

# Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 47 No.18

Naval Construction Battalion Center, Gulfport, Mississippi

September 23, 2010

## Seabee Center welcomes new Skipper



Capt. Lou Cariello, Commanding Officer, Naval Construction Battalion Center (NCBC)/Commander, 20th Seabee Readiness Group (SRG), speaks after accepting command of NCBC/20th SRG from Capt. Ed Brown at a change of command ceremony on board NCBC, Sept. 10. A retirement ceremony honoring Brown's 25 years of exemplary service to the Navy was held immediately after the change of command. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/RELEASED)  
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## Navy Region SE recognized for conserving energy

By Navy Region Southeast Public Affairs

The commitment of Navy Region Southeast to reduce energy usage was recognized recently by the Secretary of the Navy with awards for all 16 of its non-BRAC (base realignment and closure) installations.

"These awards reflect our significant progress in making energy and water conservation a high priority in our everyday mission of supporting the fleet, family and warfighter," said Commander Navy Region Southeast Rear Adm. Tim Alexander. "This marks the first time all non-BRAC installations in Navy Region Southeast have received recognition."

Leading the way was Naval Submarine Base Kings Bay, one of only seven Navy or Marine Corps shore commands worldwide to be recognized as a platinum level award winner, signifying an outstanding energy program and an exceptional year of energy project execution.

"Kings Bay is doing some innovative things to reduce energy and water consumption," Alexander said. "From a new wastewater treatment plant with water savings of \$60,000 a year, to the inno-

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**Mass Comm. Specialist**  
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**Public Affairs Officer**  
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Capt. Ed Brown, is "piped over the side" after retiring from 25 years of naval service. The retirement followed a change of command ceremony held on board the Seabee Center Sept. 10. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Jacavone/RELEASED)



(Above, center) Cmdr. Victor Velasco, chief staff officer of the 20th Seabee Readiness Group (SRG) on board Naval Construction Battalion Center (NCBC), Gulfport, leads the command formations and (above, right) the official party renders a salute during the NCBC/20th SRG change of command ceremony held Sept.10. (U.S. Navy photos by Mass Communication Specialist 1st Class Demetrius Kennon/Released)



Rear Adm. Tim Alexander, Commander Navy Region Southeast awards the Legion of Merit to Capt. Ed Brown, commanding officer Naval Construction Battalion Center, commander 20th Seabee Readiness Group during the change of command. U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released

## Seabee Center changes command

### By NCBC Public Affairs

Blue skies, sultry temperatures and patriotic music served as the backdrop when Capt. Louis V. Cariello became the 27th officer to assume the duties as commanding officer Naval Construction Battalion Center/Commander, Twentieth Seabee Readiness Group Sept. 10.

Cariello assumed command from Capt. Ed Brown in a traditional ceremony held on the parade field. A retirement ceremony honoring Brown's 25 years of naval service followed the change of command ceremony.

The change of command featured two guest speakers - Rear Adm. Townsend G. "Tim" Alexander, commander Navy Region Southeast and Rear. Adm. Mark A. Handley, commander First Naval Construction Division.

During the ceremony, the two officers paid tribute to Brown's many years of service and accomplishments, paying special attention to his effective management of the Seabee Center resources and reconstruction efforts after Hurricane Katrina, as well as his management of all

available resources to ensure troop preparedness in the fight against global terrorism.

"Capt. Brown managed the \$450 million Katrina Installation Re-capitalization Program and created more than 25 new facilities during his time in office," said Handley.

While in command of NCBC, Brown led the efforts to mobilize and demobilize more than 6,000 Reservists and to train and deploy five active and three reserve Seabee battalions to theaters world-wide, as well as to ship more than 120,000 tons of mate-

rial and equipment in support of the Global War on Terrorism and other operations throughout the world.

Cariello's most recent position was as the Commodore of the Twenty Second Naval Construction Regiment in Gulfport. The 22 NCR returned in August from a six-month deployment to Afghanistan in support of Operation Enduring Freedom.

While there, the Regiment was responsible for operational command control of more than 5,000 Navy, Army and Air Force personnel.

## 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.

# Around the Center



Service members, athletes, volunteers and members of the Naval Construction Battalion Center (NCBC) community take part in a remembrance ceremony marking the ninth anniversary of the September 11, 2001 terrorist attacks. The ceremony took place before the Region 4 Special Olympics Fall Games held on board NCBC. (U.S. Navy photo by Mass Communications Specialist 1st Class Ryan Wilber/Released)



The newest Chief Petty Officers, assigned to NCBC, pose for a group photo after their pinning ceremony held at the Training Hall, Sept. 16. A total of 58 chiefs were pinned in front of a standing room only crowd of family and well-wishers. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)



The Fleet and Family Support Center hosted the Annual Ombudsman Appreciation Day Luncheon Sept. 14 at Colmer Galley on board Naval Construction Battalion Center (NCBC). In addition to lunch, awards and gifts were presented in recognition for their hard work and dedication. (U.S. Navy photo by Equipment Operator 2nd Class Elizabeth Jacavone/Released)

## New commodore at 22 NCR



Capt. Kathryn A. Donovan passes the Twenty Second Naval Construction Regiment's command flag to Command Master Chief Joseph Perrone, during a change of command ceremony Sept. 9 at the Training Hall on board Naval Construction Battalion Center (NCBC). Donovan relieved Capt. Louis V. Cariello to become the Regiment's 12th Commodore since its conception in January, 1944. (U.S. Navy photo by Mass Communication Specialist 3rd Class Michael D. Wright/Released)

## Fire Prevention Week... "Smoke alarms - a sound you can live with"

By NCBC Fire and  
Emergency Services

The history of National Fire Prevention Week has its roots in the Great Chicago Fire of Oct. 9, 1871. The fire killed 300 people, left 100,000 homeless and destroyed more than 17,000 structures.

The Fire Marshals Association of North America (FMANA) decided that the public should be reminded about the importance of fire prevention and sponsored the first national Fire Prevention Day Oct. 9, 1911. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation and every year since 1925, the president of the United States has signed the proclamation pronouncing the Sunday-through-Saturday surrounding Oct. 9, a national observance.

Naval Construction Battalion Cen-



ter (NCBC) Fire and Emergency Services have a variety of activities and displays planned for the base population and at area schools adopted by the Battalions.

Everyone is invited to stop by the various locations listed below for fire prevention education and training provided by Fire and Emergency Services. Training updates and information will also be located on the NCBC website at: [https://www.cnbc.navy.mil/Gulfport/Service\\_Organizations/Public\\_safety/FireEmergencyServices/index.htm](https://www.cnbc.navy.mil/Gulfport/Service_Organizations/Public_safety/FireEmergencyServices/index.htm)

### NCBC Fire Prevention Week Schedule

- Oct. 4:** 8 – 9 a.m., building 1, CO signs Proclamation for Fire Prevention Week with Sparky the Fire Dog
- Oct. 5:** 7 – 7:30 a.m., building 260., 8 - 8:30 a.m., IT - building 329., 9 – 9:30 a.m., Navy Lodge building 328., 10-11 a.m., building 352., 11 a.m. – noon, building 60
- Oct. 6:** 8:30 – 11:30 a.m., Eagle Court, fire safety training (refreshments provided by Balfour Beatty), 1 – 2 p.m., Welcome Center, building 452., 2:30 – 6 p.m./building 339, Housing pool area (Fire safety house, extinguisher training for 5th graders and up)
- Oct. 7:** 8:30 – 11 a.m., CDC, building 31, 33 (Fire safety house, stop drop and roll, etc)/12:30 – 1:30 p.m., USMC, building 423
- Oct. 8:** 8 – 9 a.m., Fitness Center, building 45., 1 – 2 p.m., Branch Medical Clinic, building 295

### November Elections

In order to register to vote and/or request an absentee ballot for the upcoming November state elections, Sailors and their families can go to the Federal Voting Assistance Program (FVAP) website at: [www.fvap.gov](http://www.fvap.gov) and use the online registration.



States will begin mailing ballots out 45 days before the general elections (Nov. 2).

If ballots are not received by Oct. 2, voters can use a federal write-in absentee ballot which can also be obtained at the FVAP site.

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Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 embarked aboard High Speed Vessel Swift (HSV 2), build an additional classroom structure at Plaisance Community High School. Swift deployed to support Southern Partnership Station 2010, a deployment of various specialty platforms to the U.S. Southern Command area of responsibility in the Caribbean and Central America. (U.S. Navy photo by Mass Communication Specialist 1st Class Rachael L. Leslie/Released)

## NMCB 7 lends a helping hand in Guyana for SPS 10

By MC1 (SW) Rachael Leslie  
High Speed Vessel Swift (HSV 2)  
Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 7, currently embarked aboard High Speed Vessel Swift (HSV 2), refurbished a local school in Georgetown, Guyana, Sept. 1-13.

The current construction project is only one of three the Swift detachment, completed for the community in support of Southern Partnership Station (SPS) 2010.

"It always feels great when we're able to help people," said Lt.j.g. David Cazares, Det. Swift officer in charge. "We have so much in the U.S. and it just feels good to give."

The bulk of the detachment arrived in Georgetown Aug. 22, and soon began working on its first project, which consisted of installing new and repairing broken plumbing, replacing toilets and windows, installing new ceiling fans and clothes lines, and clearing debris from the common areas at the Ministry of Amerindian Residence home for tuberculosis patients.

The second project the Seabees took on was at the East La Penitence Health Center, also in

Georgetown. In about one week, they rebuilt two entire rooms from the ground up. One will act as a dental office and the other a patient consult room for the clinic. The job required the installation of new sinks and plumbing, electrical and tile work, and a few water pumps needed to be repaired.

While part of the detachment was still putting finishing touches on the new rooms at the clinic, the other members began work on their biggest project yet in Guyana at the Plaisance Community High School.

"During classes, they currently have more than 60 students in each classroom," said Cazares, of the school, which has more than 500 students in attendance each year. "We're building them what we call a 'sea hut' that will be 16-feet by 32-feet. It should provide a lot of additional room for the students."

SPS is a deployment of various specialty platforms to the U.S. Southern Command (US-SOUTHCOM) area of responsibility (AOR) in the Caribbean and Central America, with the primary goal of information

## MCPON visits NMCB 11 Det Guam

By EA1 John Strown  
NMCB 11 Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West visited Camp Covington Guam, Aug. 19.

During his visit the MCPON took a tour of the camp shaking the hand of each Seabee he met. Engineering Aide Constructionman Christopher Kelly had an interesting encounter, "MCPON's personality draws you in, but not quite as much as his handshake. He grabs your hand and pulls hard taking you completely off balance. It definitely gets not only your attention but a laugh too," said Kelly.

The MCPON arrived on Camp Covington wearing the new Navy Working Uniform (NWU) TYPE III version 1 uniform, which is currently under a 6 week conformance test. This was a main focus for the Seabees of Naval Mobile Construction Battalion (NMCB) 11 as they will be switching to this uniform in fiscal year 2011. He quickly pointed out the differences between the NWU TYPE III, version I and version II and mentioned he would be wearing version II at the all-hands call the following day.

During his tour of Camp Covington, MCPON made several stops, one of those was at the Steelworkers shop, where he was shown the progress of the new Seabee that is currently under construction for Camp Covington. MCPON was impressed with the construction and awarded a MCPON Coin to



MCPON (SS/SW) Rick D. West stops by the Naval Mobile Construction Battalion (NMCB) 11 Det. Guam steelworker shop during a visit to Camp Covington, Guam Aug. 19. MCPON West presented Steelworker Constructionman Michael King with a coin to attach to the 'Bee under construction for Camp Covington. (U.S. Navy photo by Engineering Aide 1st Class John Strown/Released)

Steelworker Constructionman Michael King to attach somewhere on the 'Bee.

"Meeting the MCPON was an honor; he is a real energetic guy," said King, "and it was definitely an exciting moment in this deployment to have him visit the shop. HOORAH MCPON!"

MCPON also stopped by Alfa Company where he talked with the Alfa Dogs about their work day and the direct impact to operations aboard Naval Base Guam and the local community. West also saw how Seabees operate when Equipment Operator Constructionman Jimmy Crawford gave him a ride in a Medium Tactical Vehicle Replacement (MTVR.)

During his "All Hands Call,"

the MCPON discussed the future of the Navy and time honored traditions followed by a question and answer session. Key points of discussion were: Perform To Serve and the process being integrated with Fleetride, new uniforms and their proper wear, material makeup and availability, mandatory enlisted warfare qualifications and how each sailor, command, and the Navy as a whole benefit from the new NAVADMIN instruction.

MCPON (SS/SW) West left the theater with a motivated "Hooyah!" before continuing on his trip through the Pacific AOR. NMCB 11 is currently deployed to the PACOM AOR in support of Operation Enduring Freedom.

**Navy Ball . . .** Stennis will be hosting a Navy Ball at the IP Casino Oct. 16 from 6 to 11:59 p.m. Cost: \$10 - E4 and below, \$20 - E5/E6, \$30 - E7 and above. Contact Chief Aerographer's Mate Jaime Brouillette at 228-688-5897 for details.

**Salute to the Military . . .** Tickets are on sale now for The Salute to the Military Oct. 26 beginning at 6 p.m. at the Mississippi Coast Coliseum. The guest speaker is General James Cartwright, Vice Chairman, Joint Chiefs of Staff. This is the premier event on the Gulf Coast for businesses to show their support for the military. The committee is offering FREE tickets to E-6 and below (and spouse/date). Tickets are \$40 for military, \$40 for their spouse/date and \$50 for civilians, \$50 for their spouse/date. E-6's and below can request their FREE tickets via their Command Master Chiefs no later than COB Oct. 4. The only stipulation to the free tickets is the individual who accepts it MUST be in attendance and MUST stay for the entire program. The uniform is Whites or formal for civilians. Ticket orders are being taken by Rob Mims, NCBC/20th PAO at Robert.c.mims@navy.mil or by calling 228-871-2699 or Laura Wilson, Mississippi Gulf Coast Chamber of Commerce at 228-604-0014.

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# NCTC CFLs train on new Navy Fitness program

By BUC (SCW) Jamie Harris  
NCTC Public Affairs

To prepare for duties as Command Fitness Leaders (CFL), the Naval Construction Training Center recently sent six highly motivated Seabees to Gulf Breeze, Fla., for a first-hand experience to train with the Athletes Performance Team.

The training was on the new Navy Operational Fitness and Fueling Series (NOFFS) program.

The purpose of NOFFS is to provide a complete physical training program that will "eliminate the guesswork" for the individual Sailor and the Navy health and fitness professional, which we call CFLs.

The NOFFS program has three goals: improve operational performance; provide foundational and performance nutrition guidance and decrease the incidence of physical training related injuries.

Physical fitness for Seabees is a critical component for operational readiness and the NOFFS program is designed to better prepare individuals for the rigors of operational de-

ployment.

In order to take the guess work out of instruction and provide an outline of physical training to be performed to fit Sailors' needs, Physical Performance Series cards were created. These cards are divided into various groups based on the amount of space available for physical training. Seabees need to focus on, but not be limited, to the Group Training Series and the Large Deck Series because Seabees usually have a large area in which to exercise. Other groups include the Submarine Series and the Surface Ship Series.

Each series is a collaboration of exercises using a combination of training components to include five major parts: pillar movement, movement preparation, strength, cardiovascular fitness and recovery.

The most important component is the focus on quality. A major part of body movement runs through the core of the body, known as the pillar, which extends from the shoulders down to the hips. If exercises are done incorrectly, the result is what the trainers at

Athletes Performance call an Energy Leak, which could lead to injury.

The first day the CFLs were introduced to "just a taste" of the three levels of activities.

As the week went by, the levels increased and the workouts became more strenuous, but were still simple to understand. Once the workout concluded, the CFL's were asked how they felt.

"Sore, but the good kind," said Steelworker 2<sup>nd</sup> Class Joseph Bryant.

Naval Education and Training Command (NETC) is taking the lead in pushing the NOFFS program to the fleet. As part of NETC, NCTC Gulfport is taking point for the Seabee community.

The CFLs are combining elements of NOFFS and other fitness programs to develop an intense, demanding, yet fun series of workouts that will get Sailors physically fit and help reduce training injuries.

All Seabees are invited to check out the workouts and submit their results to the NCTC Opfit page on Facebook at: [www.facebook.com/nctc](http://www.facebook.com/nctc)



As Steelworker 2<sup>nd</sup> Class Joseph Bryant practices the correct form for a one-legged squat, Chief Builder Jamie Harris and Builder 2<sup>nd</sup> Class Christopher Williams study his technique. The trio are in Pensacola training with three others from Naval Construction Training Center (NCTC) Gulfport with the Athletes Performance Team in order to learn the Navy Operational Fitness and Fueling Series (NOFFS) program. (U.S. Navy photo by Utilitiesman 1<sup>st</sup> Class Dustin Wooden/Released)

## NMCB 1 Det assists Cheatham Annex

By NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 hand picked 11 people to travel to Williamsburg, Va., to Yorktown Naval Weapons Station, Cheatham Annex in early August to assist and gain on-the-job training experience in utilities maintenance.

The Seabees were tasked with the maintenance of utilities for a 250-man tent camp to support an exercise put on by Naval Expeditionary Logistics Support Group (NAVELSG) and Naval Cargo Handling Battalion (NCHB) 5. The Det.

officer in charge was Construction Electrician 1<sup>st</sup> Class Everett Bowens. Construction Electrician 3<sup>rd</sup> Class David Gross described the work environment as "ever-changing." After learning how to operate a water pump, Gross felt as though the Det. catered to the cross-rate training mentality.

Utilitiesman Constructionman Kreigh Steussy was taught how to perform checks, pre-starts and how to operate a generator.

The day-to-day duties for the Seabees involved standing six to eight hour watches. Most electricians were tasked with

monitoring the generators, environmental control units and light plants. With control of two k generators, two 30k generators, one 60k generator, eight ECUs and eight light plants, the crew was responsible for equipment totaling well over \$100,000.

Despite the constant watchstanding and maintaining equipment integrity, the crew still found time to have a little fun and see the sites the Yorktown area had to offer.

On one of the last days the Det. was in Va., they had the opportunity to visit Busch Gardens. Construction Electrician

Constructionman Kevin Ray noted on his visit to the park, "It was the first time I've been there and I really enjoyed it. Since we were there pretty much when school started, the crowds were small. It was hot but I was glad to be there, enjoying a break from the hard work."

Since the team returned from Va., NMCB 1 received a congratulatory e-mail from the Lieutenant running the entire exercise, saying NAVELSG and NCHB 5 were very impressed with the Seabees from NMCB 1 and the outstanding job performed.



Seabees with Naval Mobile Construction Battalion (NMCB) 1 perform maintenance on a water pump during an exercise at Yorktown Naval Weapons Station in August. (U.S. Navy photo/Released)

Personal firearms are **PROHIBITED** on the installation

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Cmdr. Richard Hayes III, left, commanding officer of Naval Mobile Construction Battalion (NMCB) 74, presents the Bronze Star medal to Lt. Cmdr. Omarr Tobias, operations officer of NMCB-74, Sept. 16. Tobias was recognized for his leadership and situational awareness which led to his battalion's unprecedented accomplishments in engineering and contingency construction throughout the Afghanistan theater of operations during the battalion's deployment there from August 2009 to April 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

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# Buzz on the Street



By EO2(SCW) Elizabeth Jacavone and EO3 Mikayla Mondragon  
NCBC Public Affairs

**What is your favorite part of the new Fitness Center?**



*"I really enjoy the new pool and that there is more space."*

**Mike McLaughlin**  
MWR Head Fitness Trainer  
Hometown: Gulfport, Miss.



*"I like the different types of machines and opportunities that are available."*

**BUCA Pamela Howard**  
NMCB 74  
Hometown: Spring, Texas



*"I really like the new physical therapy office."*

**EOCN Joseph Frye**  
CBC  
Hometown: Sedro Wooley, Wash.



The Region 4 Special Olympics Fall Games were held at the Naval Construction Battalion Center (NCBC) Sept. 11. Athletes competed in four events and more than 400 volunteers supported the event. (U.S. Navy photos by Equipment Operator 2nd Class Elizabeth Jacavone/Released)



## Special Olympics receives warm Seabee reception

**By EO2 (SCW) Elizabeth Jacavone**  
NCBC Public Affairs

The reunion was a sweet one. Despite the unfavorable heat conditions that day, the Seabee base welcomed the Special Olympics with opened arms and hearts since being divided by Hurricane Katrina.

More than 400 military and civilians from the Center volunteered to help the athletes who participated in the Region 4 Special Olympics Fall Games, held at the training field on board Naval Construction Battalion Center (NCBC), Sept 11.

"Not only were Navy Seabees involved, but we had the Army and Air Force there helping us side by side," said Steelworker 2<sup>nd</sup> Class Bryan Long, coordinator for the games. "What really made this event successful was the support and help from all the civilians and spouses who volunteered. I was very pleased to see all the families that came out to help out with whatever they could."

NCBC has undergone a complete overhaul since the hurricane in order to, not only restore functionality, but also to reestablish relationships with previous entities awaiting the refurbish-

ment of some of the base's facilities.

"I think it was important to have it on our base for the fact that we have been rebuilding since Katrina, and finally our base is starting to look great," he added. "It was a really great time and I hope they continue to have it on base for years to come"

About 70 athletes competed in four categories: horse-shoe toss, softball skills, soccer kicks and croquet. Each athlete was escorted by volunteers who were eager to share in their Olympic experience.

A host of cheerleaders were also on hand to reinforce the positive

nature of the games.

"I think it is awesome watching a bunch of great people having a lot of fun," said Equipment Operator 1<sup>st</sup> Class Christopher Harrison, a volunteer assigned to Naval Mobile Construction Battalion (NMCB) 133.

What made the event successful was all the different branches working together hand in hand with all the athletes.

"No matter what came up there was always someone there to lend a helping hand. Without the support from all the volunteers, we would not have been able to have such an amazing and successful day," said Long.

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## WPN opens new chapter on NCBC

From NCBC Public Affairs

Women stationed at Naval Construction Battalion Center (NCBC) Gulfport are working to make sure everyone who's interested is taking advantage of the Women's Professional Network, a national group that recently opened a local chapter on NCBC.

The organization, an offshoot of the Sea Service Leadership Association, holds teleconferences and quarterly symposia on such topics as women in leadership roles and work and family issues.

Chief Construction Mechanic Holly Tretheway of Naval Construction Training Center, Gulfport and Lt. j.g. Ji Fredriksen of the Naval Facilities Engineering Command Southwest are publicizing the organization in hopes of increasing membership.

"We're hoping more men will join," Fredriksen said. "It's beneficial for men in leadership positions to understand the woman's perspective."

Fredriksen attended a June conference in Washington, D.C., that drew nearly 1,000 women interested in becoming better, stronger leaders in the workplace.

How does this help the Navy?

The mentoring and education provided by that conference and other WPN activities can translate into higher retention levels, Fredriksen explained.

For more information on WPN, contact CMC(SCW) Holly Tretheway at [holly.tretheway@navy.mil](mailto:holly.tretheway@navy.mil).

The following Facebook link shares discussions and photos of WPN events: <http://www.facebook.com/group.php?gid=273119436505&ref=search>. WPN information is also available at Navy Knowledge Online: [https://www.nko.navy.mil/portal/seabees\\_facilitiesengineering/cecOfficers/home/women-professional-network](https://www.nko.navy.mil/portal/seabees_facilitiesengineering/cecOfficers/home/women-professional-network).

### Pro Angler Joe Mercurio to visit NCBC

**Sept. 25...** Host of Sun Sports and World Fishing Network's Professional Tarpon Tournament Series pro angler will visit the Navy Exchange Sept. 25 from 3 to 6:30 p.m. While there, Mercurio will spend time sharing his stories about "Operation Catch Fish," the annual fishing tournament held near Baghdad for military service members stationed there, as well as sign autographs and take pictures with fans. The event is free to attend.

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From ENERGY page 1

vative use of solar technology to augment that plant with energy savings of \$116,000 a year, the installation is realizing truly significant energy use reduction."

"Energy and water management are critical to the accomplishment of the Navy's mission and our nation's energy independence and security," Secretary of the Navy Ray Mabus said in a Navy-wide message. "Energy specifically is one of my top priorities and your performance has significantly advanced progress toward achievement of our goals."

Naval Submarine Base Kings Bay will be recognized at an award ceremony Oct. 6 at the Navy Memorial in Washington, D.C.

Other Secretary of the Navy Energy and Water Management Award winners in the Southeast Region included Naval Air Station Jacksonville, Fla.; Naval Air Station Key West, Fla.; Naval Air Station Kingsville, Texas; Naval Air Station Meridian, Miss.; and Naval Support Activity Panama City, Fla. These installations were all gold level award winners, indicating a very good to outstanding energy program.

The awards program also has a blue level award for commands with a well-rounded energy program. Navy Region Southeast commands winning awards in this category included Naval Construction Battalion Center Gulfport, Miss.; Naval Air Station Corpus Christi, Texas; Naval Air Station Joint Reserve Base Fort Worth, Texas; Naval Air Station Joint Reserve Base New Orleans; Naval Air Station Pensacola, Fla.; Naval Air Station Whiting Field in Milton, Fla.; Navy Supply Corps School Athens, Ga.; Naval Station Guantanamo Bay, Cuba; Naval Weapons Station Charleston, S.C.; Naval Air Warfare Center Training Systems Division at Naval Support Activity Orlando, Fla.; and Naval Station Mayport, Fla.

"Leaders on every level of the Navy Region Southeast team have made great efforts to motivate team members, communicate energy initiatives, and push for execution of energy projects," Alexander said. "Your efforts reflect our commitment to the country and the goals set forth in the Energy Independence and Security Act and associated Executive Orders."

**NCBC Public Safety Info . . .** Did you know that the Department of Public Safety uses the NCBC website to keep you advised of the most current Navy wide and Installation based security concerns? For a better understanding of Warning Indicators involving Violence in the Work Place, go to <https://www.cnbc.navy.mil/Gulfport/index.htm> and visit the Department of Public Safety's programs which were developed by the Security Division for your informational needs. Under the link for Crime Prevention you will find Disgruntled Employee and Domestic Terrorist Warning Indicators. Additionally, the Anti-Terrorist and Force Protection link provides detailed information involving Warning Indicators for Insider Domestic Terrorism. The Public Safety page also provides a wide range of emergency telephone numbers, as well as other valuable information posted with your safety in mind.

**Military Style Community Band Seeking Members . . .** The *Diamondhead Regimental Brass Band* is a voluntary community band formed in Diamondhead with members from along the Mississippi Gulf Coast. Made up of veterans, non-veterans, high school band students, and active duty military, the band is seeking additional musicians who play *brass or percussion* instruments. Members include veterans from all five branches of the military, as well as seven active duty Air Force personnel. Membership is flexible as the band will accept whatever time a member has to give with no requirements for making regular practices or performances. Recent band performances include a Sept. 11 performance at the Diamondhead Country Club for the first-ever Gulf Coast Air Force Ball. Upcoming events include an Oct. 17 performance at the IP for a World War II 5<sup>th</sup> Marine Corps Division reunion. The reunion of this division is a historically significant event in that it represents Marines who conquered Iwo Jima. Anyone interested in joining the *Diamondhead Regimental Brass Band* or seeking additional information, should contact managing director Harold Dawley at 228-437-4210 or [Hdawley@Bell-south.net](mailto:Hdawley@Bell-south.net).

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# Focus on Education

## Starbase invites back one of its own

By MC1(SCW) Demetrius Kennon

NCBC Public Affairs

Starbase Atlantis (SBA) on board Naval Construction Battalion Center (NCBC), Gulfport, welcomed back a student, Sept. 1, who has acquired a skill for building and launching special rockets.

SBA is a Navy community outreach program run by the Naval Education and Training Command (NETC) that serves local community youth by offering fifth-grade students an opportunity to participate in a variety of learning experiences designed to increase knowledge and interest in science, technology, engineering and math.

Kennedy Huffman, a former SBA student, first attended the program in summer 2008 after her grandmother, Alice Huffman, the Navy-Marine Corps Relief Society director at NCBC, enrolled her. After one week of learning to make rockets, Kennedy was hooked. She and her father, Brad Huffman, began spending their afternoons in a hobby shop building rockets and launchers of their own.

"Once you start it, and see how far and how high it goes, it's just cool because you want to keep doing it," Kennedy said.

Kennedy was allowed to enroll once more in 2009 as a sixth grader because of her love for rocket launching. Now a seventh grader, Kennedy has been invited back to show off something new to the SBA here.

"Here at Starbase, they use traditional rocket motors," said Brad. "What we use for our motor, or for thrust, for the rockets we'll launch today is compressed air."

Brad said that the pair of them built an air tank, and instead of using a motor, they used a bicy-

cle pump. They pump the air into the air tank, and it's compressed. They use a valve, like the ones used for lawn irrigation systems, which is electronically controlled. Above the valve is the launch tube where the rocket is placed.

"We apply some voltage to the sprinkler valve, and it opens releasing the air very fast into the rocket," he said. "I think we probably get close to 300 feet, if not more, of altitude out of it."

The father/daughter team researched inexpensive ways to continue launching. The rockets themselves are made from regular copier paper, masking tape and pieces of Styrofoam lunch trays.

"Not only did she [Kennedy], as a student, excel in the sciences, but she has created something that might be useful to us," said Keith Agee, NCBC SBA director. "We're always looking for a new technology and new ways of doing things, so we learn from our students."

"The thing that excites me is seeing it move from that initial 'hey, this is something kind of fun to do' phase to something that becomes more of a learning experience for Kennedy," said Brad.

SBA is a dynamic self-esteem building and goal setting program that motivates students to set goals and pursue them.

"We, at Starbase, open doors. We want them to believe in themselves. They change their lives. We just give them the hope, or the dream, or the direction," said Agee. "We haven't lifted one child from where they were when they came into the program, but their potential is greater. Every child who comes through the door has the ability to be president and we want them to believe that."



Kennedy Huffman, a former Starbase Atlantis student here and her dad, Brad Huffman, constructed rockets made of copy paper, masking tape and pieces from styrofoam plates used in an air-propelled rocket launch on board NCBC, Sept. 1. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)



Kennedy Huffman, a former Starbase Atlantis student here, and her dad, Brad Huffman, launch an air-propelled rocket on board NCBC, Sept. 1. The launch showcases a rocket and launch mechanism made with more economic materials and used in a safer way than traditional fuel-burning rockets. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

### DOD adjusts child care fees . . .

The Department of Defense establishes fee ranges for all military child development programs and recently released a policy addressing the fee adjustment. The adjustment brings the number of fee categories to nine, causing some people to move into different categories. The Navy is adjusting its child care fees beginning Oct. 1, 2010, and adding categories for its highest income earners, to compensate for six years without fee range increases. Under the new fee schedule, families with a total income of \$85,000 or less will see their child care cost rise by one dollar a week. Child care costs for families earning more than \$85,000 will rise between \$10 and \$16. Go to <http://www.cnici.navy.mil/navycni/groups/public/documents/document/cnicpa169019.pdf> to find out more.

NCBC School Liaison Officer is located at Building 352, and may be contacted at (228) 871-2117 or [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

### Attention Home School Parents . . .

Starbase Atlantis will be offering A Day of Science Sept. 23 from 8 a.m. to 3 p.m. for home schooled students in grades 4 and up. Students will need a bag lunch. For more information, contact Kevin Byrd, School Liaison Officer at 228-871-2117 or Dodiya Davis at Starbase Atlantis, 228-871-3469.

# NMCB 74 Khakis dig deep in August heat

By MC2 Michael Lindsey  
NMCB 74 Public Affairs

The chiefs and officers of Naval Mobile Construction Battalion (NMCB) 74 have made a huge stride toward readiness with the completion of their khaki field training exercise (Khaki FTX) at Camp Shelby, Miss., on Aug. 20. The one week field exercise gave the "Fearless" leadership the opportunity to develop tactics and technical proficiency, improve teamwork and build camaraderie. Additionally, it provided first-hand experience of the physical challenges their Seabees will be faced with during the battalion's upcoming field training exercise (FTX).

Every NMCB must successfully complete a FTX prior to deployment in which it is tested on many areas, such as communications; chemical, biological, radiological (CBR) defense; embarkation; convoy security and patrols. During FTX Seabees will build the camps, defend the lines and conduct the patrols, while the leadership plans, coordinates and leads the operation. However, during Khaki FTX the leadership constructs the camp, defends the lines and conducts the patrols on their own.

Chief Select Equipment Operator Brian Bellefeuille has seen his fair share of field exercises, but was anxious to be part of a Khaki FTX. Fourteen NMCB 74 Chief Selects joined the Khaki FTX roster merely two days after their selection.

"It's cool being on this side of the fence actually seeing the officers and the chiefs, even the Skipper, digging foxholes and going on 3,300 meter foot patrols. I plan on bringing this back to Gulfport and letting the troops know that there truly isn't anything we would have them do that we wouldn't do ourselves," said Bellefeuille.

As soon as the khaki platoon arrived on-site, they quickly worked together to build their

base camp and divided themselves into four squads. For the duration of the four-day exercise the squads executed four primary exercises: Command Operations Center operations, defensive operations, convoys and patrols.

Despite the khaki's leadership positions in the battalion, the participants were shown no special treatment while coping with the harsh August weather. Temperatures reached more than 100 degrees and heavy rains harassed the watch standers day and night.

"Rain or shine, it doesn't matter," said Chief Builder Jeffrey Allgood, NMCB 74 safety officer, from his water-filled fox hole. "This gives us an opportunity as chiefs to hold training with the junior officers so that when we get out in the field, they will know that their chiefs are here and they can come to us before making decisions."

According to Lt. j.g. Joshua Baker, he and the other khakis either develop or renew their respect for what the junior troops are often faced with in the field.

"This gives us a better perspective as leaders. When we have to tell someone to dig a fighting position that just finished digging six feet down, 'no this is not exactly right, I want you to move it over here', now we physically know what that means," said Baker. "When we draw the fire plans, we have got to do it right before we start telling them to dig."

For several of the chiefs and officers, this was their first time in the field. Chief Navy Counselor Jeremy Stalling, NMCB 74's command career counselor is only one of many who just came on board earlier this year. Without this training they would find themselves leading troops in the field without the wisdom of experience.

"It's been an eye opening experience to see how everything

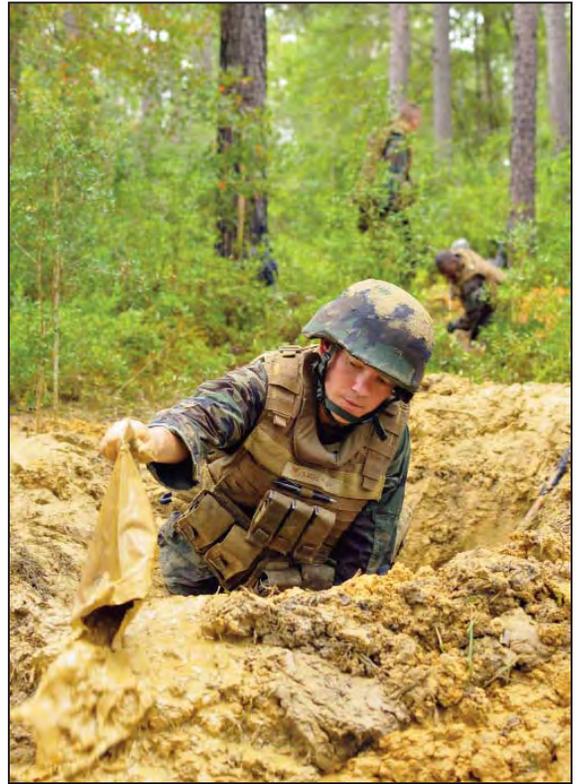
comes together from the orders [operational orders] and frag-os [fragmentary orders]. Having never done this, I would have given orders and not known exactly what I was asking," said Stalling. "You don't want to give an order without having been there and having done that yourself."

Khaki FTX builds camaraderie within and between the Chiefs' Mess and Wardroom. Some would say it is an "unofficial" objective of the exercise. The isolated, close quarters environment of Camp Shelby offers the khakis an opportunity to really get to know one another. For training purposes, the seasoned veterans will usually step aside and challenge the newer guys to step up and take charge. This was the case for Lt. Christopher James who took charge as the platoon commander.

"As chiefs and officers we usually just work with those we have business with. There's nothing like working side by side with fellow officers and the chiefs' mess like this out here in the field. This is an opportunity to make sure we fine tune our skills before we take it to the full level battalion FTX in October, said James, the Bravo Company commander.

NMCB 74 completed a change-of-command in July when Commanding Officer, Cmdr. Richard Hayes, III and Command Master Chief Robert Graves came on board. For them, this was the best time to really get to know and evaluate the leadership of the battalion.

"This [Khaki FTX] has given us an opportunity to see what scenarios we need to work on ourselves with some good lessons learned," said Hayes. "I'm real pleased with the motivation and the energy everyone has brought even though the weather has been tough here in August, and from what I've seen I think we'll hit our FTX hard and do a great job!"



Chief Select Equipment Operator Aaron Nagel, assigned to Naval Mobile Construction Battalion (NMCB) 74, uses an empty Meal Ready to Eat bag to remove water and mud from his defensive fighting position during the battalion's Khaki Field Training Exercise at Camp Shelby, Miss. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)



Chief Equipment Operator Joseph Hangren, assigned to Naval Mobile Construction Battalion (NMCB) 74, gives an intelligence brief using a terrain map prior to his squad stepping off on a convoy mission during NMCB 74's Khaki Field Training Exercise at Camp Shelby, Miss. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)



Seabees from Naval Mobile Construction Battalion (NMCB) 133 set up communications equipment for their two-person fighting position during the Battalion's annual "Black Hell Squad Competition," where the Battalion's Seabees use their Seabee Combat Warfare Skills to complete each portion of the competition. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore.)

## 'Roo's conduct 'Black Hell Squad' competition

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

Naval Mobile Construction Battalion (NMCB) 133 held their annual "Black Hell Squad Competition" from Aug. 23 - 27 here in Gulfport.

The competition is held in honor of the Seabees from the 133rd Naval Construction Battalion (NCB) who fought and suffered the most casualties of any Seabee battalion in history as part of the initial February 19, 1945 Iwo Jima landing of World War II.

The Seabees from the 133rd NCB exited their landing crafts and hit the volcanic black sand of Iwo Jima under a shower of bullets and heavy mortar and rocket fire from the Japanese. They began their job of unloading ammunition and supplies on the black beach that didn't provide any cover and transporting it inland to the Marines while constantly being attacked by the Japanese.

Many Seabees would go to the front lines and fight the Japanese with the Marines until the equipment or materials were available for them to do their jobs.

The Seabees of the 133rd NCB constructed a galley, a water plant, tents, and electric generators that provided comfort for those fighting on Iwo Jima. They also repaired two airstrips, one of which was the longest in the Pacific.

The Seabees from the 133rd NCB lost three officers and 39 enlisted and suf-

fered 12 officer and 191 enlisted wounded in action during the five months they spent on the island that became known as "Black Hell."

These monumental tasks that were heroically accomplished by the brave Seabees of the 133rd NCB are honored annually by the Seabees of NMCB 133. NMCB 133's "Black Hell Squad Competition" gives the Battalion's Seabees the opportunity to utilize their Seabee warfare skills similar to the way the 133rd NCB Seabees did on Iwo Jima. Physical fitness testing, project planning, land navigation, troop patrols, setting up fighting positions, and communications equipment set-up are a few of the skills that were evaluated during the competition. These are the same life-saving skills that contributed to the 133rd NCB's success on Iwo Jima.

NMCB 133's Headquarters, Alfa, Bravo, and Charlie companies had a total of 14 squads that used their Seabee combat skills to complete the many tasks that made up the competition.

NMCB 133's Headquarters Company Second Squad came in First after the final scores were calculated. The squad consisted of Utilitiesman 1st Class Justin Walker, Engineering Aide 2nd Class James Redden, Gunner's

See 133 page 21

# CP10 Seabees work to improve conditions in Costa Rican schools

By NMCB 7 Public Affairs

LIMON, Costa Rica — Seabees embarked aboard the multi-purpose, amphibious ship USS Iwo Jima (LHD 7) completed building and renovation projects at Westfalia and Hone Creek elementary schools Aug. 31.

As part of Continuing Promise 2010, Seabees assigned to Naval Mobile Construction Battalion Construction Battalion (NMCB) 7 and Construction Battalion Maintenance Unit (CBMU) 202 were greeted with open arms when they arrived to help fix up the local schools.

"The people of Hone Creek Elementary greeted my project crew with a reception - I was honored," said Builder 3rd Class Brandon Kinsey, project crew leader assigned to NMCB 7.

The Seabees improvements at the two schools will help to enhance the education for the students.

"It was really neat to visit a country and offer our services by installing lights, receptacles, and repairing a roof," said Construction Electrician 3rd Class Aaron Rudd, also assigned to NMCB 7. "I got to see the children of Hone Creek Elementary School get a jump start on their education and it felt good to know that I was able to better their environment."

The improvements made toward the school will allow the children to play safely.



Seabees embarked aboard the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) work together to spread cement to make a new floor at a local school during a community relations project in Limon, Costa Rica. Iwo Jima is in Costa Rica conducting Continuing Promise 2010, a humanitarian and civic assistance mission. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jonathen E. Davis/Released)

"Knowing that this will allow the parents and teachers to feel more at peace while their children play their hearts out safely is a good feeling," said Hull Maintenance Technician 2nd Class Shane Hutzenbiler. "I felt grateful that we had the opportunity to assist the kids of Westfalia Elementary just by building a fence around their school."

The Seabees embarked aboard Iwo Jima are currently taking part in Continuing Promise 2010, a Humanitarian Civic Assistance mission taking place in Central and South

America, which is also the U.S. Southern Command's area of responsibility. They will work with partner nation teams to help provide engineering assistance to eight different nations during this deployment.

NMCB 7 and its detachments are currently deployed to various locations throughout Europe, Africa and South America 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.

## EOs gather to evaluate training



By EOCS(SCW) Helen Daniel  
NCTC Public Affairs

From Aug. 23 to Sept. 2, Naval Construction Training Center (NCTC) Gulfport hosted a Human Performance Requirements Review workshop for the Equipment Operator rating field. This was the last in a series of HPRRs designed to look at the Occupational Standards and current training requirements for every rate within the Seabees.

The HPRR members went through a Job Duty Task Analysis process for every job for which a Seabee within the equipment operator rate could be responsible. They began by collectively describing all jobs within the EO rate which may not currently be in the OCC STDS or included as part of current training requirements. The workshop then assigned job tasks and laid out the scope

of duty which would be assigned to that particular job task. Finally, source requirements were assigned for each job. The purpose of the JDTA process is to establish a repeatable and definable job analysis. By doing so, leaders will be able to determine gaps in training or skills which have become outdated and can then develop or revise training content to an approved standard.

The EO HPRR was attended by 15 senior leaders in the EO rating who represented different units from both the east and west coasts. Through their exhaustive analysis they determined that the EO rate currently encompasses seven major jobs which cover approximately 150 non-repetitive tasks. Their efforts will lead to better training which will produce better Seabees and ultimately strengthen the Navy.



### Spookfest 2010

Spookfest will be held Oct. 29 from 6 - 8:30 p.m. at the old gym, building 361. Come join us for trick or treating candy, temporary tattoos, costume contest, refreshments for sale, hayrides, games/prizes, and live music. Join us from 8 - 9:30 p.m. as the Sauce Boss mixes up music and gumbo onstage. At the end of the night, everyone gets a sample. So don't forget to bring your chairs and blankets because this is a concert you don't want to miss! For more details and volunteer opportunities please contact the Youth Activities Center at 228-871-2251.

### MWR Free Fantasy Football League

Navy, Marine Corps and Coast Guard MWR are participating in a free online fantasy football league. The participant with the top score at the end of the season will win a trip to Super Bowl XLV in Dallas, Texas. In addition, all participants will have a chance to win the national contest, with a grand prize of \$100,000! The contest is open to all Active Duty personnel, their family members, Retirees, Reservist, National Guard, DoD and Coast Guard civilians. Contest participants can enroll in MWR's free "Rapid Draft" Fantasy Football League, at [www.mwrfantasysports.com](http://www.mwrfantasysports.com).

### Fitness

Group Fitness Class Schedule: Monday-Bosu at 9 a.m., Total Body Express at 11 a.m., and Cycling at 5 p.m./Tuesday-Cycling at 9 a.m., Water Aerobics at 11 a.m., Ab Blast at 11 a.m., and Cardio kick boxing at 5 p.m./Wednesday-Bosu at 9 a.m., Stroll N Stride at 9 a.m., Total Body at 11 a.m., and Cycling at 5 p.m./Thursday-Cycling at 9 a.m., Water Aerobics at 11 a.m., Ab Blast at 11 a.m., and Cardio kick boxing at 5 p.m./Friday-Bosu at 9

a.m., Stroll N Stride at 9 a.m., and Total Body Express at 11 a.m.

Intramural Racquetball League is coming this fall. Sept. 23 is the last day to register your team. Open to all Active Duty, DoD Employees, and Retirees. For more information please contact, IM Sports Coordinator at 228-822-5109.

The next CFL course is scheduled for Oct. 25-29. To register for the class you must log into the following website [www.npc.navy.mil](http://www.npc.navy.mil). All information needed is located on the website. Please register early as space is limited.

Treat yourself to something special today! Make your appointment with Massage Therapist, Julie Blackmer. Cash or check only please.

### Information, Tickets, and Tours

**BOO AT THE ZOO - OCT. 23** from 4 - 9:30 p.m. (Deadline to sign up is Oct. 15) Come join all of the little ghosts and goblins at Boo at the Zoo with MWR. The Audubon Zoo extravaganza is a safe, fun-filled Halloween event for children up to 12 years of age. Prices is \$15 per person for ages 1 and up. Admission fees include transportation, entrance, trick-or-treat houses with candy, Mom-bassa Ghost Train, haunted house, and games with prizes and entertainment. Spaces are limited. For more information please call 228-871-2231.

**Saints 2010-2011 Season Ticket Sale Dates:** Active Duty ticket sales began Sept. 20 for the Carolina Panthers game Oct. 3. All other eligible MWR patrons may purchase tickets beginning Sept. 27 at 9 a.m. if available.

Active Duty ticket sales begin Oct. 12 for the Cleveland Browns game Oct. 24. All other eligible MWR patrons may purchase tickets beginning Oct. 18 at 9 a.m. if available. Tickets are \$50

each/parking passes are available on a first come first serve basis for \$40.

### Anchors and Eagles

Open Tuesday through Thursday from 2 - 9 p.m. in building 303 by the Pass Road gate. Are you looking for a place to host your group's upcoming Christmas party? Then A&E is your place with a full service bar and covered patio area. Want to know the best part? The rental fee is only \$25 an hour. So call 228-424-6892 to reserve your party.

### Beehive Lounge

Free WIFI! Located in building 352 behind the Commissary, available Sundays for private parties. The Beehive has the atmosphere and the friendliest bartenders to serve you up a great time. With low prices and within walking distance of the barracks, the BEEHIVE is the place for you and your buds. Call 228-424-6892 for info.

### Youth Activities Center

We still have remaining spaces in the Before and After-School Program. Drop in care is also available for only \$3 per hour from 2 - 5:30 p.m.

There are a few remaining spaces for Friday Movie Nights at the Youth Center. Only \$2, which includes snacks!

Homework Hints for Parents and tutoring information can be found by contacting Sabrina at the YAC at 228-871-2251. Homework assistance and tutoring programs are available each Monday-Thursday during the After-School Program.

### Liberty Center

The fun never ends with Liberty's upcoming events! Check out our FREE tournaments beginning at 6 p.m. and win prizes for First and Second place. Join us for Texas Hold em' Poker Sept. 23, Billiards Sept. 28 and Oct. 7 as well as a Horseshoe Competition Sept. 29.

We have FREE food events (while supplies last) starting with Movie Monday Sept. 27 with free popcorn. Movie starts at 7 p.m. Last Buck Pizza Party will be Sept. 30 at 6 p.m. in the Liberty Center.

If you are interested in going off the base, Liberty has many options for that as well! We're headed to the 13<sup>th</sup> Gate Haunted

## Saving you money



Tonya Adams, wife of Naval Mobile Construction Battalion 7 Seabee Equipment Operator 2nd Class James Adams, gives a "Cashing in on Coupons" class at the Fleet and Family Support Center (FFSC) on board NCBC, Sept. 7. "There are a lot more coupons out there than the ones you can cut out," Tonya said. During the hour-long class Tonya talks about how and where coupons can be acquired, how to save in different stores, and the tricks and trades of how to use coupons effectively. This is the first time the class has been offered at the FFSC and, depending on future participation, will be offered again. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

House in Baton Rouge, La., Sept. 2, departing at 5:30 p.m. for \$25. Jason Aldean will be in Concert at the MS Coast Coliseum Sept. 25 departing at 6:30 p.m. and costs \$35. Saints vs. Carolina Panthers Oct. 3 for \$40. If you enjoy live music, then join Liberty for a free shuttle to the Swamp Pop Music Festival Oct. 1 for only \$12 at the gate or to Bay Fest in Mobile, AL Oct. 2 for only \$30 at the gate. Hitch a free ride to the Edgewater Mall Oct. 4 departing at 6 p.m. from Liberty. Catch the Liberty bus for a rock climbing adventure at Slidell Rocks Oct. 5. Free shuttle departs at 5:30 p.m. and is only \$12 to climb. Experience for yourself ALL that Liberty has to offer!

### Auto Hobby

An ASE mechanic is on duty during normal hours to assist you with any questions you may have. Feel free to stop by or give us a call. 228-871-2804.

Use a vehicle lift to change your oil for one hour at no charge (all necessary tools included). Save \$3.50 on rental fees

### School Liaison Officer

Attention Home School Parents! Sept. 23 from 8 a.m. -13 p.m. is a Day of Science for youth in grades 4 and up. Students will need to bring a sack lunch. For more information please contact Kevin Byrd, School Liaison Officer, at 228-871-2117 or Dodiayah Davis at 228-871-3469 with Starbase Atlantis.

# Trainer earns Practitioners Award

By EO2 (SCW) Elizabeth Jacavone  
NCBC Public Affairs

Michael McLaughlin, lead personal trainer at the Fitness Center on board Naval Construction Battalion Center (NCBC), was awarded a \$1,000 check for his selection as the Commander, Navy Installations Command (CNIC) Practitioner of the Year, Sept. 7. The Practitioner Award is a part of CNIC's Morale, Welfare and Recreation (MWR) awards program recognizing two people per region who have personal initiative, demonstrated leadership and have made noteworthy contributions to Navy MWR programs at the local or regional level.

McLaughlin has been a Morale Welfare and Recreation (MWR) employee for the NCBC Fitness Center since 2003. He started his fitness journey as a front desk recreational aid and over a period of several years he evolved into a strong front runner of the NCBC fitness staff.

"He has made it his personal goal to help as many Sailors as possible to achieve their highest physical fitness assessment (PFA) scores" said Joan Hudson fitness manager at NCBC fitness center.

McLaughlin has taken on the role as a command fitness leader instructor and has since facilitated over five classes. In September 2009 he helped with the transition of a 22,000 square foot facility to a 97,000 square foot facility.

"Michael is a key in assisting the early morning rush from helping to organize basic commendations to ensuring all commands have the equipment needed for whatever activity that they are doing, or even instructing a class himself," said Hudson.

"Michael has given his all to many different styles of programs, such as the "Biggest Loser" 12-week challenge, weight lifting competitions, and ongoing group classes focusing on abs, push ups and preparation for the upcoming PFA cycles," she added.



Michael McLaughlin, lead personal trainer at the Fitness Center on board Naval Construction Battalion Center (NCBC), is awarded a \$1,000 check for his selection as the Commander, Navy Installations Command (CNIC) Practitioner of the year, Sept. 7 by Capt. Ed Brown.

"You have done just an unbelievable job, like everybody involved in the MWR program, but you really stand out as that model of what we can be and that's what we talk about all the time," said Capt. Ed Brown, commanding officer of NCBC/ commander, 20<sup>th</sup> Seabee Readiness Group (SRG).

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## Recycling Saves, Recycling Pays

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Commander Fleet Activities Chinhae (CFAC), Korea MWR Director Gary Larose, left, CFAC PWD Public Works Officer Lt. Brent Uyehara, CFAC Commanding Officer Cmdr. Don Murray, NMCB 11 Detail Chinhae Officer In Charge Lt. j.g. Derek Boogaart and Dae Chin Engineering and Construction representative Yon-Taek Chang cut the ribbon to officially open CFAC's new Sports Complex, Sept. 9. U.S. Navy photo by Lt. Luke Przysiecki/Released)

# Seabees pool talent to build Fleet Activities Chinhae new sports complex

By Ron Inman

NAVFAC Far East Public Affairs

Sailors and their families at Commander Fleet Activities Chinhae (CFAC), Korea can now serve aces, spike heat and score ringers to their hearts' content with the opening of a state-of-the-art sports complex Sept. 9 which includes lighted tennis and sand volleyball courts and a horseshoe pit.

The complex, which took a year to build, was the result of collective efforts by three Naval Mobile Construction Battalions (NMCBs) from June 2009 - July 2010 (NMCB 40, NMCB 1 and NMCB 11, which is currently deployed to Detail Chinhae.

"It's always a rewarding experience for both the crew and leadership when a project is finished," said NMCB 11 Detail Chinhae Officer in Charge, Lt. j.g. Derek Boogaart. "It's not very often that a Seabee gets to see what the project they built is used for, much less use it themselves. It gives every Seabee the feeling that they made a difference and makes all the hard work they contributed worth it."

According to CFAC Public Works Department Public Works Officer, Lt. Brent Uyehara, in addition to the obvious benefits to the CFAC community, the project has been a good opportunity for the Seabees of Detail Chinhae to hone their skills.

"In general, Seabees deploy on detachments like this to develop their critical construction skills that they can use during contingency operations," Uyehara said. "In this case, they did a lot of earth work involving Seabee heavy equipment operations requiring excavators, bulldozers and rollers - all good training for Equipment Operators, Construction Mechanics and Engineering Aides for surveying and laying eleva-

tions and site layouts. They also did some cast-in-place, reinforced concrete work as well as run plumbing and electrical utilities, which is good experience for Builders, Steel Workers, Utilitiesman and Construction Electricians.

Uyehara explained that the project consisted of displacing several hundred cubic meters of earth from a fairly steep sloped hillside to form a terrace. Seabees then built retaining walls using special formwork lined with rock-wall pattern inlays to leave a decorative textured finish. Once the walls were placed, Seabees formed and placed the concrete sidewalk which runs around the perimeter of the adjacent tennis and sand volleyball courts. The finished project included an energy-efficient lighting system that provides ample light for patrons using the courts at night.

With the completion of the sports complex, NMCB 11 Detail Chinhae Seabees have already moved on to their next project, which is even bigger in complexity and scope - the construction of an equipment storage and parking area.

"This project was good for my troops due to the fact that there was so much in-rate work that needed to be completed," said NMCB 11 Detail Chinhae Operations Officer, BU1 (SCW) Christopher Kershaw. "My troops were able to work on their skills and build their confidence level prior to moving on to the project that we are currently on, which has nothing but in-rate work. My troops have never done a green deployment (the Seabee term for a non-contingency deployment) before and this was almost similar to an 'A' school refresher for them since they were moving on to a project of such magnitude and importance. Safety is our primary concern, and attention to detail is a must on this one."



# 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 second Tuesday of every month at 6 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 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 Gulfport Naval Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! Please email noscglulport@yahoo.com for more information. We hope to see YOU soon!

### NMCRS

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

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

### TRAINING

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

**Naval Sea Cadets** - Gulfport branch are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 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](mailto: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. Contact Post Commander Bill North at 228-863-8602.

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

### NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for 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@cablone.net](mailto:elevenoaks58@cablone.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 11 a.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.seabeeemuseumstore.org/shop/index.php](http://www.seabeeemuseumstore.org/shop/index.php) or call the gift shop locally at 228-871-4779.

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# Navy approves revised officer promotion phasing plan

## From Chief of Naval Personnel Public Affairs

The Secretary of the Navy has approved a revised phasing plan for active duty officer promotions beginning in fiscal year 2011, as part of the Navy's multiple efforts to achieve fiscal balance.

Effective Oct. 1, active duty officers selected for promotion to the grades of captain, commander and lieutenant commander will be promoted at a three percent per month rate for 11 months, with the remaining officers to be promoted in September 2011.

All officers selected for promotion during fiscal year 2011 will be promoted in that fiscal year. This phasing plan does not affect future selection board promotion rates.

Unrestricted line and human resources officers of the full-time support community will continue to promote at the same rate as their active duty counterparts.

Under previous plans, five percent of officers selected for captain, commander and lieutenant commander were promoted in each of the first eight months of the year, with 15 percent per month

during the remaining four months.

Vice Adm. Mark Ferguson, chief of naval personnel, said the plan contributes to keeping the Navy's manpower account in fiscal balance.

"We will continue to fulfill mission requirements for 2011 while controlling growth in manpower costs," Ferguson said. "We will revisit this plan each fiscal year."

For more information on line and staff officer promotion phasing plans, visit: [http://www.npc.navy.mil/Boards/Active Duty Officer/](http://www.npc.navy.mil/Boards/Active%20Duty%20Officer/)

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To subscribe to the Seabee Courier eCourier edition, send an e-mail to [seabecourier@navy.mil](mailto:seabecourier@navy.mil)

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**3986/3988**

**Mississippi Coastal Cleanup . . .** Join us for the 22nd Annual Mississippi Coastal Cleanup -- Part of the International Coastal Cleanup - the world's largest single day volunteer event to clean up the marine environment. Oct.16 from 8 to 11 a.m. Register at <http://www.masgc.org/cleanup/index.htm>

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

From **HAND** page 5 sharing with navies, coast guards, and civilian services throughout the region. Swift is scheduled to continue its support of SPS 2010 in the re-

gion until early fall. NMCB 7's Det. Swift is scheduled to move on to Honduras for similar projects when they leave Guyana, and embark Swift again in late October to begin SPS 2011.

Swift deployed in support of SPS 2010 in May, and has visited various countries in the Caribbean island nations, Central and South America over the last four months. During the

ship's stay in Guyana, the crew is also meeting and exchanging professional knowledge with the region's civil and maritime services in the form of Subject Matter Expert Exchanges.

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Mate 3rd Class Tyler Collins, Logistics Specialist Seaman Matthew Arnold, Steelworker Constructionman Apprentice Jason Pargeter, Logistics Specialist Seaman Ramiro Luevano, Electronics Technician 3rd Class Nikita Pultz, Yeoman Seaman Jonathan Butler, Engineering Aide 3rd Class Henry Anderman, Electronics Technician 3rd Class Jonathan White, Logistics Specialist Seaman Andrew Bracero and Builder Constructionman Chad Vick.

The squads put forth all their effort in digging fighting positions in the mud, patrolling through the mosquitoes and thick vegetation, and disassembling and reassembling weapons while covered in sweat produced by the heavy humidity of Mississippi's Gulf Coast. All of their effort was gladly given in honor of the 133rd NCB and the many other Seabees who laid the foundation for the "Can-Do" reputation that the Seabees have today.

"When the Seabees from different rates come together and work as a team, anything can be accomplished," said Steelworker Constructionman Apprentice Jason Pargeter.

**Build a Haunted Trail . . .** Volunteers are need to help out with the construction of Saucier Fire Department Haunted Trail Sept. 25, Oct. 2 and Oct. 6 from 8 a.m. to noon. There will be drinks available to all volunteers. Volunteers are not limited to Navy personnel; spouses and civilians are encouraged to come and help out as well. To volunteer, contact UT2 (SCW) Daniel Miller at 228-223-0549 or email at [daniel.l.miller2@navy.mil](mailto:daniel.l.miller2@navy.mil).

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



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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**

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