to working alongside the local military and host nation," said Chief Builder Diane Paddock, detail officer in charge. "The projects our crew will be completing will ensure a safe learning environment for the local school children and improve security measures at the Sao Tome International Airport."

The most intense project scheduled for the Seabees will be the installation of a 3,000 meter chain link fence around the perimeter of the Sao Tome International Airport, to include the installation of three vehicle and two pedestrian transit gates. This project, upon its completion, is estimated to consume 411 man-days of labor at a cost of approximately \$81K.

Detail Sao Tome will be conducting Humanitarian Civic Assistance (HCA) through two construction projects at the Dona Maria de Jesus and Almas Primary Schools located in Sao Tome.

The Dona Maria de Jesus Primary School HCA project, estimated at \$30K and 206 man-days of labor, will encompass the painting of interior and exterior surfaces, the replacement of broken window panes, utility upgrades and the replacement of all overhead lighting.

The Almas Primary School project will task the Seabees with replacing broken windows and frames, interior and

exterior painting, replacement of broken doors and hardware, and the addition of 400 linear feet of block fencing for added security at the school. The school project cost is estimated at \$30K, encompassing 29 man-days of labor.

Additional projects, tasked to Detail Sao Tome, include a 69 man-day project to conduct roof repairs and the removal and replacement of a load bearing exterior wall at the Marapa Game and Fish Wildlife Refuge and a \$3K construction repair project at the local Coast Guard facility.

"It is always a positive attribute to utilize our construction capabilities to help other nations around the world," said Utilitiesman 1st Class George Brooks, detail assistant officer in charge. "It is most evident when you can see the immediate impact of a quality construction project from start to finish in such a short time-frame. We are all looking forward to the work that we will be performing for the people of Sao Tome."

Detail Sao Tome is expected to rejoin the mainbody site of Rota, Spain in late October.



Chief Builder Diane Paddock, assigned to Naval Mobile Construction Battalion (NMCB) 7, observes the onload of a Medium Tactical Vehicle Replacement (MTVR) for transport to the detail's operating site of Sao Tome, Sao Tome. Detail Sao Tome departed the battalion's mainbody site of Rota, Spain on July 22 in support of Exercise West Africa Training Cruise (WATC). NMCB 7 and its detachments are currently deployed to U.S. Sixth Fleet's area of responsibility to provide construction and engineering support. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

NMCB 7 and its detachments are currently deployed to various locations throughout Eu-

rope and Africa as part of the battalion's regularly scheduled 2010 deployment, with the

main body of the battalion operating from Camp Mitchell at Naval Station Rota.

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# Seabee Center site for Maintenance, Material Management Conference

By E02 (SCW) Elizabeth Jacavone  
NCBC Public Affairs

Naval Construction Battalion Center (NCBC), Gulfport hosted its first ever 3M - Maintenance and Material Management conference at the Training Hall from July 20 - 22. NCBC is now one of two main training sites in the Naval Expeditionary Combat Command (NECC).

The purpose of this 10<sup>th</sup> annual conference was to address issues and situations that affect 3M implementation, as well as best practices and command assessments/certification.

"We want to be able to capture our manpower so that we can better populate our battalions with the right mix of construction mechanics,

electronics technicians and gunners mates and all the other rates; those are things that we are working at the conference," said Mark Vogelmeier 20<sup>th</sup> Seabee Readiness Group 3M coordinator.

Among those who attended were 3M supply officers, chiefs petty officers and maintenance supervisors as well as representatives from NECC who were on hand to discuss improvements for the 3M program.

"Sked 3.2 is software we use to schedule our maintenance; one of the things we want to be able to do is sit down and go to a scheduling interval that truly reflects the need of the equipment, instead of just doing maintenance because a timeline pops up," said Vogelmeier. "We want to do it

based on the condition of the equipment, or we really put 5,000 miles on it, and this new software that we're going to discuss at this conference is the way ahead."

This conference's impact will greatly affect the Seabees at NCBC because they use it on a consistent basis for everything from vehicle maintenance to weapons cleaning.

"We want to do a better job at collecting our maintenance data; [understand] what's going on with these trucks, what breaks on a recurring basis, so that we can focus our energy on fixing recurring failures," said Vogelmeier

This conference was originally scheduled to be held at NCBC in 2005, but was relocated because of hurricane Katrina. The success of this



Dave Noel, force maintenance manager, answers questions during the 3M - Maintenance and Material Management conference held on board Naval Construction Battalion Center (NCBC) July 20 - 23. NCBC is now one of two 3M main training sites in the Naval Expeditionary Combat Command (NECC). (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Jacavone/Released)

conference will be demonstrated over the next few years as the new improvements to

the 3M program are implemented throughout the Southeast NECC.

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# 'First and Finest' NMCB 1 Seabees change leaders during ceremony

BY MC1 (AW/NAC) Aron Taylor  
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 held a change of command ceremony July 15 at Naval Construction Battalion Center (NCBC) in Gulfport.

Cmdr. Michael R. Saum assumed command from Cmdr. Stanley W. Wiles. The ceremony brought an end to Wiles' two-year assignment as the battalion's commanding officer.

Capt. Ed Brown, commanding officer Naval Construction Battalion Center/ Commander TWENTIETH Seabee Readiness Group spoke very highly of Wiles' tour as NMCB 1 commanding officer.

"The battalion's exemplary performance and 'Can Do' spirit displayed by NMCB 1 while Cmdr. Wiles was in charge is completely representative of his leadership, and [his] extraordinary efforts ensured that indeed [the] battalion is 'The First and the Finest,'" said Brown.

During the ceremony, Wiles was presented with a Meritorious Service Medal for his outstanding achievements while leading his Seabees through a highly successful homeport and deployment.

NMCB 1 returned in May from their most recent deployment, during which they deployed to Okinawa, Japan and 10 detail sites spread throughout the U.S. Pacific Command (PACOM) area of responsibility (AOR) from August 2009 to May 2010.

The battalion completed more than 46,000 man-days of construction operations and theater engagement missions that pro-



**Capt. Ed Brown, commanding officer Naval Construction Battalion Center (NCBC)/commander TWENTIETH Seabee Readiness Group (20SRG) awards Cmdr. Stan Wiles, outgoing commanding officer Naval Mobile Construction Battalion 1, the Meritorious Service Medal for outstanding achievement as commanding officer of the Battalion. Wiles was relieved by Cmdr. Michael Saum during a change of command July 15 on board the Seabee Center. (U.S. Navy photo by Mass Communication Specialist 1st Class Aron Taylor/Released**

vided critical engineering support to USPACOM and COM-PACFLT over the nine-month deployment.

NMCB 1 was extended from six months to nine months in December 2009 to allow other Naval Construction Forces to support the 30,000 troop surge in Afghanistan.

Wiles was quick to acknowledge how proud he was to serve with the Seabees of NMCB 1.

It was a heartfelt farewell as Wiles stood before the Seabees of NMCB 1 for the last time and spoke on how honored he was to serve with them.

"There are no words to adequately express what an honor

and a privilege it has been to lead and serve NMCB 1," said Wiles. "I have watched in awe as you made excellence a routine, the difficult easy and accomplished it daily."

"You are truly unsung heroes and undoubtedly among the finest Sailors and the finest Seabees in the world, and truly are 'The First and the Finest,'" said Wiles.

Saum is a native of Pawling, New York. Saum earned a Bachelor of Science degree in civil engineering from Union College in Schenectady, New York. Saum was then commissioned in 1992 through the Officer Candidate School (OCS) in Newport



**Cmdr. Stan Wiles (center), outgoing commanding officer of Naval Mobile Construction Battalion (NMCB) 1 passes the command flag to incoming commanding officer, Cmdr. Mike Saum as acting Command Master Chief James Moran looks on. Saum relieved Wiles at a change of command ceremony held July 15 on board Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photo by Mass Communication Specialist 1st Class Aron Taylor/Released)**

Rhode Island.

Saum reports to NMCB 1 after his previous tour of duty as the Shore Readiness Analyst for OPNAV N80, Director of Navy Programming.

Cmdr. Saum spoke about the enthusiasm and honor he felt as the new commanding officer of NMCB 1.

"I'm fired-up to serve with this

battalion, 'The First and the Finest.' I'm humbled by what this battalion has done and what lies ahead, and it's an honor to commit my full effort to NMCB 1 everyday," said Saum.

NMCB 1, now under new leadership, continues to train and prepare for their next deployment in support of Operation Enduring Freedom.

**Blood Drive** . . . Aug. 12 from 8 a.m. to 6 p.m. in the Tactical Training Facility (building 433) in Classroom 151. To make an appointment, go to <https://www.givelife.org/index.cfm?group=registration&hlc=Seabees>. Click on the link above or below. Once you get to the website enter your email address and date of birth. If you have

used the online appointment system before your information will display for your approval. If you have not used the online system before you can fill out the form with basic information that the blood bank will need, then click the "Continue and View Blood Drives" button. You will see our blood drive. If you went to the site

without using the link and don't see our drive enter [SEABEES] where it asks for the sponsor code. Click the circle to the left of the day you would like your appointment. On the next page, pick a time. You will then receive an email confirming your appointment. For more info, email [Donna.hott@navy.mil](mailto:Donna.hott@navy.mil).



Left: Cmdr. Richard Hayes III, right, reports to Capt. Ed Brown, commanding officer, Naval Construction Battalion Center (NCBC)/ commander, TWENTIETH Seabee Readiness Group (20SRG), that he has assumed command of Naval Mobile Construction Battalion (NMCB) 74 during a change of command ceremony held July 16 on board the Seabee Center. Above: Cmdr. Bruce Nevel is piped ashore during the change of command ceremony for Naval Mobile Construction Battalion (NMCB) 74. (U.S. Navy photos by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

## 'Fearless' Seabees of NMCB 74 hold change of command

By MC1 Ryan G. Wilber  
NMCB 74 Public Affairs

On July 16, Naval Mobile Construction Battalion (NMCB) 74 held a change of command ceremony on board Naval Construction Battalion Center (NCBC), Gulfport. During the ceremony, Cmdr. Richard Hayes, III assumed command of the battalion from Cmdr. Bruce Nevel.

Capt. Edward Brown, commanding officer, Naval Construction Battalion Center/commander TWENTIETH Seabee Readiness Group, was the guest speaker for the event. Brown praised Nevel for the deployment and homeport accomplishments of the battalion under his command. Nevel led NMCB 74 through deploy-

ments to Iraq and Afghanistan, and his was the first Gulfport battalion to adopt a school during the homeport training cycle.

"Magnificent performance from Cmdr. Nevel and his Seabees. Skipper, your leadership and extraordinary efforts truly did show the '74 spirit.' You challenged your Seabees and they responded; worked to develop them professionally and personally. You did what a leader needs to do, which is make them better than they knew they could be," said Brown.

Brown then challenged Hayes to continue the battalion's proud history as he takes command.

"Cmdr. Hayes, today is the day that you have worked for.

This is the day when full authority and accountability for this unit is in your hands. I am confident that you will inspire and lead them in whatever mission we assign. Stand up and fearlessly take command of 74," said Brown.

Nevel thanked his family, numerous individuals and assigned chiefs, officers and troops for their tireless support during his tour as commanding officer. He stated that leading NMCB 74's Seabees at the tip of the spear, under the most austere conditions has been the highlight of his career as a naval officer.

"This tour was the highlight of my career and I know that all future assignments will be measured against this. The op-

portunity to command is a rare privilege and for that I am extremely grateful. Seabees have never been sought and desired by our nation as they are today, and the impact we have is truly global," said Nevel.

After having received the battalion colors from Nevel, Hayes gave his first address as commanding officer to the Seabees of NMCB 74. He praised them for their previous accomplishments and expressed his desire to lead them through into the future.

"I am truly honored to be standing here and deeply grateful at the special trust and confidence for being given this opportunity and privilege to command NMCB 74. This superb team of professionals has

never found any challenge too great. Countless impressive and major accomplishments have earned you deep respect and affection around the world," said Hayes.

"There is no finer group of Seabees that I would want to meet today's challenges with. I thank you for your patriotism, dedicated service and sacrifice, and look forward to being a part of this great team. You have my pledge that you always get my very best effort," said Hayes.

Hayes joins NMCB 74 during the battalion's homeport training cycle as they prepare for their upcoming deployment.

The battalion is scheduled for deployment to Spain later this year.

August 5, 2010

Seabee Courier

### Toolbox News

From The Center for Seabees and Facilities Engineering (CSFE)

The Center for Seabees and Facilities Engineering (CSFE) will release the Civil Engineer Corps Electronic Toolbox (CECET) in August. Like the Seabee Electronic Toolbox which was released in December 2007 and revised in March 2009, CECET excels at integrating diverse

references such as videos, images, text, and sounds into a single cohesive library. Users will find many career enhancing, job related and professional references at their finger tips that include Non-Resident Training Courses, Trainee Guides for Technical and Military Skills, Personal and Financial references and many others.

Contents include: Administrative references, Military Skills, Leadership, Educational Resources, Safety and ORM, US

Army Field Manuals, USMC Doctrinal Pubs, P-Manuals, MO Manuals, UFC Manuals, Navy Joint Doctrinal Pubs, NAVFAC References, Acquisition and Contracts, Legal, Environmental references and many others.

CECET is a state-of-the-art, DVD electronic reference. With its intuitive workflow and "Point and Click" objects, users quickly adapt to navigating through the references. CECET is an indispensable Career Management/Development tool.

More than 2,500 DVDs will be distributed to CEC Officers around the globe and sent to each major command in a quantity sufficient to ensure each CEC Officer receives one. More than anything before it, CECET empowers Officers and Seabees to learn and develop professional and military skills.

To contact the CECET development team in CSFE's N3 Directorate, please send an e-mail message to SET@Navy.mil. Your feedback is most welcome.

**Moral Conduct**

In taking an oath upon enlistment, warrant, or commission in the United States Navy, we all have assumed the mantle of obligation for the highest professional and moral conduct. The American people have simply come to expect more from those of us in uniform. The father of our Navy, John Paul Jones, gave voice to this expectation in his expression of the qualifications of a naval officer. His words today echo sentiments that apply to all men and women in the Navy: "Every

commander should keep constantly before him this great truth, that to be well obeyed, he must be perfectly esteemed."

As leaders in the naval service, it is our duty and responsibility to help form Sailors and Marines who display such spiritual, ethical, and moral maturity that, even in the midst of the harshest of operational environments, they will continue to be people of honor who earn the pride of their families and our nation.

Just as we ensure our Sailors are mentally prepared and physically fit to accom-

plish our mission, we must also set the example and be the epitome of character and integrity. Our Navy's ethos of courage, honor, and commitment demand it, and we must in turn demand it of each other and of those Sailors we lead.

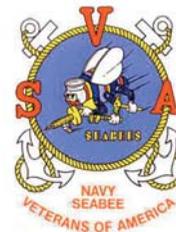
*Editors note: This essay includes excerpts of an unpublished paper, "Commandant's Intent," an address first delivered to midshipmen at the U.S. Naval Academy in 2002 by Lieutenant General John R. Allen, U.S. Marine Corps. It is excerpted here with permission.*

## 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.

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



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

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

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# UCT-1, multinational divers take to water during Sea Breeze 2010

**By MC1 (SW) Gary Keen**  
Commander, U.S. Naval Forces  
Europe-Africa/U.S. 6th Fleet  
Public Affairs

ODESSA, Ukraine (NNS) — Danish, Ukrainian and U.S. Navy divers took to the water for one of many dive evolutions during the multinational exercise Sea Breeze 2010 at the Ukrainian Western Naval Base in Odessa, Ukraine, July 14.

Divers familiarized themselves with each other's equipment, diving techniques and procedures gaining from each other's experience.

"It's excellent working with different nations," said Chief Steel Worker (SCW/DV) Daniel Lowery, officer-in-charge of Underwater Construction Team (UCT) 1. "We are here to become proficient in our job, work with other countries and develop a relationship. All military services travel, so to go and be able to operate with each other is definitely better."

Members from the Danish Navy Dive Academy, Copenhagen; Ukrainian dive team from the Search and Rescue Center of the Ukrainian Navy, Sevastopol; UCT 1, from Joint Expeditionary Base Little Creek-Fort Story, Va.; and Explosive Ordnance Disposal Mobile Unit (EODMU) 8, from Sigonella, Italy, will be training together daily in controlled environments both in port and at sea.

"Today we are going to dive with some of the guys from Ukraine who have never used or tested dive helmets before," said Thomas Frederiksen, exercise participant and diver from the Royal Danish Navy Dive Academy. "Over the next couple of days we will continue training with the Ukraine



divers, and we'll do some underwater welding as well."

Surface supplied diving techniques, equipment familiarization, under water welding, salvage operations, ordnance identification and disposal and side scan sonar operations are a few of the events that will be covered during various diving phases of Sea Breeze.

"The training was very interesting," said Ukrainian Navy Senior Diver Tkachenko Mihaylo. "We have many of the same procedures as the other nations, but our equipment is different and it is nice to learn

about the different equipment."

Sea Breeze is an invitational combined and joint maritime exercise in the Black Sea with the goals of enhancing Black Sea national maritime security capabilities and improving Black Sea theater security cooperation strategies.

Sea Breeze is the largest exercise this year in the Black Sea including 20 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and the United States.

**Members of Underwater Construction Team (UCT) 1 prepare for one of many joint dive evolutions with Danish and Ukrainian navy divers on Ukrainian Western Naval Base during exercise Sea Breeze 2010. Sea Breeze is an annual maritime exercise in the Black Sea focused on enhancing maritime security capabilities. Sea Breeze is the largest exercise this year in the Black Sea including 20 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and United States. (U.S. Navy photo by Mass Communication Specialist 1st Class Gary Keen/Released)**

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# NMCB 133 Seabees build to honor service members in Afghanistan

By RP2 Kirk Cogswell  
**NMCB 133 Public Affairs**

Seabees from Naval Mobile Construction Battalion (NMCB) 133's Echo Company paid their respects the Seabee way on Kandahar Air Field (KAF), Afghanistan this June.

The Seabees built a podium to be used during the Ramp ceremonies on KAF.

NATO service members who are lost during Operation Enduring Freedom are honored at Ramp ceremonies.

A ramp ceremony consists of a flag draped casket or caskets, that carry our fallen service members up to the ramp of the aircraft that will fly them to Dover Air Force Base, Delaware. The chaplain reads a short biography about each member and is followed by the playing of "Taps."

Hundreds of service members from all the NATO Na-

tions pay their respects by standing in formations along the sides of the walkway leading to the aircraft for the duration of the ceremony.

These solemn ceremonies are held at all hours of the day and night on the flight line and are never short of attendees.

All chaplains and chaplain assistants from the entire base and from all different religions and countries stand in a separate formation next to the podium and then form a clenched hand circle for a prayer immediately after the ceremony.

While standing in formation, Seabees from NMCB 133's Echo Company noticed the podium that they were using for these ceremonies, with its faded green color and peeling paint, and they knew they could use their building skills to make a much better podium.

They immediately went back to their job site and found some extra wood. They constructed the podium from their own design, giving it a majestic appearance. The "stained" look was created by using a torch to burn the wood slightly to create a contrast. It was then sealed with a polyurethane application.

As is the case with most well- built furniture, the new podium was much heavier than the old one.

The Ramp ceremonies were originally thought up and organized by Army Sgt. Maj. John K. LaBorde of Waterloo, Iowa. Laborde was serving with the 649<sup>th</sup> Regional Support Group, U.S. Army Reserve, Cedar Rapids, Iowa when he died of natural causes April 22, 2010, on KAF at the age of 53.

The new podium was built in his honor.

Loose Lips Sink Ships - practice OPSEC at all times

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

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

## **Naval Construction Battalion Center (NCBC) Gulfport Restoration Advisory Board (RAB) Meeting . . .**

A RAB meeting will be held Aug. 9 at the Harrison County Public Health Department meeting room, 1102 45th Ave., Gulfport. A poster session is planned for 5:30 - 6 p.m., followed by a presentation and question and answer session from 6 - 7:30 p.m. Key topics are the Proposed Cleanup Plan for Site 3, Northwest Landfill, as well as a Progress Report on the Construction of the Cap on Site 4, Golf Course Landfill on board NCBC. For more information contact Gordon Crane at 228-229-0446 or e-mail [gordon.crane@navy.mil](mailto:gordon.crane@navy.mil).

**Buckle Up for Safety - Every Time!**

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

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# Buzz on the Street



By EO2 (SCW) Elizabeth  
Jacavone  
NCBC Public Affairs

**What did you miss most  
during deployment?**



*"I missed my family and  
home-cooked meals."*

UT2 Reynaldo Edwards  
NMCB 14  
Hometown: Sunrise, Fla.



*"I missed my wife and kids  
more than anything."*

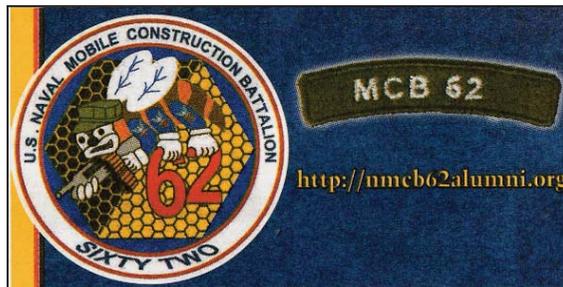
EO3 Christopher Scott  
20TH SRG  
Hometown: Phoenix, Ariz.



*"I missed my family and  
freedom."*

EO1 Jose DeJesus  
NMCB 14  
Hometown: Camoy,  
Puerto Rico

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# Focus on Education

## 'First and Finest' of NMCB 1 go back to middle school

By RP2 (SCW/FMF) Jason Braun  
NMCB 1 Public Affairs

Sixteen Seabees assigned to U.S. Naval Mobile Construction Battalion (NMCB) 1 volunteered their time to help parents register their children during Gulfport Central Middle School's busy Summer Registration from July 13 -14 and again from July 20 -22 in support of the upcoming school year.

Returning parents wishing to register their children at Gulfport Central Middle School were greeted by the familiar faces of Seabees who had a tremendous impact on their child's success during the last school year.

Dr. Michael Battle, Principal of Gulfport Central Middle School, praised last year's efforts by Seabees who participated in a variety of roles, in and out of the classroom, from serving as test proctors and hallway monitors to more of a mentorship role in the form of teachers' aides.

Of the more than 570 students who attend Gulfport Central Middle; nearly 20 percent of the students have a military parent, so students already have a sense of familiarity and calmness in interacting with Seabees on school grounds.

"Having Seabee presence helps to give it [the school] a



Utilitiesman 1st Class Sean Beck, Construction Electrician 1st Class Aaron Hanlon, and Utilitiesman 1st Class Jimmy Dunn, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1, hand out registration forms to parents enrolling their children for the upcoming school year at Gulfport Central Middle Schools. (U.S. Navy photo by Religious Programs Specialist 2nd Class Jason Braun/Released)

sense of structure and security, while reinforcing pride for service and pride for country," said Battle.

Gulfport Central Middle School, along with West Elementary School, is part of NMCB 1's combined effort with NMCB 133 in executing the Adopt-A-School Program, started in early 2009.

The upcoming school year will be Equipment Operator Constructionman Ashley Marks' first year volunteering for the Adopt-A-School program. Currently assigned to

NMCB 1, she is excited to invest huge contributions of her time enhancing Gulfport Central Middle School's vision of "superior academic instruction" by helping teachers and students in the classroom.

"I think it will be a great experience," said Marks. "I wish my hometown school would have had a rich opportunity quite like this because it affords these kids the unique experience of having positive role models in their lives that come from a wide array of cultures, colors, and beliefs."

### Register NOW for Fall Session at Coastline Community College

Coastline Community College's online Fall Session begins Aug. 30 and ends Oct. 24. Students may register for classes until Aug. 4. Late registration begins Aug. 5 and concludes Aug. 18. For additional information, please contact Dr. David Drye at [ddrye@coastline.edu](mailto:ddrye@coastline.edu) or building 60, room 239 or call 228-871-3439.

## DOD to resume restructured Military Spouse Career Program

### From the Department of Defense

The Department of Defense announced July 20 the resumption of a restructured military spouse career advancement account program - MyCAA, following a comprehensive review.

The program will be available to spouses of service members in the pay grades of E1-E5, W1-W2 and O1-O2 Oct. 25.

"The changes announced today reflect a return to the original intent of the program, which is to help military spouses, with the greatest need, successfully enter, navigate and advance in portable careers," said Clifford Stanley, undersecretary of defense for personnel and readiness. "We fully support the program and are committed to ensuring the program's sustainability. To that end, we are making several critical operational changes."

Amongst these changes, eligible spouses will receive a total of \$4,000 in DoD-funded financial aid, with an annual cap of \$2,000 per fiscal year; funding

must be used within a three-year time period from the start date of the first class; and must be used to obtain an associate's degree, licensure or certification. A waiver may be granted when fees for licensure or certification require an up-front fee greater than \$2,000 and up to the total maximum assistance of \$4,000.

"The MyCAA program popularity grew beyond our expectations and became too expensive to continue. Therefore, we are returning to the original intent of the program in a way that is attainable and fiscally responsible for the Defense Department," said Stanley. "As we look to the future, we envision a program that is much broader than DoD's financial assistance component. Military spouses will be guided along a more holistic approach to career planning."

Under the long-term program guidelines, career counselors will continue to work with all military spouses to help de-

See MyCAA page 17

### The University of Southern Mississippi Gulf Coast Fall Semester Information

On site registration will be held on Aug. 10 and 11, in the Fleming Education Center, Gulf Park Campus — Long Beach, Miss. Orientation for new undergraduate students will be at 1 p.m. Advisement and registration will be held from 2-6 p.m. Classes begin Wednesday, August 18, 2010.

For additional information, contact Michelle Lane at [michelle.lane@usm.edu](mailto:michelle.lane@usm.edu), or call 228-214-3511.

### School Registration

All Harrison County Public Schools - anytime on or after July 28; school starts Aug. 11.

All Gulfport Public Schools - anytime Monday - Friday; school starts Aug. 11. Gulfport Central Middle School 7th and 8th grade students can pick up schedules Aug.

9 from 10 a.m. - 5 p.m. Students must be registered and accompanied by a parent/guardian to pick up a schedule. 6th grade students may pick up schedules Aug. 10. Students must be registered and accompanied by a parent/guardian to pick up a schedule.

Call 228-870-1035 for additional information. All Long Beach Public Schools - anytime after July 19; school starts Aug. 9. All Biloxi Public Schools - Registration ongoing; school starts Aug. 11. All Ocean Springs Public Schools - anytime Monday - Friday; school starts Aug. 5.

# Australians, NGO join NMCB 11 Seabees to complete clinic for Pacific Partnership

By Pacific Partnership  
2010 Public Affairs

Australian engineers from Second Combat Engineer Regiment (2CER) and a nongovernmental organization (NGO) joined forces with Seabees from Naval Mobile Construction Battalion (NMCB) 11 July 22 to complete renovations to the Puskesmas Kalumpang medical clinic in Ternate, Indonesia.

2CER based in Gallipoli Barracks, Brisbane, Australia, and volunteers from the University of California, San Diego (UCSD) Pre-Dental Society NGO have been working alongside NMCB 11 and Amphibious Construction Battalion (ACB) 1, out of San Diego.

Once a thriving clinic that began to fail over the years due to the elements, the Puskesmas Kalumpang medical clinic was all but closed by the local government. Through outreach efforts and collaboration with the Indonesian government on a local and national level, it was determined worth the time to bring back to life.



Australian Army Engineers works alongside Seabees with Naval Mobile Construction Battalion (NMCB) 11 and local Tongans fixing a roof on a construction site in Tonga as part of US sponsored Humanitarian Civic Assistance Mission Pacific Partnership 2009. Pacific Partnership is an annual U.S. sponsored training and readiness mission, which works through, with and by a diverse range of Militaries, Governments and non-government organizations to further develop interoperability to deliver aid and disaster relief to the Pacific region. (U.S. Navy photo/Released)

"The Seabees are doing a heck of a job out here and we are happy to join them in putting the finishing touches on this beauty," said Sgt. Andrew Burbury, assigned to 2CER. "These are the type of jobs that I enjoy the most; working with people

from other places and cultures and combining our experiences to learn new things, this is what this exercise is all about."

"I volunteered to work on this clinic because I heard that it was a challenging project," said Sean Masavage, a mechanical

engineer who is working with the UCSD Pre-Dental Society. "The best part of this is the opportunity that I get to work with an international crew and learn new tricks of the trade while building relationships that will extend much further than this job; I am ready to do it again!"

The building was initially opened in 1970 and was the first social service clinic in the entire town; currently there are four others in operation. It services about 1,500 people per month and is staffed by three primary and family care physicians and 12 paramedics.

The project is part of Pacific Partnership 2010, the fifth in a series of annual U.S. Pacific Fleet endeavors conducted in Indonesia as a disaster relief exercise aimed at strengthening regional partnerships and increasing interoperability with U.S. interagency, host nations, partner nations, and international humanitarian and relief organizations.

To date, Pacific Partnership 2010 has included visits to Vietnam, Cambodia and Indonesia.

## Time running out to file 'Stop Loss' claims

By Army Sgt. 1st Class  
Michael J. Carden  
American Forces Press Service

Eligible service members and veterans have less than three months to apply for Retroactive "Stop Loss" Special Pay.

The special pay was approved by Congress as part of the 2009 War Supplemental Appropriations Act. Service members and veterans who involuntarily served or were on "Stop Loss" from Sept. 11, 2001 to Sept. 30, 2009, are entitled to \$500 for each month served past their contracted end-of-service, resignation or retirement date.

"This additional money, this benefit, was granted by Congress to recognize that continued service," Lernes Hebert, acting director of the Defense Department's Officer and Enlisted Personnel Management office, said today in an interview with American Forces Press Service and the Pentagon Channel.

The Pentagon announced the program Oct. 21, 2009. Those eligible must apply by Oct. 21, 2010, to receive compensation. And, survivors of service members who were under 'Stop Loss' orders are entitled to the benefit.

The Defense Department wants to ensure everyone eligible for the special retroactive pay is compensated, Hebert said.

"We only have three months left for individuals to apply for this benefit," he said. "It's time to [apply] and get their application in. Notify anyone you've served with, even if they have separated, even family members of separated folks to apply."

Each service has its own criteria and specific outreach and application process. Members and veterans who qualify, or think they are eligible for the special pay must contact their individual services for eligibility requirements.

For more information about the program, procedures and points of contact for each individual service, visit [www.defense.gov/stoploss](http://www.defense.gov/stoploss).

So far \$111 million has been paid out to 25,000 troops and veterans affected by 'Stop Loss,' Hebert said. The average payout is \$3,000 to \$4,000 per claim, he added.

The Pentagon has about \$423 million

## Seabees of NMCB 7 build during Continuing Promise

Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 202 and Naval Mobile Construction Battalion (NMCB) 7, embarked aboard the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7), build a new roof on a hospital in Port-de-Paix, Haiti. Iwo Jima is operating off the coast of Haiti supporting Continuing Promise 2010, a humanitarian and civic assistance mission. The assigned medical and engineering staff embarked aboard Iwo Jima are working with partner nation teams to provide medical, dental, veterinary and engineering assistance to eight different nations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Bryan Weyers/Released)



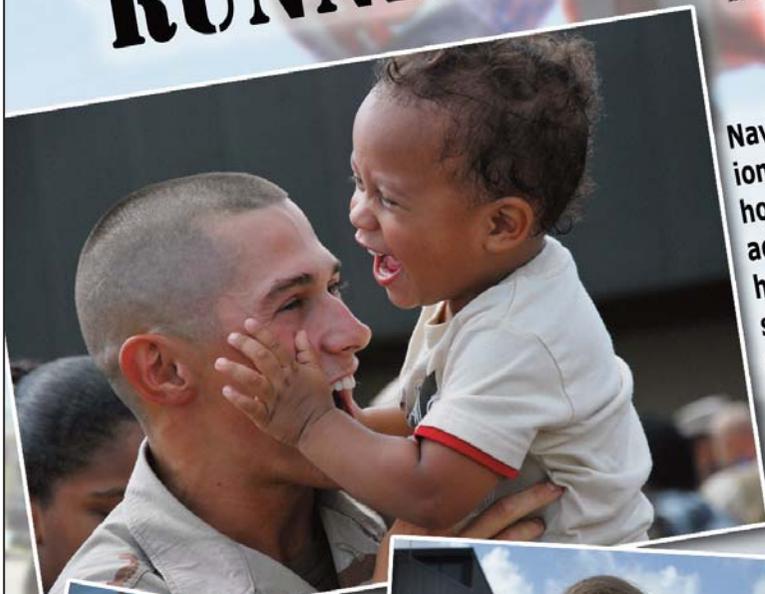
August 5, 2010

Seabee Courier

# WELCOME HOME 'RUNNIN' ROOS'

PHOTOS BY  
EO2 ELIZABETH JACAVONE  
EO3 MIKAYLA MONDRAGON

Naval Mobile Construction Battalion (NMCB) 133 began returning home the week of July 19. The advanced party is now safely home, and friends and family are still awaiting the return of the rest of their 'Roos. NMCB 133 was deployed to the Central Command area of responsibility in support of the surge ordered by President Barack Obama. The Seabees will have an eight-month homeport before deploying to the Pacific.





**Seabee Recreation Park status - now open:**

**Soccer/Football Field:** Located on previous holes 10 & 11 and are available for recreational use. One field for small sided (7 on 7 competition) soccer games and one regulation field. Also available are picnic tables and grills for your cookouts.

**Golf:** There are four golf holes available: two par 4 holes and two par 3 holes. Pull carts are available for those that don't wish to carry their bags. There is also a chipping and putting area for golfers to hone in on their short game.

**Driving Range-** Located south of the crane school off of Colby Avenue. Three target greens are in place at 100, 125, and 150 yards. Tokens can be purchased at ODR for \$2.

**Paintball:** A great way to bring everyone together in a positive atmosphere that is alcohol and drug free. This new

45-bunker 7 versus 7 speedball course is located on old golf hole 7. Supplies will be available for rent at Outdoor Recreation. Patrons can park at Seabee Lake or next to the Paintball Course.

**Walking Trail-**For all the fitness buffs, there is a 1/2 mile walking trail beginning on previous hole 18. This peaceful trail is well designed with wide footpaths through the brush and around the pond.

**Coming Soon:**

**Dog Park:** A park allowing owners to exercise, socialize, and strengthen the bond between owner and dog in a controlled environment. However, it is imperative that owners exercise proper dog etiquette. Just follow these rules and your pet will have the best experience possible.

**Batting Cages-** Improve your game and play like the pros by practicing your swing in a batting cage with pitching machine.

**Fitness Center**

IM Basketball League sign ups are July 26-Aug. 9 with the season beginning Aug. 16. Games will be played on Mondays and Wednesdays. For more info please contact Sam Perkins, IM Sports Coordina-

tor, at 228-822-5109.

The last CFL class for 2010 will be held on Oct. 25-29. The Command Fitness Leadership course consists of training on conducting the Physical Fitness Assessment test, injury prevention, safety and emergency response, nutrition education, and physical readiness information management system, or PRIMS, basics. Intense physical training sessions are also a part of the program. Troops must register through this website, <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness/>, and find the CFL link in the middle of the page. For more info please contact Xavier at 228-871-2668.

**Learning Resource Lab**

A computer lab used for studying, learning, or even just surfing the internet. Everyone with a Military ID is allowed to use the Resource lab; including Active Duty, Retirees, Reservists, Dependents, and DoD employees that are 16 years of age and older. The computer lab is located inside of ITT, building 365.

**The Grill**

Grab a bite to eat at the Grill located inside of the old Pine Bayou clubhouse. The Grill is

**ODR - new location, fun**



Outdoor Recreation is now located in the old golf maintenance building 456 and is open Monday - Friday, 9 a.m. - 4 p.m. and Saturday from 9 a.m. - 2 p.m. Stop by for great deals on recreational equipment, yard equipment and more! **August Rental Special - Rent a lawnmower and use the weed eater for FREE!** Call 228-871-2127 for details on all that ODR has to offer! (U.S. Navy photos courtesy of MWR/Released)

**871-2668**

**Fun things are happening!**

**SIGN UP TODAY THROUGH AUGUST 23**  
to join  
**NCBC Gulfport's IM Bowling League**

**FEES:**  
\$10 per Bowler/Night

Teams can have as many players on it as they would like, but only 5 can bowl per night per team.

Individual units can put in as many 5 man teams as they want.

**IM BOWLING LEAGUE**

Games will be played on Wednesday nights at

open seven days a week. Inexpensive lunch specials, breakfast, and sandwiches make this a great spot to relax and enjoy the scenery. Be sure to check out our lunch specials every Monday, Wednesday, and Friday. For more information call 228-871-2494.

**Youth Activities Center**

Passers Soccer League for 3 & 4 Year Olds is coming your way! Is your 3 - 4 year old ready to learn the basics of soccer and have some FUN? Then this is the program for

See MWR page 21

**Movies . . .**

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

August 5, 2010

Seabee Courier

# VIP on board Seabee Center



Dave Sienicki, a Professional Staff Member at the U.S. Congress, is briefed by Builder 1st Class Mark Dickey, assigned to the 20th Seabee Readiness Group, on the Convoy Simulator located at the Tactical Training Center on board Naval Construction Battalion Center, Gulfport, July 15. Sienicki and other members of the Congressional Staff Delegation, including Tom Hawley, Jamie Lynch, and Army Lt. Col. Sarah Christ, toured the base's newest facilities. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kenyon/Released)

From MyCAA page 13

velop career and education goals and plans and assist them in identifying and accessing available federal education benefits toward these goals.

"Families play a crucial role in supporting our men and women on the battlefield. When service members are confident that their families at home have access to resources and support, they are better

able to focus on their mission," said Stanley. "The Defense Department is committed to investing in military families. When we invest in the well-being of the family, we invest in the well-being of the force."

More information can be found on the MyCAA Web site: <https://www.militaryonesource.com/MOS/FindInformation/Category/MilitarySpouseCareerAdvancementAccounts.aspx>.

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From STOP LOSS page 14

left in the program's fund.

"Congress authorized a fairly generous number, so we're not concerned about the money running out," Hebert said. "We are concerned about individuals getting their applications in."

The Pentagon and individual services have been reaching out to qualified members, veterans and beneficiaries through direct mailings, veteran services organization, the Department of Veterans Affairs and the media. Those efforts will be ongoing through Oct. 21, 2010, as there is much money left to be claimed, Hebert said.

"The services have been doing tremendous outreach trying to get to all the eligibles," he said.

Initially there was a large response for claims under the program, Hebert said, but applications have since slowed down.

"Applications have tailed off," he said.

"We suspect that some individuals are either engaged or busy or haven't taken the time to apply. Part of our continuing efforts is to remind them that they only have about three months left to get their application in."

Still, Hebert said he expects a surge of claims as the deadline nears. He urges those who are eligible for the retroactive pay to take advantage of it now.

"Congress authorized this for a one-year period," he said, noting it would require Congress to pass a new law in order to extend the program. "This is firm, so individuals out there who think

they might be entitled to this benefit need to get their application in."

An estimated 145,000 service members, veterans and beneficiaries are entitled for the retroactive pay.

Defense Secretary Robert M. Gates maintains the authority to extend military service during a period of national emergency, an authority that dates back to 1983. Many of these "Stop Loss" troops were extended involuntarily in order for their units to preserve manpower and readiness in critical skill areas, Hebert said.

"The department uses it sparingly and only when it's absolutely necessary," he said. "It's contrary to the way we operate the all-volunteer force, but it's necessary in times when you have very high demands ... where you don't have a significant number of individuals with particular skills that you might need during a national emergency."

"It allows the department a bit of breathing room in order to re-establish additional personnel in those specialties," he added.

The Army is the only service with currently-serving troops affected by the 'Stop Loss' authority. But the Army is on track to have all involuntary service ended by March next year, Hebert said.

"['Stop Loss'] is a mechanism of last resort for maintaining forces during a national emergency, so while the authority for 'Stop Loss' will still exist, the secretary has made it very clear ... he wants the services not to use 'Stop Loss' at the current time," he said.

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# Runnin' 'Roos Trim Down

By MCC (SW) Ryan C. Delcore  
NMCB 133 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 133 shed a total of 3,400 pounds of body fat while on deployment to the Central Command's area of responsibility in Afghanistan.

The dining facilities at most of the large bases in the AOR have many of the same capabilities as fully functional military dining facilities such as the quality and quantity of the food served, which proved to be good for morale but detrimental to the command's mission.

The battalion implemented a monthly body composition assessment where each member's weight and height measurements are taken to ensure they are within standards in order to keep people physically on track and to instill new and healthy habits in the command's personnel.

Each commanding officer in the Navy is directed to allow their personnel to work out three times a week and to conduct a BCA along with a physical fitness test twice a year. NMCB 133 has taken this a step further by implementing a monthly BCA while on deployment.

The first BCA conducted during the first month of deployment revealed a large problem with a few of its Seabees. They had gained more body fat than the Navy's standards allow.

The battalion documented each member's monthly BCA into the command's Physical Readiness Information Management System (PRIMS) database.

The battalion then placed each member who wasn't within standards into the command's Fitness Enhancement Program. These personnel were required to attend a mandatory hour-long physical fitness training session three times a week.

Some members stated that the



**Construction Mechanic Constructionman Dustin Neeley takes the height measurement from Steelworker Constructionman Apprentice Amber Smith from Naval Mobile Construction Battalion (NMCB) 133 during a courtesy Body Composition Assessment (BCA) at Kandahar Air Field, Afghanistan. NMCB 133 conducts a monthly BCA to ensure its Seabees are within standards throughout the year while at home and on deployment.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)

command was tougher than other commands regarding physical fitness and body fat. However, this program ensures a more successful and healthy battalion.

Whether it's a Field Training Exercise, properly completing personnel evaluations and awards, or deploying the entire Battalion to Afghanistan, the Battalion always strives to do their best while streamlining its processes.

NMCB 133 now works out four days a week while in Gulfport and maintains a weekly small-unit workout regimen while on deployment.

The weekly physical training along with the monthly BCAs will instill healthy habits in the Seabees who get the opportunity to be stationed with the Battalion.

Many Seabees have found it easy to shed extra fat while on deployment to Afghanistan. Monthly BCA's, healthy food portion disci-

pline, along with weekly PT routines have been the factors resulting in the Battalion's massive loss in weight.

"The Seabees of 133 have been in country for just around five months now, and as a whole have lost 3,400 lbs with one more weigh-in. Before we leave, the total should be around 4,000 lost pounds," said Construction Electrician 1st Class Jesse Baca, NMCB 133's assistant command fitness leader.

A healthy lifestyle can be easy to keep up while on a deployment to Afghanistan or other arduous places, but the problem arises after the Seabees have returned home.

"While losing the weight is half the battle, keeping it off is the other half. By developing good eating habits, and work out routines, it should be just as easy for the Seabees of NMCB 133 to keep the weight off when they return back home to Gulfport," said Baca.

## Community Notes

### SUPPORT

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

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

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

**NMCB 11 FRG** welcomes all friends and family members to attend FRG meetings the third Tuesday of every month at 6:30 p.m. in the Seabee Chapel Fellowship Hall. For more information contact FRG President Sarah Edwards, Vice President Robin Coker, Secretary Krysta Thomas or Treasurer Jennifer Babb via email at nmcb11frg@gmail.com. Visit the ombudsman and FRG website at

<http://nmcb11.webs.com>.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail han-sonk154@yahoo.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg>

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

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

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

**TRAINING COMPASS** is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are in-

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### Navy Civilian Employee Association . . . Civilians . . . Would you like

to see the Navy Civilian Employee Association (NCEA) continue? If so, we need board members. Board positions are President, Vice President, Secretary and Treasurer. At the moment there is a board of one. Any interested parties can email [donna.hott@navy.mil](mailto:donna.hott@navy.mil). We know we didn't have a luncheon at Christmas last year, but hopefully we'll get back on track for this year!

# Homefront in Focus: Social Media - the Good, the Bad, the Caution . . .

By Beth Wilson

Military Spouse Contributor

Do you Twitter? Are you Link-In? Are you on MySpace, Facebook? Do you blog? Did you see that YouTube vid? Do you have 'texting thumb syndrome'?"

Social media is here and it is not going anywhere. For the most part I LOVE social media. I have been a huge advocate for the DoD to get on board with utilizing the potential and power of social media especially in the area of Family Support Programs and Command Support. I was thrilled when the DoD released a social media directive earlier this year. The potential to provide reliable information to military families through social media is limited only by your creativity.

Social media has the potential, especially for military families and couples, to provide connection and communication, thus enhancing family bonds as never before. Photos of family, the children, family events, report cards and more can give military families a greater sense of connection across the miles. I am all for tools that strengthen families!

However there are legitimate concerns and pitfalls. Bear with me, I'm about to put on my "Mama Beth" face. I am concerned about a trend in social media that is damaging to relationships, marriages, and yes, even our command's mission:

Social Media Gossip. There are two issues here. First, in years past gossip was considered a bad thing. It was wrong

to speak evil of others or spread unflattering information. Today we have TMZ glorifying gossip and bad behavior. But - I digress.

My inbox is full with accounts of 'loose lips' sinking marriages, friendships and more. Gossip happens, yes. But gossip is still WRONG. Social media opens the door to post things that we would not say to each other face-to-face. It offers 'cover' and is deceptively inviting to post far more than should be posted. Let me give you a few examples . . . (all names have been changed)

O Candace posted about going out with Mary, Ellen and Tania, getting drunk and flirting. Ellen's husband mentioned the post to Tania's husband who was hurt that his loving wife was drinking and flirting while he was deployed. However, it was not 'his Tania' - but another command wife named Tanya. The deployed husband does not know who to believe . . . is hurt by Tania and his relationship with others in his command is affected.

O Maia, in a low moment, posted her frustration with the military, her husband's command, deployment, her husband and military life. She posted - "if I could I'd just leave it all right now." She didn't really mean it but - there it was in black and white on her blog. Her friend, Leah, mentioned it to her husband who was deployed with Maia's husband who then talked to Maia's husband. Do I need to tell you how this impacted the husband? Their marriage?



Beth Wilson

O Then there is the FRG drama. Suzie was offended by Linda and posted it on Facebook. The next thing you know people have taken sides and the FRG that needs to be unified in purpose is divided and dangerously close to dissolving. All because of a misunderstanding that should have been resolved over a 'real life' cup of coffee.

With freedom and convenience there comes equal responsibility. I know it feels good to post your frustrations, anger. It is exciting to post your life on Facebook and Twitter. But the drama, pain and unintended consequences that follow can be severe. What you do online is NOT private. Guard your life, your marriage, your privacy, and yes, your command, with due diligence . . . especially online.

Beth loves social media! Follow her on twitter @Beth\_Wilson; on Facebook ([www.facebook.com/EnlistedSpouseCommunity](http://www.facebook.com/EnlistedSpouseCommunity)), join her forum at [www.enlisted-spousecommunity.net/forum](http://www.enlisted-spousecommunity.net/forum) and of course her internet show at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

**Interested in volunteering?** Check out [www.volunteermisissippi.org](http://www.volunteermisissippi.org) for information on volunteer opportunities in your community.

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timate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 or Amanda at 228-328-1352 to sign up.

**Naval Sea Cadets** - Gulfport branch are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 60, room 105. For more information contact Lt.j.g. Bowling at 228- 313-9035 or coachcb\_yahoo.com; or AGC Enrique Acosta-Gonzalez at 228- 688-5288 or enrique.acosta@navy.mil.

## SOCIAL

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

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

**VFW Post 4526** Orange Grove is open daily from

noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are held the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call Post Commander Bill McNicholas at 228-832-0017 or Sr. Vice Commander Ben Barker at 228-832-3798 for more information.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmc62alumni.org> for information or for links to Seabee historical sites.

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

## HERITAGE

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

## Seabee Recreation Park Update (as of July 26)

- o 1/2 Mile Walking Trail - Open, trail starts at old golf hole #18, #17, #5, #4, and ends back at #18. Park in The Grill parking lot, proceed over the bridge and follow the signs.
- o Soccer/Football Field - open (previously holes #10 and #11).
- o Golf Holes/Chip and Putt - open and FREE, previously holes #1,#2,#8, and #9.
- o Outdoor Recreation - Open. Now located in building 456
- o Driving Range - Open. Tokens available for purchase at Outdoor Rec. for \$2
- o Paintball - Open. This new 45-bunker 7 vs. 7 Speedball course is located on old golf hole #7. Supplies are available for rent at Outdoor Recreation. Patrons can park at Seabee Lake or next to the Paintball Course off the perimeter road.
- o Dog Park - coming soon, located on old golf hole #6
- o Batting Cages - coming soon

# FOCUS on FITNESS

By E03 Mikayla Mondragon  
NCBC Public Affairs

## Swimming



Patrons take advantage of an opportunity to cool off in the Fitness Center swimming pool. Pool operation hours and other MWR opportunities are available at <http://www.cnic.navy.mil/Gulfport/index.htm>. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)

### Fit Tip:

Build muscle strength, flexibility and endurance with swimming

Swimming is a low impact exercise that anyone can do. Water adds more resistance than air, which not only helps strengthen muscles, but builds leaner and more flexible muscles. Swimming regularly can build muscle strength, endurance and cardio-vascular fitness.

If you're looking to beat the heat, but enjoy a cool work-out, stop by the Fitness Center. The pool is open from 5:30 a.m. - 9 p.m. Monday through Friday, and 9 a.m. - 5 p.m. Saturday and Sunday. Family Swim hours are noon - 8 p.m. Monday through Friday, and 9 a.m. - 5 p.m. Saturday and Sunday. For more information about pool classes or other fitness opportunities, call 228-871-2668.

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you! Registration begins Aug. 2 and ends Aug. 31. The fee is only \$35 per child, which includes a T-Shirt, participation trophy and end of season banquet. Please call J.J. Atkinson at 228-871-2251 for more details. The first coaches' meeting is scheduled for Sept. 7 at 6 p.m. and the first parent meeting is Sept. 9 at 6 p.m.

### Beehive Lounge

No matter the occasion, come to the Beehive Lounge with friends to have a great time! It's not just the place with the lowest drink prices or the friendliest bartenders; it is also a Wi-Fi hotspot. For all you lounge lizards, the Beehive is open Monday-Saturday

with karaoke coming soon. Stop by and enjoy a refreshing beverage and experience a great time that you'll always remember.

### The Snack Bar

Located in the Training Hall, building 446. We serve tempting treats like jalapeno poppers, Philly cheese steak wedgers, shrimp poboyos, or sample one of our gyros!

### Liberty Center

August is Liberty's Navy vs. Air Force month. Events will be held every Tuesday through Thursday at 6 p.m. Events include relay races, competitions, and tournaments. A party for the winning branch will be held Aug. 31 at 6 p.m. and will be catered by "The Shed."

### Watch out for pedestrians . . .

Remember, they have the right of way! Unless otherwise posted, the speed limited on board NCBC is 25 m.p.h.

### Installation Antiterrorism Note

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

Commander's Action Line . . . The Commander's Action Line gives all NCBC personnel a direct link to Capt. Ed Brown, commanding officer of NCBC. Go to <https://www.cnic.navy.mil/Gulfport/Service Organizations/PAO/CNIPC A132870>

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# Seabees, Marines team up to rebuild playground in Romania

By UT2 Jeffery Walter  
NMCB 7 Public Affairs

More than 20 Seabees from Naval Mobile Construction Battalion (NMCB) 7 Detail Romania and Marines from the Black Sea Rotational Force stationed at Mihail Kogalniceanu Airfield, Romania joined forces to refurbish a children's playground at an orphanage home for adolescent, teenager and young adults in Constanta, Romania June 19 - 22.

Casa Speranta (Romanian for 'House of Hope') is a home for HIV-positive children, teens and young adults. "We want to create a feeling of being in a family," said Elena Cismasu, house administrator. "The main goal here is the children. We have to make sure they are looked after."

Cismasu mentioned that the playground had been previously closed for some time, by the staff at Casa Speranta, after a child injured himself while playing on it.

"We wanted to fix the playground ourselves, but we didn't have the funds," said Cismasu. "The Seabees and Marines are extraordinary people," she added. "They worked from dawn until dusk, even on the weekends."

"It feels great knowing that by just giving up some of our off-time we could make such a big difference in the lives of these children," said Construction Mechanic Construction Apprentice Terry Lozano, who along with nine other Seabees volunteered to help with the project.

Seabees and Marines worked hand-in-hand through the weekend removing worn-out and unsafe playground equipment from the wooden walk-way, play-house and ship and putting in its place new lumber for a safe and secure playground. Steelworker 2nd Class



Seabees assigned to NMCB 7 and Marines assigned to the Black Sea Rotational Force take time for a group photo with children and staff of the 'House of Hope' Orphanage Home in Constanta, Romania. The Seabees and Marines volunteered off-duty working hours to refurbish an unsafe playground located at the orphanage home. (Official U.S. Navy photo/Released)



Seabees assigned to NMCB 7 Detail Romania refurbish an unsafe playground slide-set at the 'House of Hope' Orphanage Home in Constanta, Romania. Seabees and Marines worked hand-in-hand over an off-weekend removing worn-out and unsafe playground equipment. NMCB 7 and its detachments are currently deployed to U.S. Sixth Fleet's area of responsibility to provide construction and engineering support. (Official U.S. Navy photo/Released)

David Capuria led the construction of new stairs for the play-house.

"The project turned out great, it is safer, more secure and children can now play on their playground," said Capuria.

Construction Electrician 2nd Class Dakarai Elder and Construction Electrician Constructionman Stanley Nelson teamed up to reconstruct the wooden walk-way and ladders throughout the playground.

"When the project was complete, the children had the biggest smiles on their faces," said Elder. "They were eager to play games and play on their new playground, which was a reaction that will remain in my memories for a very long time."

The Seabees and Marines were invited back to the house to dedicate the new playground and present gift boxes filled with toys and clothes, donated by the Marines, to all the children and teenagers living at the 'House of Hope'.

Builder 1st Class Jason Fletcher presented the house mother, Elena Cismasu, with his NMCB 7 First Class Association Coin so they would always remember the Seabees that had come to help them.

"Seeing the look on the children's faces when the project was complete meant a lot," said Fletcher. He added [that] "Volunteering for me is a way to give back to those who care and provide for others. This deployment is a great opportunity for all of us here. To represent our nation and give back to those who are less fortunate is overwhelming."

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## Quick tips to go GREEN

● Think before you buy. . . Go online to find new or gently used secondhand products. Whether you've just moved or are looking to redecorate, consider a service like craigslist or FreeSharing to track down furniture, appliances, and other items cheaply or for free.

● Check out garage sales, thrift stores, and consignment shops for clothing and other everyday items.

● When making purchases, make sure you know what's "Good Stuff" and what isn't.

Watch a video about what happens when you buy things. Your purchases have a real impact, for better or worse.

● Borrow instead of buy . . . Borrow from libraries instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.

Share power tools and other appliances. Get to know your neighbors while cutting down on the number of things cluttering your closet or garage.

● Buy smart . . . Buy in bulk. Purchasing food from bulk bins can save money and packaging. Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.

Questions on Recycling?

Call CBC Recycling at:

228-871-4738



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



## Seabee Memorial Chapel

### Services:

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

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

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

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

### Center Chaplains:

**Lt. Cmdr. Michael Brown,**

**Protestant Chaplain**

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

**Protestant Chaplain**

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