



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 48 No. 3

Naval Construction Battalion Center, Gulfport, Mississippi

February 10, 2011

Installations prepare for Solid Curtain, Citadel Shield

From Commander, Navy Region Southeast

Exercise "Solid Curtain - Citadel Shield 2011" is an anti-terrorism/force protection exercise that will be conducted on all continental United States (CONUS) naval installations Feb. 21 - 25.

"This exercise will enhance the training and readiness of our security personnel and first responders," said Rear Adm. Tim Alexander, Commander, Navy Region Southeast. "It will also create a learning environment for installation personnel to exercise functional plans and operational capabilities." Alexander also stressed the importance of the training. "This is the time to prepare and learn how to adapt to diverse and fast-moving situations. The more opportunities we have to train, the more proficient we'll be in dealing with real-

See EXERCISE page 10

Seabees, Marines rescue hiker on volcano



SAN JUAN, Guatemala - (Jan. 30, 2011) Clockwise from left, Equipment Operator 2nd Class Joe Smittle, Lance Cpl. Brandon Ganser, Chief Builder Steve Garcia, Builder 2nd Class Andras Toth, a local tour guide, Lance Cpl. Robert Wroblewski and another local tour guide evacuate a Swiss tourist who collapsed on a volcanic mountain trail near San Juan. The service members are deployed as part of Southern Partnership Station 2011. The tourist was transported off the mountain and is expected to recover. Southern Partnership Station is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America. (U.S. Navy photo by Lt. Rama Mutyala/Released) See page 7

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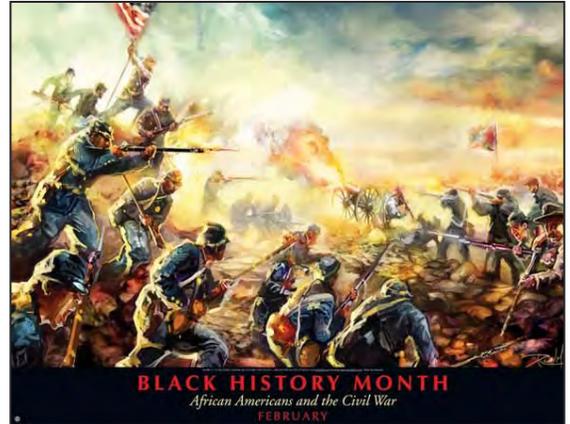
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Celebrate African American/Black History Month

Each year, the Navy joins the nation in the observance of African American/Black History Month. Established as Negro History Week in 1926 by Dr. Carter G. Woodson, it was later expanded by President Gerald R. Ford in 1976, when he proclaimed February as Black History Month. Today, Black History Month

pays tribute to the generations of African Americans who struggled against adversity to achieve equality. The Black History Month national theme for 2011 is "African Americans and the Civil War," and it honors the contributions of more than 186,000 African Americans who served in the Union Army and Navy.



"Black history is, and always has been, a vital part of American society. Learning and understanding cultural differences are important aspects in the concept of teamwork and, essentially, in America. It is that American spirit of inclusion and diversity that has made today's Navy wonderful and this great Nation strong and rich with culture."

Vice Adm. Adam M. Robinson, Jr., Surgeon General of the Navy and Chief of the Navy's Bureau of Medicine and Surgery

Facts & Figures

- Nearly 89,000 African American serve in the Navy Total Force, including 19 active and reserve flag officers, 105 command master chiefs and 16 members of the Senior Executive Service.
- More than 18,000 African American Sailors, including more than a dozen women, served nearly all of the 700 Union vessels during the Civil War.
- For more on African American in the Navy, visit, <http://www.history.navy.mil/special%2-Highlights/AfricanAmerican/african-hist.htm>

Earth Day volunteers needed . . .

Six volunteers are needed to plant sprigs of grass in support of the Storm Water Program on board Naval Construction Battalion Center (NCBC). The project is in conjunction with Seabee Day 2011 and Earth Day 2011. The planting will take place March 25. Interested volunteers may contact Ted Ingram at ted.ingram@navy.mil or call 228-871-2373 from 7 a.m. - 4:30 p.m., Monday through Thursday.

Seabee Food Pantry . . . Is looking for donations of non-perishable food items such as baby food, canned goods, peanut butter, mayonnaise, dried fruit, spaghetti sauce, macaroni and cheese, sugar, cereal and the like. Drop off points include Seabee Memorial Chapel, CBC Commissary, Navy Exchange, Fleet and Family Support Center, Navy Gateway Inn and the Armed Forces Retirement Home. For more information, please call the Chapel at 228-871-2454.

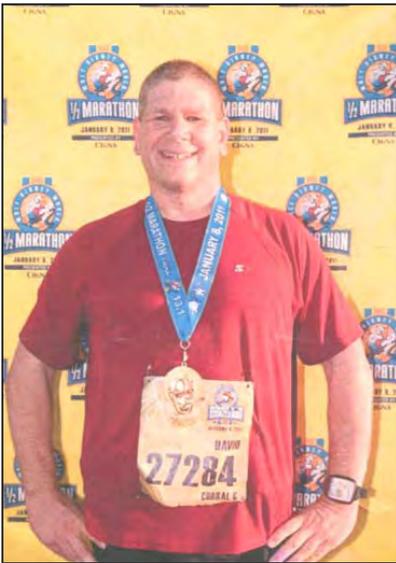


Sailor's Creed

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.



Lt. Col. David Hargy is pictured with one of the three medals he was awarded when he competed in the Walt Disney World Race and a Half "Goofy's Challenge" in Orlando, Fla. A half marathon took place Jan. 8 and the full marathon Jan. 9. (Photo courtesy of Lt. Col David Hargy/Released)

Not just another run through the park!

By BU3 (SCW) Cassandra Secher
NCBC Public Affairs

Walt Disney World features many attractions for kids of all ages. Much of the theme park fun is usually enjoyed by experiencing the thrills and chills of the park rides, taking in an excellent show or by having a fine dining experience at one of the hundreds of restaurants at the resort.

It's not that often that WDW is equated with distance running, but that's exactly what drew Air Force Lt. Col. David Hargy, a 44-year-old veteran marathon runner assigned to the 366th Training Squadron on board Naval Construction Battalion Center (NCBC), to compete in the Walt Disney World "Race and a half" Goofy Challenge.

"I wanted a challenge," said Hargy. "Running a marathon is quite an accomplishment, but running a half-marathon and a full marathon back-to-back . . . that's a challenge!"

Walt Disney World's "Race and a Half" Goofy Challenge is an annual event which has thousands of people flocking to the theme park to challenge

their endurance and motivation in a unique setting. The Challenge is unique because it offers the opportunity to run a half marathon one day, followed by a full marathon the next; while maintaining a fun and "goofy" atmosphere.

Hargy was among the 9,215 participants in this year's Goofy Challenge, some of whom participated dressed as classic Disney characters. Although he did not run in costume, he did put on quite a show. His half marathon time 2:09:43 and full marathon time of 4:45:23 were personal bests.

Hargy explained that a physically rigorous event such as this calls for intense training.

"You have to put the miles in if you want to do well. I trained for four and a half months and ran a total of 650 miles," said Hargy. I wanted to be able to enjoy this challenge and walk away without injury."

For completing both races in the time he did, Hargy earned three medals and a t-shirt. All in all, he participated in a challenging experience and has the T-shirt to prove it!

Around the Center



Force Master Chief (AW/SW/NAC) Jon D. Port, Navy Personnel Command Force Master Chief, tries his hand on the new Caterpillar Grader Simulator located in building 70 during a recent visit to Naval Construction Training Center (NCTC) Gulfport. FORCM Port was on board Naval Construction Battalion Center (NCBC) Jan. 17 - 19 to attend an "A" school graduation and conduct a tour of training facilities. (U.S. Navy photo/Released)

Rear Adm. Michael P. Tillotson, (right) commander Navy Expeditionary Combat Command (NECC), speaks with senior leadership during a luncheon at the Colmer Dining Facility on board Naval Construction Battalion Center (NCBC). Pictured from left are CBC/20SRG Command Master Chief Sean Libby, Naval Construction Training Center (NCTC) Command Master Chief Pamela K. Taylor and Commanding Officer Naval Construction Training Center, Cmdr. William L. Whitmire. (U.S. Navy photo by Builder 3rd Class Cassandra Secher/Released)



Participants in the new MWR-sponsored ZUMBA fitness class dance away the pounds at the NCBC Fitness Center. The free ZUMBA classes are offered Mondays and Wednesdays at 6 p.m. and Saturdays at 10 a.m. For more information on ZUMBA and other courses offered, call 228-871-2668. (U.S. Navy photo provided by MWR/Released)

Darlene Smaltz, Budget for Baby chairman, presents Constructionman Nellie Aquino, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74, with a junior seabag on board NCBC Jan. 28. Navy Marine Corps Relief Society (NMCRS) offers Budget for Babies class on a monthly basis and presents all attendees with a junior seabag upon course completion. Budget for Baby is open to all pay grades. Those who are interested in attending the next Budget for Baby course Feb. 25, may call 228-871-2610 to sign up. (U.S. Navy Photo by Builder 3rd Class Cassandra Secher/ Released)



CNO provides latest on 'Don't Ask, Don't Tell' **Navy leadership disturbed by 'Spice' usage rise**

CNO provides latest on 'Don't Ask, Don't Tell'

By MCC(SW/AW) Tiffini Jones Vanderwyst
Chief of Naval Operations
Public Affairs

The chief of naval operations (CNO) released a video statement expressing the Navy's guidance on personal conduct during the repeal process of the 'Don't Ask, Don't Tell' (DADT) policy Feb 4.

In the video, CNO discussed the Navy's process of implementing the repeal of "Don't Ask, Don't Tell".

"It is important for our Sailors to understand what this change means to them, their families, and our Navy," he said.

CNO said the Navy will continue to maintain its high level of professionalism and reinforce the high standard of conduct in the Navy.

"Leadership, professionalism and respect are the basis for executing this change in the law," said Roughead.

To watch or download CNO's DADT statement, visit www.navy.mil/navydata/featurePlay.asp?id=134/.

By MC1(AW) Tim Comerford
The Flagship

Navy leaders are expressing alarm at recent statistics that show that Sailors' use of "Spice" and similar so-called designer drugs rose in the last quarter of 2010. Spice and similar products are essentially an herbal, synthetic form of marijuana, mimicking the chemical compounds found in the drug. These products are banned for Navy personnel.

"The number of incidents of designer drug usage is rising at an alarming rate in our Navy. In the last four months alone, 79 of our Fleet Forces Sailors and 72 Pacific Fleet Sailors have been accused of using or possession of the drug. That's 151 Sailors that if found guilty will be processed for administrative separation from our Navy," said Adm. John C. Harvey, Commander, U.S. Fleet Forces Command.

Harvey believes it's everyone's responsibility to deal with what could be a dangerous trend.

"I need each and every one of our Sailors looking out for each other," Harvey explained. "Talk to your shipmates about Spice and make sure they understand the dangers and serious consequences involved with its use."

In response to the rising concerns of the military over Spice and similar products, the Armed Forces Disciplinary Control Board of Southeastern Virginia and

Northeastern North Carolina placed 10 businesses in Hampton Roads off-limits to service members in November.

Since the release of Naval Administrative Message (NAVADMIN) 108/10 in March 2010, which reemphasized the Navy's drug policy, the U.S. Navy has been proactively campaigning to reduce the number of incidents related to the use of synthetic marijuana.

"Our Navy has zero tolerance for drug use. If you are considering using Spice or a similar drug, I strongly urge you to reconsider," Harvey said. "If you are caught using it, even once, you will be processed for separation from the Navy. There is no second chance."

Navy personnel determined to be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate and processed for administrative separation, according to Navy regulations.

In the Navy, drug abuse includes: the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also includes: the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce in-



toxication, excitement or stupefaction of the central nervous system and will subject the violator to punitive action under the Uniform Code of Military Justice (UCMJ) and/or adverse administrative action. Examples of other substances, the wrongful use of which constitutes drug abuse, includes, but is not limited to the following: Products that contain synthetic cannabinoid compounds, such as Spice, Genie, Blaze, Dream, Ex-Ses, Spark, Fusion, Dark Knight, Yukatan Fire and K2. Natural substances such as Salvia divinorum and mushrooms. Common items abused by inhaling or huffing, such as Dust-Off, glue, paint thinner and gasoline. Over-the-counter products such as Robitussin and Coricidin HBP. Prescription medications such as Oxycodone, Vicodin, Adderal and Valium.

Seabee Center Blood Drive, Feb. 10, 8 a.m. - 1 p.m., Chapel Fellowship Hall

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New Navy Spouse Orientation . . . A "New Navy Spouse Orientation" is scheduled for Feb. 16 from 11:30 a.m. to 1:30 p.m. at the Fleet and Family Support Center. Everyone who wants to learn more about the Seabees and thriving in the military lifestyle is invited. Pre-registration is requested as lunch will be provided to attendees. Call FFSC at 228-871-3000 to enroll.



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

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

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NMCB 74 Crane Crew assists squadron with engine swap

By MC1 Ryan G. Wilber
NMCB 74 Public Affairs

The Crane Crew of Naval Mobile Construction Battalion (NMCB) 74 assisted Fleet Air Reconnaissance Squadron (VQ) 2 with an engine swap when a routine 600-hour maintenance check uncovered a damaged turbine, Jan. 5.

According to Naval Aircrewman Avionics 1st Class Allen Peter, swapping engines on the P-3 Orion is routine maintenance and the aircrew often does the work themselves, but on this occasion the required equipment was not readily available. Without the Seabees crane on hand, the support equipment would have needed to be flown or shipped to the airfield.

The crane crew took nothing for granted when preparing for the lift. According to Equipment Operator 3rd Class John Connell, the crane operator, for him a slow lift is more difficult than a straight pick-and-carry, so the team rehearsed the day before simulating zero clearance. The team was fortunate to discover a six-inch clearance when they arrived on site.

"While removing and inserting that engine, it had to be put in level. With only six inches on the top and the bot-



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74's Crane Crew assist the crew members of Fleet Air Reconnaissance Squadron TWO (VQ-2) with an engine swap. NMCB 74 is currently deployed to Naval Station Rota, Spain supporting Combined Task Force (JTF) 68. The work the Seabees are doing directly contributes to the Navy's Forward Presence as described in the Maritime Strategy. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

tom of it, we had to move extremely slow to get that out without damaging anything on the aircraft or the engine itself," said Connell. "It wasn't the easiest lift we've done by any means, but the dry run helped out a lot."

Safety is always paramount

for 74's crane crew. Before any work could be done the "safety envelope" was established and Equipment Operator 2nd Class Jason Swart delivered the safety brief to both crews. Once briefed, the two teams went to work as one to accomplish the lift without incident.

"They've [the crane crew] been really hands on with both what we're doing on the aircraft and how they're operating the crane. With the Seabees, it was safety first. We're taking our time making sure we do it the right way by the book," said Peter.

That type of lift may be routine work for VQ-2's maintenance crew and the engine's weight did not tax the crane's nearly 14,000-pound load limit, but according to Construction Mechanic 2nd Class Hector Alvarado, the lift was anything but routine for the crane crew.

"To them it was like a common thing to just take an engine off and put it back on. For us it was a complex lift, because of the way we had to do it," said Alvarado.

Peter expressed his gratitude for saving his squadron three days ground time, and this being his first interaction with Seabees, would gladly work with them again.



Naval Mobile Construction Battalion (NMCB) 11 Seabees, CM3 (SCW) Matthew Smith (in hard-hat) and BU3 (SCW) Kenneth Chong (not pictured) visited a Republic of Korea (ROK) Navy base and spoke to their English class about the American lifestyle. After the classroom portion was complete the two Seabees from NMCB 11 Detail Chinhae lead the group on a tour of CFA Chinhae, which included a stop at the base Liberty Center for a quick game of foosball. (U.S. Navy photo by Lt. Luke Przysiecki/Released)

Seabees foster healthy relations with South Korea

By EA3(SCW) David Lawlor
NMCB 11 Public Affairs

How can a junior enlisted Sailor show the world that America's Navy is, in fact, a global force for good, as the U.S. Navy's slogan claims?

Over the past few months two active duty Seabees from Naval Mobile Construction Battalion (NMCB) 11, Detail Chinhae have participated in community relations activities that continue to foster healthy relations between the U.S. and South Korea. Assisting Commander, Fleet Activities Chinhae (CFAC), Builder 3rd Class (SCW) Kenneth Chong and Construction Mechanic 3rd Class (SCW) Matthew Smith have participated in three COMRELS together that include a trip to the Republic of Korea (ROK) Navy Base, a visit to a local girl's high school and conducting a tour for children visiting from a nearby middle school. These COMRELS are an important part in continuing a Seabee tradition of helping the local community; a tradition that has

continued since the early 1950's.

The first activity that the two participated in was a trip to the ROK Navy base that is adjacent to CFAC. They visited an English class consisting of about 50 junior enlisted ROK navy Sailors and ROK Marines. They spoke about life in the United States and gave the class a chance to practice speaking English. After becoming acquainted with each other, the group was proudly led by the two Seabees aboard CFAC Navy Base for a tour that included bowling and a quick game of foosball in the Liberty Center.

Chong and Smith's second visit was to a local girl's high school English class of more than 20 students. Again, the pair spoke about the American lifestyle, and the class practiced their English with the two Seabees. The two then played traditional Korean games with the class in the school's gym including a game called "jae gi cha gi" that

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Seabee Day 2011 . . . Seabee Day

2011 is a celebration of the U.S. Navy Seabee on board Naval Construction Battalion Center in Gulfport, Miss.

This year's Seabee Day will take place March 26 on the athletic field adjacent to the fitness center and will feature

a festival atmosphere, car, truck and motorcycle show, musical guests,

games, fun, food, carnival rides, vendors and much more. Go to

<http://www.seabee.org/> to find out more and check back often to view

updates as they come available.



'Roos of NMCB 133 awarded Battle 'E'

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

Naval Mobile Construction Battalion (NMCB) 133 was awarded the Battle "E" for the successes of their Seabees in 2010.

The 1st Naval Construction Division (1NCD) announced the winners of the 2010 Battle "E" Award Dec. 21 in Virginia Beach, Va. and recognized NMCB 133 as the Atlantic Fleet's "best of type" active duty Naval Mobile Construction Battalion for 2010.

Preparations for a successful year began with numerous exercises that allowed the Battalion to see what areas they need to work on. A communications exercise was competed to hone the skills of the Battalion's communications team. Radio operators gained a better understanding of and became more familiar with their radios, antennas and satellite equipment. The COMEX helped the Battalion's communications team complete two communication electronic turn over procedures inspections without any discrepancies and an overall outstanding assess-

ment twice while on deployment.

Many of the Battalion's Seabees attended courses that gave them the skills they required to complete their homeport projects and accomplish critical missions while on deployment in Afghanistan.

The Battalion increased the operational readiness of three U.S. bases by providing Seabees that saved the bases \$642,169 in labor costs by completing much needed construction projects.

The Battalion completed a desert exercise (DESEX) with the Battalion's personnel broken down into their respective Details in order to get a feel for working with one another as a part of their new teams. The Battalion said their goodbyes, loaded their gear and boarded the aircraft shortly after the DESEX.

The Battalion deployed to Central Command's (CENTCOM) Area of Operation in Afghanistan as part of the President's troop "surge" where they dispatched 13 Details that completed over 400 construction projects valued at

\$100 million. Additionally, \$53 million worth of civil engineering support equipment and 10,000 tons of materials were used to complete 1.6 million square meters of forward operating base (FOB) expansions.

The FOB expansions were done by pushing out the defensive berms, eliminating threat areas by gaining ground previously used by insurgents to attack the FOBs with indirect fire.

NMCB 133 conducted mine proofing missions not commonly done by the Naval Construction Force (NCF). The Battalion pioneered this task and set the standard by creating a standard operating procedure that used an up-armored D5 or larger dozer to clear land of mines and unexploded ordnance.

The Battalion returned home to begin one of the busiest homeport periods in their history, packed with school, training and exercises in preparation for their next deployment to the Pacific Command's Area of Operation.

The families of NMCB 133 have been very supportive during their busy schedule and time away from home by providing their service members and one another with the support they need through their Family Readiness Group and large numbers of care packages.

The Battalion worked hard throughout 2010 and were more than honored to be recognized by Rear Adm. Mark A. Handley, Commander, 1NCD.

"Competition for the Battle 'E' this year was exceptionally close, highlighting the superb performance of naval construction forces in meeting the continually elevated demands of today's operational environment," said Handley. "Both active and reserve component units provided outstanding support of worldwide combatant commander requirements."



Lance Cpl. Robert Wroblewski, left, assigned to the 8th Marine Engineering Support Battalion, and Builder 1st Class Clifton Horn, assigned to Naval Mobile Construction Battalion (NMCB) 28, build a makeshift stretcher to transport a tourist who collapsed on the Pacaya Volcano near San Juan, Guatemala. Both service members are assigned to Southern Partnership Station 2011 embarked aboard high-speed vessel Swift (HSV 2). The mission's primary goal is to share information with navies, coast guards and civilian services throughout the region. (U.S. photo by Lt. Rama Mutyala/Released)

Seabees, Marines provide emergency medical aid to hiker on Guatemalan volcano

By MC1 Jeffery Williams
High Speed Vessel Swift
(HSV2) Public Affairs

Sailors and Marines supporting Southern Partnership Station (2011) in South America provided emergency medical assistance to a hiker on Pacaya Volcano, near San Juan, Jan. 30.

Naval Mobile Construction Battalion (NMCB) 28 Sailors and 8th Marine Engineering Support Battalion Marines were participating in a hiking tour when they encountered a Swiss tourist who displayed extreme symptoms of heat exhaustion and dehydration, and eventually collapsed.

"It was just an opportunity to help, so we didn't think twice, we just reacted," said Hospital Corpsman 2nd Class Pablo Mercado, who was the first responder.

Mercado performed a level of consciousness assessment, checked his pulse, provided water and Gatorade, and administered electrolyte tablets while the other Sailors and Marines constructed a make-shift stretcher from their walking sticks, shoestrings and parachute cord from bracelets

they were wearing.

"It was just an amazing display of teamwork and creativity by these men," said Lt. Rama Mutyala, NMCB 28 SPS 2011 Detachment officer in charge. "We just happened to be in the right place at the right time with the right group of trained personnel who were able to provide life-saving assistance to someone in need."

After building the make-shift stretcher, the Sailors and Marines alternated six-man teams to carry the tourist more than 200 meters down the volcano to a waiting vehicle.

"The road was inaccessible to vehicles, so we had to navigate some pretty tough terrain to carry him down safely," said Mutyala.

The hiker was conscious and responsive when he entered the waiting vehicle to head to the nearest hospital and even offered his thanks to the men who potentially saved his life.

"We just did what anyone in that situation would have done, and

See RESCUE page 19



Seabees from Naval Mobile Construction Battalion (NMCB) 133 act as litter bearers for a simulated medical casualty during medical mass casualty training at Camp Shelby during NMCB 133's Field Training Exercise (FTX). NMCB 133 was recognized as the Atlantic Fleet's "best of type" active duty naval mobile construction battalion for 2010 and awarded the Battle 'E' by Commander, First Naval Construction Division (1NCD) Rear Adm. Mark Handley, during an awards presentation Feb. 2 on board the Seabee Center. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)



Chief Builder Steve Garcia, right, attached to Naval Mobile Construction Battalion (NMCB) 28 guides Marine Cpl. Paul Fuit, 2nd Marines Logistics Group (2MLG) as he repairs a desk for Escuela Campamento La Barrita during Southern Partnership Station (SPS) 2011. SPS is an annual deployment of U.S. ships to the U.S. Southern Command's area of responsibility in the Caribbean and Latin America, involving information sharing with the navies, coast guards and civilian services throughout the region. (U.S. Navy photo by Chief Mass Communication Specialist Aaron Strickland/Released)

N M C B 2 8

Captains Call for Civilians . . . There will be a Captains Call at the Training Hall Feb. 10 from 11 a.m. to noon for all DOD civilians working for Construction Battalion Center(CBC) and Twentieth Seabee Readiness Group (20SRG).

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Buzz on the Street



By BU3(SCW)
Cassandra Secher

What is the best part of your job/rate?



"Being in a small community of EAs, you become closer with the people you work with."

EA1(SCW) Andrew Strong
NMCB 133
Hometown: Glenwood, N.Y.



"I like to build things."

BU3(SCW) Kristina Liles
Legal Clerk, NCBC Legal
Hometown: Norton, Ohio



"Meeting all the different people."

Molly Wilson
Fleet and Family Support
Center counselor
Hometown: Pass Christian,
Miss.

Ten Navy commands recognized for workplace flexibility

From Chief of Naval Personnel Public Affairs

Ten Navy commands were recognized in an announcement Jan. 21, as being some of the nation's best employers for workplace flexibility.

The 2010 Alfred P. Sloan Award for Excellence in Workplace Flexibility promotes the use of flexibility as a strategy to achieve business goals and benefit employees by helping them meet their responsibilities on and off the job.

Navy winners include both sea and shore organizations. Among them were a command with more than 1,200 employees and a detachment with a staff of 31 people.

"This proves that people don't have to work on large headquarters staffs to enjoy flexible schedules or pursue educational goals," said Vice Adm. Mark Ferguson, chief of naval personnel. "We appreciate that people are more productive when they are able to meet the challenges of both life and work."

The Navy's winning organi-

zations include:

- Center for Seabees and Facilities Engineering, Port Hueneme, Calif.
- Executive Transport Detachment Sigonella, Italy.
- Explosive Ordnance Disposal Training and Evaluation Unit Two, Norfolk, Va.
- Naval Aviation Forecast Detachment, Sembach, Germany.
- Naval Education and Training Command, Pensacola, Fla.
- Naval Submarine Support Command, Pearl Harbor, Hawaii.
- Navy Support Unit, Marine Corps Recruit Depot San Diego, Calif.
- In addition, Navy organizations earning honorable mentions are:
 - Fleet Air Reconnaissance Squadron Two, Whidbey Island, Wash.
 - Patrol Squadron Five, Whidbey Island, Wash.
 - Recruit Training Command, Great Lakes, Ill.

To be considered for a Sloan Award, an organization completes a detailed survey on its workplace flexibility practices.

If it is judged to exceed national benchmarks, then its employees are invited to complete follow-up surveys, with a required response rate of at least 40 percent for further consideration.

Winners are judged to be among the top 20 percent of employers nationwide in workplace flexibility programs, policies and cultures. Navy organizations that won awards took innovative steps on behalf of their staff.

At Fort Story, for instance, leaders of EOD Training and Evaluation Unit Two, established an associate's degree program that allows personnel to take college classes two nights per week where they work, thus avoiding the traffic congestion they would encounter en route to university campuses or larger bases where such courses were already offered.

At Marine Corps Depot San Diego, leaders of the naval support unit ensure that as many employees as possible are cross-trained so that staff

members can attend seminars and schools, or take days off in compensation for long hours worked on other days, without reducing efficiency. Leaders also let employees alternate their work locations occasionally to reduce commute times.

At Great Lakes, recruit division commanders work 15-hour days, seven days a week for the first 10 months of their assignments.

They then take "working sabbaticals" in less-demanding jobs for another year and finally return to RDC positions for the third and final year of their tours.

At NETC headquarters, 25 percent of employees became teleworkers after a three-month pilot resulted in a permanent program.

The Sloan Awards are sponsored by When Work Works, a consortium that includes the Families and Work Institute, the U.S. Chamber of Commerce's Institute for a Competitive Workforce and the Twiga Foundation.

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From EXERCISE page 1

world events.”

Military personnel, civilian employees, retirees, and family members should factor in additional time for getting through gates to conduct their business on Navy Region Southeast installations. Vehicle drivers and passengers should carry proper identification with them at all times. Please be patient and follow the directions of security personnel.

Local communities may also experience traffic delays on roadways leading to or in proximity to the installations. Area residents may also notice increased military activity associated with the exercise. Elevation of force protection conditions and increased security measures can be anticipated for the duration of the exercise.

Solid Curtain is an operational level training event.

Citadel Shield, conducted by Commander Navy Installations Command, provides advance guidance for participants in individual field training exercises. Exercise scenarios range from low-key

events, such as recognizing and countering base surveillance operations, to higher-tempo and active simulated emergencies, such as small boat attacks on waterfront bases and cyber attacks on

installations.

Solid Curtain/Citadel Shield is a regularly scheduled exercise and is not being held in response to any specific threat.

For Solid Curtain/Citadel

Shield activity on board the Seabee Center, contact Naval Construction Battalion Center (NCBC) Public Affairs Officer Rob Mims at 228-871-2699 or robert.c.mims@navy.mil.

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2nd Annual Ball Gown Fashion Show and Sale donations

needed . . . NMCRS Thrift Store is looking for gently used ball gowns and accessories to support the 2nd Annual Ball Gown Fashion Show and Sale.

Donors may bring gowns, shoes and jewelry to the NMCRS Office in the Fleet and Family Support Center Monday – Friday from 8 a.m. – 2 p.m.



'Bee in the Know . . .

Visit <https://www.cnic.navy.mil/gulfport/index.htm> to find out what's happening on the Center!

The NCBC Thrift Shop . . . Cannot accept the following items for donation: computers, monitors, copiers, printers, non-working electronics such as televisions/DVD players/VCRs, undergarments, mattresses and car seats.

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To subscribe to the Seabee Courier eCourier edition, send an e-mail to seabecourier@navy.mil



"Project Flag Raising"

NSVA Island X-1 is initiating a flag-raising program. We would like to help you, your family and neighbors fulfill a dream of proudly displaying our national ensign. For more information, contact Don Galster at 228-239-7326 or dgalster@gulfport-ms.gov

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Homefront in Focus

MilSpouse . . . CEO's at Home, Part II

By Beth Wilson

Military Spouse Contributor

Working from home is a dream of many women, not just military spouses. For military spouses a portable career based at home is golden. Let's define three ways to work from home; independent business affiliation (Mary Kay, Amway, Pampered Chef), launch a business from your idea or concept (sewing, jewelry, translation services, photography), or work-from-home (often called telecommuting - transcription, virtual assistant).

Before launching a business of any type assess your circumstances and characteristics. How much time do you have to devote to this business? Do you have space to store inventory? Have you discussed the impact of this business on your family with your spouse and older children?

Are you a self-motivated person? Can you deadlines, establish a schedule and multi-task?

More information on self-assessment is available at www.simplebizplanning.com.

Gain from other's experience! The Internet is a powerful tool. Research all business ideas.

Look for associations connected with your business ideas. Contact others who are doing what you are doing, interview them! Look for others who have tried and failed.

Learn from their input what to avoid or why they stopped their effort.

Independent Business Affiliations are perhaps the safest way to start a home business. They offer proven products, a support system and resources, and in many cases mentors.

Examples include Amway, Mary Kay, Scentsy, and Pampered Chef. Consider the longevity of your choice. My

(china, crystal, home goods). She realized that once customers collected their chosen line of products she didn't have 'add on' business. She switched to Home Interiors where she received much more add on sales. A quick internet search will tell you how many in your area are already selling these products, but bear in mind - you're a mobile military spouse and that opens

up more markets for your products.

Entrepreneur: This business will require the most in time, product/service development, advertising and much more. If you love a challenge this could be the best effort for you.

Jenny Croft, entrepreneur consultant, exhorts would-be Home CEO's to be sure you are very passionate about your business as you will be invest-

ing so much into its success. And, the need for a business plan for this type of initiative cannot be over emphasized. Consider carefully your market base and impact of relocations. I taught piano and voice at home. It takes years to have a productive full 'studio.' About the time I filled my schedule with students we

See SPOUSE page 24



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Fitness Center
228-871-2668

IM Basketball League sign-ups are Feb. 14-Feb. 28 and are open to all eligible patrons. The point of contact is Sam Perkins who can be reached at 228-822-5109. The league will begin March 7.

Information, Tickets and Tours
228-871-2231

ITT trips and events are open to everyone including Active Duty, Dependents, Retirees, Reservists, and DoD Employees. Upcoming trips include:

New Orleans School of Cooking, March 5, 8 a.m. - 3 p.m. Learn how to cook authentic food "Nawlins" style at the New Orleans School of Cooking. You will learn how to cook gumbo, jambalaya, bread pudding, and pralines as well as one of New Orleans famous soups. The cost is \$33.50 per person with sign up by Feb. 17.

New Orleans Day Trip, March 12, 8 a.m. - 4 p.m. New Orleans has so much to offer, that's why we are letting YOU put together what activities you do. So stop by ITT today to see all that we have to offer. \$5 per person for transportation. All of the tickets can be purchased at ITT in advance of the trip at discounted prices.

Base Yard Sale - March 19, 8 a.m.- 1 p.m. Yard Sale season is in full bloom, so come and find a bargain or lost treasure. The Yard Sale will take place in the Training Hall/Movie Theatre Parking Lot. If participating in the Yard Sale you may rent two tables and two chairs for \$10, a canopy for \$10, or a canopy, two tables and two chairs for \$15. Last day for sign up and pre-pay is March 17.

Global Wildlife Center Safari April 9, 9 a.m. - 3 p.m. Come on a Safari with ITT. Bring the whole family and see animals that you've never imagined. You can buy food and feed the animals eye to eye, well, in the case of a giraffe it would probably be eye to neck. Adults \$20, Children (2- 11 years old) \$15, and kids under 2 years old are FREE. Sign up by March 25.

On-going New Orleans Senior Special-Come and experience the Audubon Aquarium, Zoo, or IMAX theatre or all three at discounted rates for seniors 65 and older.

Anchors and Eagles
228-871-4750

(WIFI Hotspot), located in building 303 by the Pass Road gate, is open Tuesday - Thursday from 2 - 9 p.m. and is a full service bar with a covered patio for

Now Serving **THE GRILL** *Now Serving*
SPECIALTY HOT DOGS

FEBRUARY SPECIAL
(All Hot Dogs are Served with Fries)

ONLY \$3.50 EACH

- BBQ Hot Dog
- Chili Dog
- Bacon Hot Dog
- Regular Hot Dog
- Philly Hot Dog

Call 228-871-2494 to place your order today!

your enjoyment. The rental fee is only \$25/hour; so, call and book your special event. You won't find a better place. Start thinking "March Madness!" Call 228-424-6892 for info.

Beehive Lounge
228-871-4009

Located in building 352, the Beehive Lounge has just renovated their dart room! With the best atmosphere, friendliest bartenders around, and low prices, the Beehive is the place for you and your friends to come have worry free fun. Also, the Beehive has FREE WIFI! There's no better place for "March Madness"

than the Hive! Look for info on upcoming bands at the Beehive. Call 228-871-4750 for info.

Liberty Center
228-871-4684

Please keep in mind that the Liberty Center offers trips and events for Single Sailor and Geo Bachelors only. There are some really great events at Liberty as we're getting geared up for Valentine's Day!

On base events include a special Valentine's Day at Liberty! We'll be asking random "love" trivia, Feb. 13 - 14, the weekend before Valentine's Day. All correct answers will be worth one entry into the Valentine's gift basket drawing. The Grand Prize drawing will be held on Valentine's Day to determine our big winner.

If you are feeling a bit stressed and need some time to relax, please drop by Liberty Feb.10. FREE massages will be given out during the lunch hour by one of our MWR massage therapists.

As always we are offering a couple of competitive tournaments to our patrons this month: pool tournament, Feb.17, 6 p.m. and a Texas Hold 'Em Poker Tournament on Thursday, Feb. 24 at 6 p.m. 1st and 2nd place winners of these tournaments

will receive prizes. Spots are limited so sign up today!

Liberty will be going on some great off-base trips. Enjoy two great NBA basketball games in New Orleans Feb.12 (New Orleans Hornets vs. Chicago Bulls) and Feb. 27 (New Orleans Hornets vs. Houston Rockets). Tickets are \$22 and include a FREE shuttle to the game.

We haven't forgotten about our hockey fans this month! Liberty is going to two Mississippi Surge games at the Miss. Coast Coliseum. These games will be Feb.13 at 5 p.m. and Feb. 25 at 7 p.m., tickets are only \$6! We'll provide the transportation and the ticket, all you have to do is show up for a good time!

For all you history buffs, there will be a trip to NAS Pensacola to enjoy the National Naval Aviation Museum. This trip offers a FREE shuttle leaving at 8 a.m. on Monday, Feb. 21.

We've also got a trip for Paintballing Feb. 20 for only \$5 - you won't find a better deal for two hours of play anywhere! Liberty will go to the Crossroads Mall Feb. 16 and 18! Both trips feature FREE shuttles! Why pay for a taxi to and from base when you can ride with Liberty for free?

Movie Ticket

Training Hall Theater, Movie Hotline 228-871-3299

Feb. 10, 6 p.m., Unstoppable, PG13
Feb. 11, 6 p.m., Paranormal Activity 2,
Feb. 12, Noon, Alpha and Omega, PG; 1:30 p.m., Megamind, PG; 3:30 p.m., Secretariat, PG13; 6 p.m., The Social Network, PG13;
Feb. 13, Noon, Megamind, PG; 1:30 p.m., Red, PG13, 4 p.m., Life As We Know It, PG13; 6:30 p.m., Case 39, R
Feb. 14, 6 p.m., Conviction, R
Feb. 15, 6 p.m., For Colored Girls, R
Feb. 16, 6 p.m., Life As We Know It, PG13
Feb. 17, 6 p.m., Red, PG13

Feb. 18, 6 p.m., Unstoppable, PG13
Feb. 19, Noon, Life As We Know It, PG13, 2 p.m., The Social Network, PG13; 4:30 p.m., Paranormal Activity 2, R; 6:30 p.m., For Colored Girls, R
Feb. 20, Noon, Megamind, PG; 1:30 p.m., Alpha and Omega, PG; 3:30 p.m., My Soul to Take, R; 6 p.m., Conviction, R
Feb. 21, 6 p.m., Megamind, PG
Feb. 22, 6 p.m., Alpha and Omega, PG
Feb. 23, 6 p.m., Secretariat, PG13
Feb. 24, 6 p.m., For Colored Girls, R

Movies contingent upon training requirements

NMCB 133 takes on challenge of Camp Shelby FTX

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

Naval Mobile Construction Battalion (NMCB) 133 completed their Field Training Exercise (FTX) at Camp Shelby Jan. 30.

Designed to provide battalions with tactical training experience, the FTX consisted of one week of training and one week of evaluation on the execution of assigned tasks.

Construction battalions have been expected to deploy and provide their own defense since their conception in World War II. "We build, we fight!" is the Seabee motto and this FTX allowed the Battalion to flex their muscles and do some building and fighting under some less than desirable conditions. Temperatures

ranged from 25 degrees to 55 degrees during the two week FTX. The ground was also quite muddy due to heavy downpours during both weeks. Despite the challenging weather conditions, NMCB 133 charged through and successfully completed its arduous field training evolution.

Once the Battalion moved to Camp Shelby, all personnel and materials gathered at a Contingency Operations Location, known as a COL. The Battalion was grouped into an Air Det, Bridge Det, Det 1, Det 2, Convoy Security Element, and Main Body.

The Main Body quickly set up their armory, logistical support center, security forces, combat operations center, battalion aid station, embark cen-

ter, vehicle and civil engineering support equipment (CESE) maintenance center, and camp maintenance center.

The armory issued weapons and blank ammunition to Battalion personnel arriving in Camp Shelby and conducted maintenance and repairs on the Battalion's large machine guns known as "crew served weapons" that consist of M240B 7.62 mm and M2 .50-caliber machine guns.

Logistical support was taken care of by the Battalion's supply center who ensured all personnel had adequate amounts of food, water, and the proper gear to complete their missions. Supply also was held accountable for all the materials and equipment required for Battalion construction projects and operations, down to the last hammer and nail.

The Culinary Specialists had warm soup and coffee available for the entire duration of the FTX which kept the Seabees going after working out in the cold and wet weather at all hours of the day and night. They also provided morale-boosting hot meals when time and supplies permitted.

The Main Body's Security Team quickly set up defensive measures in and around the COL so that the Battalion could safely conduct their operations without the threat of in-camp intruders or improvised explosive devices. The team controlled the Battalion's entry control point which was attacked by other Seabees and 20th Seabee Readiness Group instructors posing as insurgents. The team also com-



Lt. David Griffin, Naval Mobile Construction Battalion (NMCB) 133's medical officer, and Hospital Corpsman 3rd Class Candace Roden with NMCB 133 give medical aid to a simulated casualty during medical mass casualty training at Camp Shelby, Miss., during NMCB 133's Field Training Exercise (FTX). Medical training was one of many training topics covered during NMCB 133's FTX where the battalion was trained and evaluated on all aspects of defensive operations and completing construction projects in a tactical environment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)

pleted sweeps of the camp after every indirect fire attack to ensure all of the Battalion's assets were secure.

A Battalion Aid Station was set up by the Battalion's medical team who were trained to categorize and treat multiple casualties at once, and call in medical evacuation requests. The medical team also trained the Battalion's combat lifesavers (CLS's) to serve as first responders and litter bearers for simulated medical emergencies such as sucking chest wounds, bleeding, broken bones, shock, and burns.

Alfa Company was responsible for making sure the generators were topped off with fuel and that the potable water tanks, known as water bulls, were filled daily for the main body as well as the dets.

Alfa Company's embarkation office organized the transportation of every person and piece of gear in the Battalion during the FTX. A maintenance center was set up by the

mechanics for battalion vehicles and civil engineering support equipment (CESE).

The camp maintenance center run by Echo Company was responsible for setting up the Main Body with electricity and berthing tents. The camp maintenance team worked around the clock to ensure electricity was available to all required lights, computers, and communications equipment. Diesel generators provided the electricity for the Battalion's operations.

The Battalion combat operations center (COC) operated 24 hours a day during FTX and had a communications team that operated the communications gear used to check the status of all detachment operations and convoys and track all aspects of the FTX.

Every convoy had a security escort provided by the 48-person convoy security element (CSE) team who completed

See FTX page 21

Builder 3rd Class Noah Patterson from Naval Mobile Construction Battalion (NMCB) 133 uses a hammer to construct framing during the construction of a timber tower at Camp Shelby, Miss., during NMCB 133's Field Training Exercise (FTX). The timber tower was one of many construction projects completed during NMCB 133's FTX where the battalion was trained and evaluated on all aspects of defensive operations and completing construction projects in a tactical environment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)



(A) Builder 3rd Class Daniel Reckers (left) pours wet concrete into wood forms while Utilitiesman 3rd Class Daniel Trump sets the anchor bolts at the Ecole 5 primary school construction project in Djibouti. Detail Horn of Africa currently deployed to Combined Joint Task Force-Horn of Africa to assist in promoting regional stability by providing construction engineering support for schools, medical clinics, water wells and more throughout the region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)



SPOTLIGHT ON 'FEARLESS' OF NMCB 74

(B) Equipment Operator 2nd Class Anthony Wren (front) and Builder Constructionman Apprentice Erryl Roches, both assigned to Naval Mobile Construction Battalion (NMCB) 74, mark the cut line for a fence pole using a line level and tape measure. Wren and Roches are part of NMCB 74's perimeter fence project crew constructing a fence on Naval Station (NAVSTA) Rota, Spain. The work the Seabees are doing directly contributes to the Navy's Forward Presence as described in the Maritime Strategy. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)



(C) Equipment Operator 2nd Class Rhyann Tetraault, assigned to Naval Mobile Construction Battalion (NMCB) 74, Det Senegal, excavates the site of a fuel truck access road project using a skid steer. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)



(D) Builder Constructionman Daniel Fuentes (right) and Utilitiesman 3rd Class Jemol Gresham cut a piece of plywood for use in constructing concrete forms at the Ecole 5 primary school construction project. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)



F O C U S E D U C A T I O N

Four ways to help your child succeed in school

From Military OneSource.com

School success takes work on everyone's part. It takes work on the part of parents, teachers, and children. Here are four ways you can help your child succeed in school.

Be actively involved in your child's education.

- o Get to know your child's teachers. Participate in Parent Teacher Association (PTA) meetings. Go to special events. Know when a test is coming up or a report is due.

- o Notice when your child needs help. Watch for signs that your child may be having difficulty with schoolwork, teachers, or friends.

Support your child's curiosity, intelligence, and hard work.

- o Celebrate your child's efforts and accomplishments. Praise your child for trying hard and sticking with it. Read often to your child and encourage your child to read. Be interested in all the questions that your child asks. Have high expectations for your child. Everyone can be successful in school.

Give that message to your child again and again.

Help your child get organized

- o Put a family calendar in the kitchen and write down important school dates. Make sure there is a quiet space at home where your child can study without distractions.

- o Teach your child good study skills such as reviewing her homework planner each night, using flash cards to study vocabulary, and tackling hard assignments first. Offer to quiz your child to help her prepare for tests.

Be a partner with your child's school.

- o Volunteer to help at your child's school. If you can't be in school during the day, you can offer to make class phone calls for the teacher, donate supplies, or make nutritious snacks for the class. Find the time to attend your child's sports games, concerts, plays, or other activities at school. Show your appreciation. Teaching is a tough job. Remember to thank your child's teachers and to show your appreciation throughout the year. Speak positively about school and the teacher. Adults and children need to be a team that works together, celebrates successes together, and solves problems together. Find a way to be part of a successful team in helping your child.

Additional scholarship opportunities for military families

Provided by Kevin Byrd
NCBC School Liaison Officer

Ketia4Kidz Foundation, Inc . . .

Ketia4Kidz Foundation, Inc is a 501(c) 3 non-profit organization created to motivate children of active duty military personnel deployed and severely injured to achieve their dreams and goals by promoting excellence in academics, arts, and sports related programs to all school age children on worldwide military installations. The Foundation will provide enrichment and outreach activities, to include mentoring that nurture and

sustain the children during the time a parent[s] is away in service to our country. The Foundation will seek to foster opportunities for college scholarships, role modeling for leadership, sportsmanship and stronger interpersonal skills, as well as living healthier lives through enhancing and strengthening participation in military community schools and youth recreation programs.

Should you have any questions please email to the following: ketia4kidz@yahoo.com

Adrian & Corena Swanier Education Scholarship . . .

The Adrian & Corena Swanier Education Scholarship was established in 2010 to recognize the contributions and provide educational assistance for our Military Children. This program will award five \$1000 Scholarships for use towards a four year degree, vocational, or technical certificate.

Only dependent unmarried children under age 21 (23 if enrolled as a full time student) of active duty personnel, and retired military members, or survivors of deceased members, may apply for a scholarship. You must be enrolled or planning to attend a college or university on a full-time basis. Applicants must be enrolled, or planning to enroll, in

a full-time undergraduate degree program at an accredited college or university in the fall term of 2011.

All applicants must also have a minimum GPA of 3.0 (on a 4.0 basis) to be eligible to apply. The minimum GPA requirement applies to both high school and college students. Students attending a community, vocational, technical or junior college must be enrolled in a program of studies designed to allow the student to transfer directly into a four-year program. Applicants who receive an appointment to one of the U.S. Military Academies (or affiliated preparatory schools) or are awarded a full scholarship at any accredited U.S. post-secondary institution of higher education are not eligible to receive funds from this program.

NCTC Honor Grads



U.S. Navy photos/Released

Top left: Builder Second Class Cary T. Barton (SCW), one of the Naval Construction Training Center's Navy Military Training Instructors, presents Builder Constructionman Recruit Alice C. Ogden with the Military Excellence Award for NCTC Builder "A" School Class 11040.



U.S. Navy photos/Released

Top right: Builder Chief James A. Wallace (SCW), the Naval Construction Training Center, Builder "A" School Course Manager, presents Builder Constructionman John L. Thompson with the award as the honor graduate of NCTC Builder "A" School Class 11040.



Bottom right: Builder Second Class Cary T. Barton (SCW), one of the Naval Construction Training Center's Navy Military Training Instructors, presents Builder Constructionman Recruit Curshad Goldenjones with the Military Excellence Award for NCTC Builder "A" School Class 11040.

Bottom left: Builder Senior Chief James C. Brooks (SCW), the Naval Construction Training Center Charlie Company Commander, presents Builder Constructionman Brandy Gates with the award as the honor graduate of NCTC Builder "A" School Class 11060.



**RecruitMilitary
Opportunity Expo**

A free employment, entrepreneurship, and educational opportunity event for veterans, personnel who are transitioning from active duty, Reserves, Guard, and military spouses presented by RecruitMilitary in cooperation with The American Legion; Purple Heart Services; and the Military Spouse Corporate Career Network (MSCCN) will be held on Thursday, Feb. 17, at the Louisiana Superdome, New Orleans, La. from 11 a.m. to 3 p.m. For more info or to register as a job-seeker, visit <http://recruitmilitary.com>

**Triathlon
volunteers needed**

Triathlon - There will be a Triathlon event April 2 in Tradition, Miss. (just north of Biloxi). Volunteers will act as road guards, intersection and turn guiders, body marking, lifeguards, water safety, participant safety and transition area guards and miscellaneous help at the event. Volunteers are needed from 6 a.m. noon.

Interested parties can contact Lisa McCombs at 254-768-1428 or lisamccombs80@hotmail.com

There will be an organizational meeting prior to the event to establish roles.

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From RESCUE page 7

did the best we could with what was available," said Mercado. "Hopefully the man will make a full recovery, and we wish him nothing but the best."

SPS 11 is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America. The mission's primary goal is information-sharing with navies, coast guards and civilian services throughout the region.

Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. maritime strategy, including theater security cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.

Latest survey shows NEX customers continue to save money

By Navy Exchange Public Affairs

Each fall, the Navy Exchange Service Command (NEXCOM) conducts a market basket survey to determine how much money it saves its customers. The latest results show customers continue to save an average of 22 percent below civilian retail prices, not including sales tax, when they shop at their NEX.

"We hire an outside company, RetailData, to do a price survey in different areas of the United States to obtain an average percentage number for how much our customers save when they shop at a NEX," said Tess Paquette, NEXCOM's Senior Vice President, Chief Merchandising Officer. "Once again, the NEX has verified we save our cus-

tomers money. We are excited that we were able to maintain this 22 percent savings for our customers, especially during these tough economic times."

To determine the percentage of savings, the same items were surveyed from region to region. The items included major appliances, consumer electronics, furniture, clothing, housewares, sporting goods and more. The different stores shopped for comparison prices included discount stores, mass merchants, full-line department stores and category-killer stores.

The survey compared prices on approximately 350 branded items in the NEX inventory against major retailers across the continental United States and Hawaii. The survey proved

NEX customers saved 10.87 percent over WalMart; 35.72 percent over JC Penney; 25.93 percent over Dick's Sporting Goods; 32.08 percent over 7 Eleven; and 25.26 percent over Office Max.

Departments with some of the highest savings were domestics at 45.10 percent; stationary at 40.77 percent; boys clothing at 37.07 percent; girls clothing at 23.36 percent; infant clothing at 31.12 percent; men's clothing at 30.13 percent; and sporting goods at 26.76 percent.

The survey also determined customers' savings in each of the eight different areas of the country surveyed. Customers in Pearl Harbor, Hawaii, save 26.41 percent; customers in Everett, Wash., save 22.87 percent; cus-

tomers in Great Lakes, Ill., save 22.64 percent; customers in Bethesda, Md., save 22.10 percent; customers in San Diego, Calif., save 21.84 percent; customers in Jacksonville, Fla., save 20.95 percent; customers in Norfolk, Va., save 20.31 percent and customers in Pensacola, Fla., save 19.96 percent.

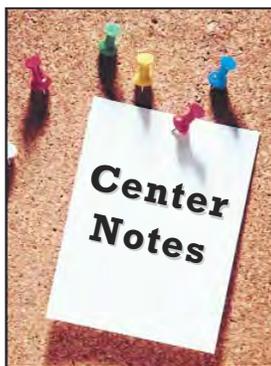
"Offering our customers' savings every day reinforces our NEX brand and the benefit of shopping the NEX," said Paquette. "We want NEX customers to be confident they can save money every day when they shop the NEX, not just for sale items. Our mission is to provide quality goods and savings and to support Navy quality of life programs. That is what we do and the reason we exist."

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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 Tuesday of each month at 6 p.m. at the NCBC chapel. Children are welcome and baby sitting is provided for children four and under. Please contact FRG President Dawn MacKenzie at 850-748-6242 or Vice President Laura Linder at 402-369-4090 for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

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 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 sit-

ting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail han-sonki54@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! For more information, please email noscgulfport@yahoo.com. 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 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

The Gulfport branch of the Naval Sea Cadets 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. 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 the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. For more information call 228-832-0017.

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@cableone.net or log onto WWW.NSVA.ORG for an application.

HERITAGE

The Seabee Gift Store is located in the Training Hall, building 446 and is open 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, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more info.

AD SPACE

From FTX page 15

three weeks of tough training at Camp Shelby prior to the FTX. The team operated Mine Resistant Ambush Protected (MRAP) vehicles mounted with M240B 7.62 mm and M2 .50-caliber machine guns, providing the necessary firepower to protect the Battalion's personnel and equipment from attacks during movements and security sweeps.

"It was a good experience to learn the tactical side of what Seabees are expected to be able to do," said Builder 3rd Class James Easter, a member of NMCB 133's CSE.

All dets had assigned tasks and were responsible for organizing the movement of all their personnel, gear, and required materials needed to complete their tasks. These dets were responsible for digging fighting positions equipped with crew served weapons used to defend their camps so that they could safely complete their construction projects. The Seabees constantly improved their fighting positions while at each site by covering them with natural camouflage such as small plants, pine needles and leaves and set up concertina wire around their perimeters. Once established, the Dets set up a command post that was used by leadership to plan and communicate with the Battalion's COC.

Air Det was tasked to complete a hardened sentry post and heavy timber bunker. Det One was tasked to complete a shower and a galley, Bridge Det was tasked to build a medium girder bridge and a crow's nest used as a protected observation post. Det Two

was tasked to build a crow's nest as well.

During the Final Evaluation Phase of the FTX, the Battalion was evaluated by the 20th Seabee Readiness Group.

The Battalion didn't quit working when the projects were done. Some of the hardest work included filling in the fighting positions, tearing down the tents, packing up the gear and equipment and getting it ready to be hauled back to Gulfport.

Seabees usually have security set up for them when they arrive to do construction projects in support of war-time operations. Most Seabees have never dug a fighting position during a wartime situation, but they are expected to be capable of doing so. NMCB 133's recent FTX introduced the new Seabees to the tactical side of life as a Seabee and allowed the senior Seabees to hone their tactical skills.

Rear Admiral Ben Moreell wanted Sailors who could put down their tools and pick up a weapon in a moment's notice. Many question the reason behind conducting an FTX. The answer is in the motto, "We build, We fight!"

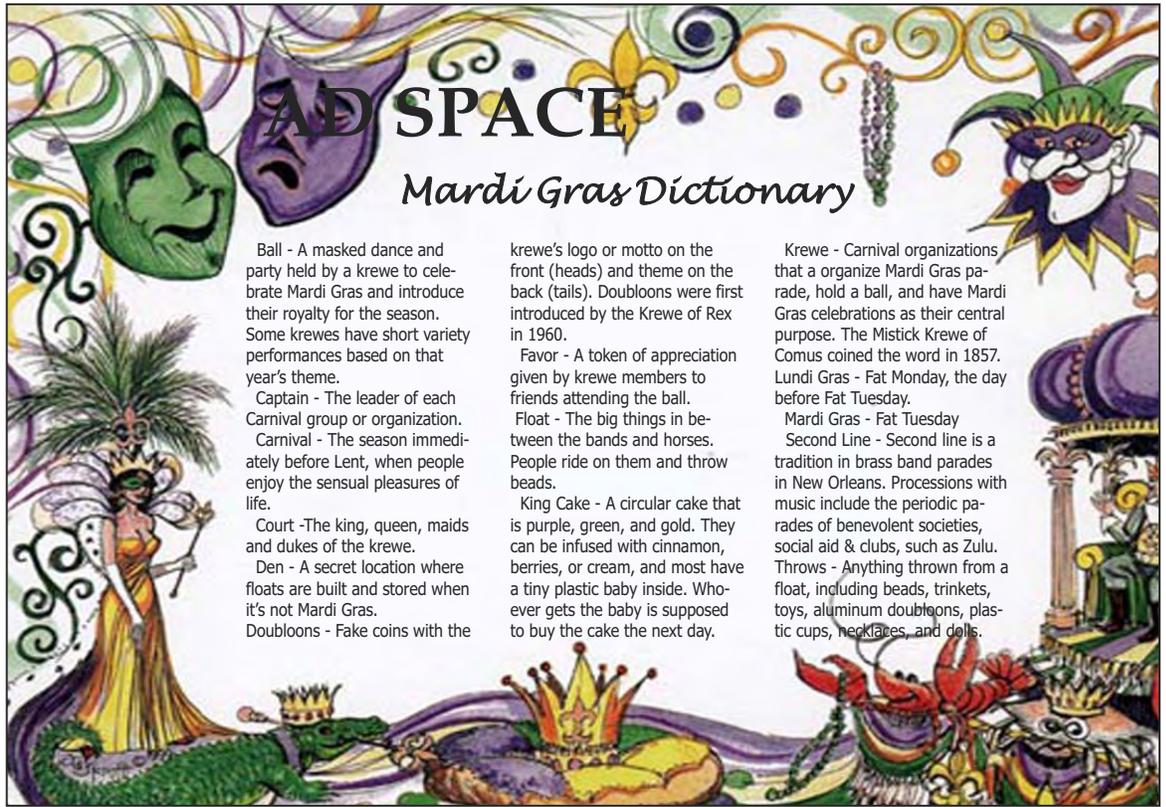
"Wow . . . our 'Bees have done an amazing job of learning, continuously improving, and demonstrating sound tactical proficiency over the past two weeks! Despite the rain, cold nights, high operational tempo, and limited sleep, our Bees have rallied at every challenge. I continue to be humbled by their motivation and "Can Do" spirit. We are incredibly proud of their accomplishments and positive attitude," said Cmdr. Christopher Kurgan, NMCB 133's commanding officer.



Questions on Recycling?
Call CBC Recycling at:
(228) 871-4738

Coast Mardi Gras Parades

36th Annual Ocean Springs - Elks
Mardi Gras Parade, Feb. 19, 1 p.m.,
Historic Downtown Ocean Springs
3rd Annual Krewe of Little Rascals
Children Mardi Gras Parade
Feb. 19, 1 p.m., Pasc. Beach Park
7th Annual Lizana Mardi Gras Parade
Feb. 19, 1 p.m., Lizana Elem. School
14th Annual Timber Ridge Woman's
Mardi Gras Parade, Feb. 26, 2 p.m.,
Timber Ridge Sub., Pass Christian
Long Beach Carnival Association
Mardi Gras Parade, Feb. 26, 6 p.m.,
Long Beach
21st Annual Mystic Krewe of Pine Is-
land Mardi Gras Parade, Feb. 26,
1:30p.m., Johns Bayou Road, Van-
cleeve
22nd Annual Gautier Men's Club
Mardi Gras Parade, Gautier, Feb. 26,
7 p.m., Miss. Gulf Coast Community
College, Jackson County Campus
Highway 90
Second Liners Mardi Gras Club Pa-
rade, Feb. 26, 1 p.m., Nichols Element-
ary, Biloxi
3rd Annual Ocean Springs Carnival
Association Mardi Gras Night Parade
March 4, 7p.m., Ocean Springs
13th Annual Biloxi Children's Mardi
Gras Walking Parade, March 5,
11a.m., Begins at Saenger Parking lot
on MLK Blvd.
Krewe of Diamondhead Mardi Gras
Parade, March 5, Noon, Community
Center, Diamondhead
41st Annual Krewe of Gemini Mardi
Gras Day Parade, March 5, 2 p.m.,
Begins at 19th Street, through down-
town Gulfport
23rd Annual North Bay Area Mardi
Gras Parade, March 6, 1:30 p.m. Be-
gins at St. Martin Community Center
81st Annual Pass Christian Mardi
Gras Parade, March 6, Noon, Hwy 90,
Pass Christian
Gulf Coast Carnival Association
Mardi Gras Parade, March 8, 1 p.m.,
Downtown Biloxi
Krewe of Neptune Mardi Gras Pa-
rade, March 8, Immediately following
Gulf Coast Carnival Parade! Down-
town Biloxi
4th Annual Krewe of Diamonds Mardi
Gras Parade, March 8, 1 p.m., Down-
town Bay St. Louis
**Dates/times are subject to change
and not inclusive of all parades on the
Miss. Gulf Coast**



AD SPACE

Mardi Gras Dictionary

Ball - A masked dance and party held by a krewe to celebrate Mardi Gras and introduce their royalty for the season. Some krewes have short variety performances based on that year's theme.
Captain - The leader of each Carnival group or organization.
Carnival - The season immediately before Lent, when people enjoy the sensual pleasures of life.
Court - The king, queen, maids and dukes of the krewe.
Den - A secret location where floats are built and stored when it's not Mardi Gras.
Doubloons - Fake coins with the

krewe's logo or motto on the front (heads) and theme on the back (tails). Doubloons were first introduced by the Krewe of Rex in 1960.
Favor - A token of appreciation given by krewe members to friends attending the ball.
Float - The big things in between the bands and horses. People ride on them and throw beads.
King Cake - A circular cake that is purple, green, and gold. They can be infused with cinnamon, berries, or cream, and most have a tiny plastic baby inside. Whoever gets the baby is supposed to buy the cake the next day.

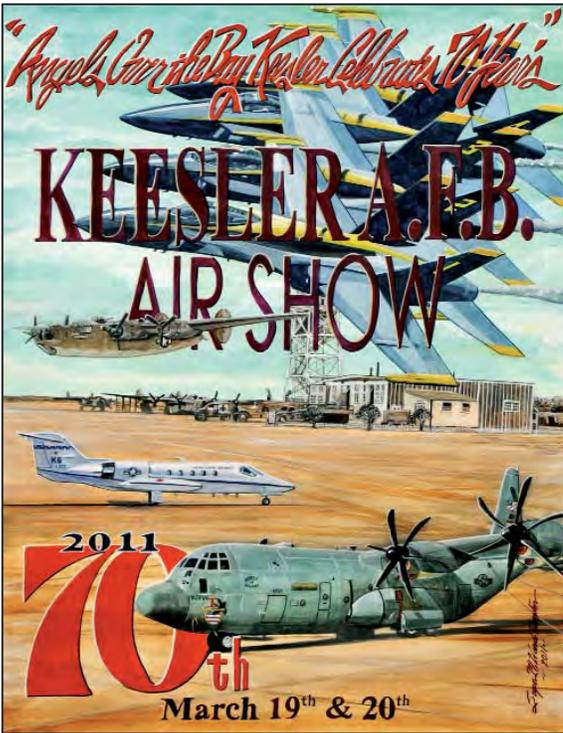
Krewe - Carnival organizations that organize Mardi Gras parades, hold a ball, and have Mardi Gras celebrations as their central purpose. The Mistick Krewe of Comus coined the word in 1857.
Lundi Gras - Fat Monday, the day before Fat Tuesday.
Mardi Gras - Fat Tuesday
Second Line - Second line is a tradition in brass band parades in New Orleans. Processions with music include the periodic parades of benevolent societies, social aid & clubs, such as Zulu.
Throws - Anything thrown from a float, including beads, trinkets, toys, aluminum doubloons, plastic cups, necklaces, and dolls.

AD SPACE

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**SEAT
BELTS
SAVE
LIVES!**

**BUCKLE
UP
FOR
SAFETY
EVERY
TIME!**

Unless otherwise posted, speed limit on board NCBC is 25 mph

AD SPACE

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AD SPACE

were moving again.
 Work-at-Home: This model offers possibly the quickest return on investment and the security of set hours and pay. Work-at-Home opportunities include secret-shopper, virtual assistance, call-center support, online tutoring, translation services and telecommuting. The business community is increasingly opening opportunities for telecommuting, if not full time at least on a part time basis. It is worth broaching the subject with your company and allows for your job to 'travel with you' when you relocate. There are many opportunities, be sure to research.
 Be Warned: For each legitimate work-at-home business advertised there are sixty-one scams. Research vital to avoid being duped by these scams. Never pay to work from home (unless investing in inventory/supplies). For more information and opportunities I recommend the www.ratrackerbellion.com and always have your base legal office review any and all documents before you sign.
 Best of luck as you join the ranks of successful CEO's at Home.

Follow Beth on Twitter (@Beth_Wilson) and Facebook (EnlistedSpouseCommunity). Don't miss Enlisted Spouse Radio at our new time! Tuesday evening at 8pm Eastern (www.blogtalkradio.com/nht).

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.

**Human Resources Service Center Southeast
 Training Center, Code 30
 Course Announcement G11-25**

COURSE TITLE: Total Financial Wellness, May 24 -25, 8 a.m. – 4 p.m.

LOCATION: Human Resources Service Center Southeast, Training Center, Building 60 Gulfport, MS

COST PER PERSON: \$269.00, **DEADLINE FOR REGISTRATION:** Submit a SF 182 NLT May 2 to the POC stated below.

COURSE DESCRIPTION: The Total Financial Wellness course is taught using the Financial Wellness Toolkit created by BCH. The toolkit includes 130 pages of comprehensive financial education and financial planning which focuses on building a long-term master plan. Included in the toolkit is Wealth Starter (also created by BCH), an ongoing financial educational resource on CD-Rom. Wealth Starter consists of 14 financial modeling tools and spreadsheets which can be saved and printed for maximum usability. This tool allows the participant to explore and analyze numerous scenarios based on their individual financial frameworks. In addition, it includes over 65 personal financial wellness topics reinforcing the information in the toolkit and workshops after the course.

ELIGIBILITY: Open to all civilian & military employees. Highly recommended for new hires, mid-career and retirement eligible's.

ENROLLMENT POINT OF CONTACT: Lucy Galster at DSN: 868-2641 or Comm (228) 871-2641 or email: lucy.galster@navy.mil

REGISTRATION INFORMATION: Fax your SF 182 to HRSC SE, Attention: Lucy Galster, Fax DSN: 868-2400 or Commercial (228) 871-2400. Class size is limited and enrollment will be on a first come first serve basis. This course can only be attended by those activities that have the ability to pay using the government purchase card. The cardholder's name, mailing address and commercial telephone number must be in block 6. In addition, please provide your email address on the SF 182. The course coordinator should be notified immediately of any need for special accommodations, i.e., wheelchair access, sign language interpreter, reader, etc.

AD SPACE

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AD SPACE

Seabee Ball Fundraiser



Donator Details:
Provide donation to the "Security Guard" at the jail location site and jail sentence (minimum donation - \$5). Call Security and provide name of person and location and they will be arrested and taken to jail located on the lawn next to Broad Ave. gate.

You or a group can send someone to jail with a numerical donation for the Seabee Ball!

Detainee Details:
If you are arrested, you or a team can pay 50 percent of your bond to get out. If you choose not to pay then you will serve your full sentence.

When: Feb. 16
Time: 8 a.m. – 3 p.m.
Location: Grassy Area next to Gazebo



AD SPACE

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AD SPACE

From **NMCB 11** page 6 could be described much like hacky sack, but in place of a soft beanbag, there is a small disc with ribbon attached.

Their third and latest COMREL activity, completed by the two Seabees in January, was conducting a tour for a group of 20 to 30 early middle-school-aged children of Chinhae to all base commands. Just as with the other COMRELS, the Seabees voluntarily offered their own time to the local community, and each child who participated ended the day with a smile on his or her face and a better understanding of who the U.S. Navy and the country they rep-

resent really are.

The two Seabees have proven to be major assets in maintaining positive community relations and representing the United States of America, the U.S. Navy, and the Seabees of NMCB 11. In addition, Chong, a Native of Korea, offered his knowledge of the South Korean language and heritage, which the detail has utilized to bridge the daily communication between the Seabees and the locals.

"It was a great experience to come back to my national origin and help the U.S.' relationship with our host nation, South Korea," said Chong.

Tax Time is Here . . .

Volunteer Tax Preparation Center is open for business and located in building 60,

VITA

room 250, from 8 a.m. until 5 p.m. Tax assistance is by appointment only. Call 228-822-5072 for an appointment.

Do you practice OPSEC?

Protect your Navy family by protecting the information that you know. OPSEC or operations security is keeping potential adversaries from discovering critical information. Although information may not be classified, it can still be "critical." Critical information deals with specific facts about military intentions, capabilities, operations or activities. Details concerning locations and times of unit deployments, informa-

tion about unit missions, references to personnel transactions that occur in large numbers (e.g. pay information, power of attorney, wills) are small pieces of information that may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what a unit is doing and planning. OPSEC is everyone's responsibility.

Be smart, be alert, be careful!

AD SPACE

AD SPACE

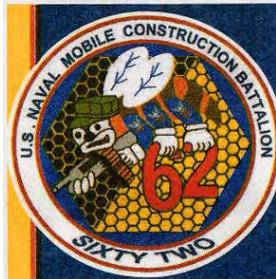


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MCB 62
<http://nmcb62alumni.org>

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@cablone.net or log onto WWW.NSVA.ORG for an application.

AD SPACE

AD SPACE



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.

Daily Mass: Monday-Friday, 11:15 a.m.

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

Center Chaplains:

**Lt. Cmdr. Michael Brown,
Protestant Chaplain**

**Lt. Yoon Choi
Protestant Chaplain**

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