

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 48 No. 14

Naval Construction Battalion Center, Gulfport, Mississippi

July 28, 2011

Precious water . . . NMCB 74 brings Ethiopia the gift of life



Lt. Jose Mora, officer-in-charge of Naval Mobile Construction Battalion (NMCB) 74, Detachment Ethiopia, pumps water for residents, at a recently completed fresh water well, July 7, in Dire Dawa, Ethiopia. The Seabee battalion, attached the Combined Joint Task Force - Horn of Africa, has undertaken humanitarian projects in the country including school reconstruction, water well drilling and participating in civil affairs projects. (U.S. Navy photo by Mass Communication Specialist 2nd Class Timothy Wilson/Released)

See *Water Well* page 7

UCT 1 . . . We build, We fight, We dive

For the Seabees of the Naval Construction Force's Underwater Construction Teams (UCTs), the work is not always below the surface. These elite Sailors begin with standard construction rates and become expert 'Bees on both land and sea through rigorous training and exacting qualifications. Most recently, UCTs were called on to assist with salvage recovery missions following the 9.0-magnitude earthquake and subsequent tsunami in Japan, March 11.

By MC2(SCW) Gregory N. Juday
Expeditionary Combat Camera

Staring straight ahead with a look of concentration, he leans back and splashes into the 54-degree water of the Chesapeake Bay, fins disappearing into the murky water below.

A hand rises from the water as a mask and regulator follow. "Diver on surface, diver okay," says Builder 2nd Class (SCW/DV) Joe Hawthorne, Underwater Construction Team (UCT) 1.

BU2 Hawthorne dives underwater inspecting damage to a pier, coming up periodically to give reports to the diver supervisor.

After 46 minutes in the water he is pulled into the boat, the cold wind hitting his wet skin. The dive supervisor looks at him as he gives the hand signal for okay.

Being in 54-degree water with SCUBA jugs, a wet suit and fins fixing damage to a pier is one of many aspects that differentiates UCTs from the rest of the Naval Construction Force (NCF). UCT divers are a tight-knit group - a family that works together to accomplish the mission - no matter how hard the task.

Seabees assigned to UCTs begin their careers in battalions, learning their rate and earning their Seabee Combat Warfare (SCW) qualification.

"It is a hard process to become a member of the team," said Steelworker 3rd Class (SCW/DV) Jacob Scarlett, UCT 1. "You have to research and find out the requirements, put a package together, get screened and perform a physical fitness test. It's easy to get discouraged."

Once the screening process is complete, Seabees are assigned to a UCT to prepare them for dive school or they go directly to school.

"I didn't make it through dive school the first time," said Steelworker 2nd Class (SCW/SW/AW/DV) Frank Tamarez, UCT 1. "When I got accepted again, I prepared with UCT 1 for six months. I am grateful for that preparation, and it definitely made some of the rigors of dive school easier."

Students must be prepared mentally and physically for the transi-

See UCT 1 page 23

NMCB 133 participates in CARAT 2011

page 6

NMCB 7 heads for Camp Shelby

page 7

Seabees continue relief efforts in Japan

page 16



NCBC/20SRG
Commanding Officer
 Capt. Rick Burgess
Public Affairs Officer
 Rob Mims
Editor
 Bonnie L. McGerr
Special Contributors
 BU3 (SCW) Cassandra Secher
 EOCN Devida Pope
 UTCN Daneia Johnson

22 NCR Commander
 Capt. Kathryn A. Donovan
Public Affairs Officer
 MCC Jason Carter

25 NCR Commander
 Capt. Allen M. Stratman
Public Affairs Officer
 MCC (SW/AW) Scott Boyle

NMCB ONE
Commanding Officer
 Cmdr. Mike Saum
Public Affairs Officer
 Lt. Jonathon Charfauros
Mass Comm. Specialist
 MC1 (AW/NC) Aron Taylor

NMCB SEVEN
Commanding Officer
 Cmdr. James G. Myer
Public Affairs Officer
 MCC (SCW/AW/SW) Yan Kennon

NMCB ELEVEN
Commanding Officer
 Cmdr. Maria Aguayo
Public Affairs Officer
 Ensign Timothy Palik
Mass Communication Specialist
 MC1 Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cmdr. Richard Hayes
Public Affairs Officer
 Lt. j.g. Sonny Rowland
Mass Comm. Specialist
 MC1 (SCW/SW/AW) Ryan Wilber
 MC2 Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1 Steven Myers

NCTC Gulfport
Commanding Officer
 Cmdr. Bill Whitmire
Public Affairs Officer
 Chaplain (Lt.) Rob Guilliams

Seabee Center Feds Feed Families Food Goal in Sight

Feds Feed Families Food Campaign . . .
 Canned and non-perishable food donations are now being accepted at the Seabee Memorial Chapel as part of the Feds Feed Families Campaign from now until Aug. 30. Everyone is encouraged to bring their donations to the chapel where they will be collected and weighed before being taken to Loaves & Fishes Food Pantry. The goal for the base is 2,000 pounds and to date more than 1,400 pounds of canned items have been donated. For more information call the chapel at 228-871-2454. For more information about the campaign visit www.fedsfeedfamilies.gov



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.

OPINION

Meeting your needs

By Rob Mims
 NCBC Public Affairs Officer
 You can't always get what you want, but if you try sometimes, you just might find, you just might find you get what you need."

Ok, so I am dating myself with the lyrics of that Rolling Stones song, but it does stand true. Many of us are going through a very difficult time of transition. Some are being looked at by Perform to Serve, some by the Enlisted Retention Board, some are getting ready to transition into retired life and others just want to do something different. With all these things, the options can be limited if you only look at it from the aspect of what you want and not what you need.

For those Seabees affected by PTS and ERB, if you only want to be a Seabee and nothing else, unfortunately you may find yourself on the wrong side of the Navy's door. However, if your goal is to stay in the Navy, there could be several different job options depending on need and qualifications. If your goal is to stay in the military, then your overall outlook is pretty high. People join the military for a variety of reasons and no one can decide your path for you, but they can throw obstacles in the road. If for some reason you are not retained by the Navy, there are plenty of employers who would love to have you on their team.

The same goes for people who are retiring and/or want something different. There will be obstacles when trying to get from point A to point B. Sometimes half the fun is trying to figure out how to maneuver your life around them. The journey does not end when your time with the Navy does. In a lot of cases, life is just beginning. I have been there, done that.

The Air Force has had something similar to PTS for quite some time. It is part of force structuring. It occurs as the overall mission changes. I was forced to retrain into another career field at my 11 year mark, have a career chosen for me or go home. I chose Public Affairs. I didn't want to leave my current field, but did anyway. I had to retake the ASVAB too. Little did I know, that one decision to try something new would lead me to exactly where I am today.

After retirement, I wanted to relax for a minute and kicked myself for doing it. I was unemployed for five months. Finally, my wife told me to get a job (probably to get me out of the house); so I did. I used my supervisor training to become a shift supervisor for a sugar beet trucking company in North Dakota. I didn't want to, but it gave me what I needed . . . a pay check (and a reality check). The reality was that I couldn't live on what they were paying me and I really, really missed the military.

After a few months of stinking like North Dakota beet juice, I told my wife that we needed to leave the area in order to survive and thrive. That is when I started pushing resumes out. In June 2008, we left the great white north and moved to Mississippi where I became the base public affairs officer. Though it may seem great and wonderful, at the time, the reality was that I didn't get what I wanted, but I definitely got what I needed.

I say all that to say this. Right now times are uncertain and life is going to always throw you some curve balls. However, in the words of the great Rolling Stones, "You can't always get what you want, but if you try sometimes, you just might find, you just might find, you get what you need."

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.

FOCUS is here to help

By Eva Shinka, LCSW-C and Donna Rice, LCSW
FOCUS



FOCUS, Families Over-Coming Under Stress, is a prevention service designed by the U.S. Navy Bureau of Medicine and Surgery to help military families and couples address the stress related to deployment. This highly confidential program is based on 20 years of research with children and families. FOCUS services are available at over 20 military installations throughout the United States and Japan. It has served thousands of participants at twenty sites and continues to grow and expand including its new launch of FOCUS World online. Locally, FOCUS has been serving families at NCBC Gulfport for close to four years and opened a site at Keesler Air Force Base in March.

Resiliency means being able to bounce back; military families are accustomed to doing just that. FOCUS understands the military culture, challenges and benefits of the military lifestyle, combat operational stress effects and common deployment reactions. It teaches families and couples resiliency skills necessary to meet and overcome these challenges. Deployments affect both the Service Member and the family as there are changes in routine, shift in roles, and concerns for safety for the deployed parent and about the well-being for the parent who remains at home.

Children are likely to experience reactions to deployment. There is an inaccurate assumption that babies and toddlers are unaffected by deployment. They are aware that mom or dad has gone away, but they do not have the words to express their feelings. For instance, infants are likely to respond to changes in their schedules that can lead to risk of apathy, refusal to eat or even weight loss. Toddlers may become sullen, tearful, throw temper tantrums or show signs of regression. Toddlers lack the ability to express their feeling so they act out instead. Preschoolers may show signs of irritability, depression, aggression or somatic complaints. School age children may also show signs of irritability, aggression, whininess or somatic complaints. Teens may show signs of irritability, rebelliousness or other challenging behaviors. It is important to reassure the children that everything is going to be ok. The non-deployed spouse may experience reactions to deployment as well and should consider developing a self-care plan. Experts recommend paying close attention to any changes in behavior as deployments and reunification may cause stress for both children and spouses.

The program is customized to suit specific needs. FOCUS works with the families to

identify ways to stay connected during deployment, learn how to talk to your children about deployment and prepare the family for homecoming. Family members and couples learn problem solving, communication, coping and goal setting skills. The resiliency training families receive from FOCUS makes them even stronger by helping them stay connected during deployment and preparing them for future challenges.

The program is offered in several formats; family consultations, family level training, small group training and workshops. The Individual Family Resiliency Training (IFRT) is a multi-session resiliency training program for active duty families and generally consists of six to eight sessions. Skill Building Groups provide an introduction to key skills taught in the Individual Family Resiliency Training. Family consultations provide guidance and professional expertise on a specific topic or start a general discussion about the effects of the military life on the family. Following the consultation, families choose to participate in IFRT or be linked to other appropriate services. It can also provide support to Family Readiness Groups by hosting Deployment Clubs for the children during the monthly general meetings. FOCUS builds strong connections with other military and civilian providers to support a network of care for families; essentially it is seen as a "gateway" service.

Shelly Gomez, Site Director, oversees sites at NCBC Gulfport and Keesler Air Force Base. The Gulfport site includes Eva Shinka, Assistant Site Director; Donna Rice, Resiliency Trainer; and Kelly Moore, Resiliency Service Coordinator. The Keesler site includes Ann Allen, Resiliency Trainer and Tracey Johnson, Resiliency Services Coordinator. Families have the choice of being served at either location. Resiliency Trainers hold a master degree in social work or psychology and are required to do a continuous training to become certified Resiliency Trainers. For more information or to get involved in our resiliency training program please call 228-822-5736. Additional FOCUS news, events, and information can also be found online at www.focusproject.org.

FOCUS Gulfport is located at 5501 Marvin Shields Boulevard (by CBC Branch Health Clinic) and FOCUS Keesler is located at 817 Hercules Street, Hews Hall, Building 6953, Room 108, Keeler Air Force Base.

Around the Center



Cpl. Katie Morrison gets ready to make a splash as she falls in the dunk tank for the Dunk a Cop fundraiser on board Naval Construction Battalion Center (NCBC) July 20. The fundraiser was presented by the Security Bee Walking Team to raise money for the American Heart Association. The Security Bee Walking Team was able to raise \$183.50 for the fight against heart disease. (U.S. Navy photo by Equipment Operator Constructionman Devida Pope/Released)



Hopeful job seekers line up at the Career Fair held at Fleet and Family Support Center on board Naval Construction Battalion Center (NCBC), July 14. Approximately 18 vendors were on site to assist an estimated 150 people. The career fair was a part of the Transition Assistance Program class given to military personnel separating or retiring from the Navy. (U.S. Navy Photo by Utilitiesman Constructionman Daneia Johnson/Released)



Airmen William Luckett, Joseph Hamilton, Allen Broome and Gary Faupel secure the bottom of a Two-Section Temper Tent by tying the straps together on board Naval Construction Battalion Center (NCBC) July 22. The Airmen are attached to Detachment 6, 366th Training Wing, U.S. Air Force and are in the final phase of the Air Force Block 7 Unique School at Naval Construction Training Center, Gulfport. (U.S. Navy photo by Equipment Operator Constructionman Devida Pope/Released)



Children of summer camp "Can Do" enjoy themselves as they take part in water activities at the Naval Construction Battalion Center (NCBC) Fitness Center pool, on board NCBC, July 15. During summer camp, the children participate in several recreational programs to include arts and crafts, group games, field trips, special projects and volunteer projects. The age group of the children ranges from 5 to 12 years old. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



Chapel Offerings

Seabee Center on target for Feds Feed Families Food Campaign - The Center is over half way to the goal of collecting 2,000 pounds of food during the drive. To date over 1,400 pounds have been collected. Canned and non-perishable food donations are being accepted at the Seabee Memorial Chapel until Aug. 30. Everyone is encouraged to continue to bring their donations to the chapel where they will be collected and weighed before being taken to Loaves & Fishes Food Pantry in Gulfport. Call the Chapel at 228-871-2454 if you have questions. For more information about the campaign visit www.fedsfeedfamilies.gov.

Veteran's Standdown - Backpack donations are now being accepted for the Annual Veteran's Standdown which will take place Oct. 7. In addition, 150 volunteers are needed for the event. Contact the Chapel at 228-871-2454 for information.

10 Great Dates -Time is almost up to enroll in 10 Great Dates - an exciting, proven, award-winning program that is low-key, effective, and husband-friendly! Combining fun dates and marriage and Pre-marriage education build their marriage (or prepare for marriage) and enriches their relationship. Begins July 28 at 6:30 p.m. and ends 10 weeks later Sept. 29. Dates begin at the chapel for a 15-20 minute opening and then couples will go on their dates. Call the Chapel at 871-2454 or email Chaplain Coker (mark.e.coker@navy.mil) or Chaplain Choi (yoon.j.choi@navy.mil).

Affordable Child Care will be an option through the CDC Home Care - contact the Chapel.

Seabee Food Pantry - The Chapel is in need of non perishable items please. Donation drop off points are: Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home.

Taking on the discipline of Taekwondo

By EOCN Devida Pope
NCBC Public Affairs

Taekwondo, which stands for "the art of the foot and the fist" is the national sport of South Korea but is practiced in the states. This type of martial art teaches not only physical fighting skills, but also discipline through mind and body.

Capt. Lou Cariello, former commanding officer of Naval Construction Battalion Center (NCBC)/commander 20th Seabee Readiness Group (SRG) and Builder 1st Class Jerma Cloude assigned to Naval Mobile Construction Battalion (NMCB) 11, believe the values they learn are just as important. The same values they are learning throughout their military career are the same values they are seeing within taekwondo.

"I've always been interested in some form of martial arts and finally decided to pursue it," said Cloude.

Although Cariello's reasons for starting taekwondo are different, he has remained motivated. "The enthusiasm that my daughter has for the sport is what keeps me motivated," said Cariello.

Recently, the pair tested for their next belt. Testing for the next color belt gets a little harder as time goes by. To advance from one rank to the next, students typically complete promotion tests. These tests allow the students to demonstrate what they have been taught and how proficient they are at executing what they have learned before a panel of judges or their teacher.

"So far testing for both the yellow and the green belt was hard for me. I was nervous my first test and my second I was nervous because I really wanted to do it right," said Cloude.

The promotional tests include the students answering questions on the history of the art. "The hardest thing to remember for a test would have to be remembering your form and the proper steps needed," said Cariello.

Something that helped both of these Sailors succeed in Taekwondo was being mentally prepared. Although they are of different ranks and have different reasons for taking part in the training, they have something in common; their love and knowledge of the art of Taekwondo.



Capt. Lou Cariello demonstrates his proficiency during his quest for advancement to the next Taekwondo belt level. In Taekwondo, ranks are earned and awarded based on two factors - skill level and the time the student has spent training at that level. (U.S. Navy photo by EOCN Devida Pope/Released)

First Stop Family Support Center . . .

Military families of children with special needs are invited to a Parent Support Group sponsored by the First Stop Family Support Center July 28, from 5:30 - 7:30 p.m. at the University of Southern Mississippi Gulf Park Technology Learning Center. For more information or to RSVP, contact Ms. Maggie Landry at 228-376-8703 or mary.landry@usm.edu.

Comedy with a purpose to stop by NCBC!

Bernie McGrenahan, a stand-up comedian and veteran of many television comedy specials, is touring military bases world-wide with his "Happy Hour" comedy show. He will present the show Aug. 10, 2 - 3 p.m. at the NCBC Training Hall/Theater. For more information, see his website www.comedisthecure.com or contact LaTasha Banks, Fleet and Family Support Center, 228-871-3736.

AD SPACE

AD SPACE

Who Has TALENT? Do YOU

have talent? The NCBC Multi-Cultural Diversity Committee is sponsoring

NCBC - Who Has Talent – a Talent Show for DoD personnel, showcasing a variety of talents! Single and Group en-

tries are welcomed! Prizes will be given to all participants.

First Place - a \$500 VISA gift card! The contest will take place Aug. 19 at the Training Hall at 7 p.m., and features a special guest appearance and special guest judge! Interested parties should contact the Seabee Memorial Chapel right away at 228-871-2454 or e-mail

carl.loescher@navy.mil. Registration deadline is July 29.

Sign up Now! **15 Acts + 3 Judges = 1 WINNER!**



LAST CHANCE TO ENTER
FRIDAY - JULY 29!

CARAT 2011 - Philippines NMCB 133 Seabees make a difference in children's lives

By Lt. Jonathan M. Pilon
CARAT 2011 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 participated in an Engineering Civic Action Program (ENCAP) on the Philippine island of Palawan as part of this year's Cooperation Afloat Readiness and Training Exercise (CARAT).

CARAT is a bilateral exercise started in 1995 that encourages the United States, Philippines and five other Southeast Asian nations to exchange knowledge to expand and sharpen maritime security through shared training, equipment and manpower.

During the ENCAP, U.S. Navy Seabees and their Philippine counterparts joined efforts to construct a two-stall bathroom and a 17 foot by 50 foot multi-purpose building in the schoolyard of Magingisda West Elementary School in Barangay Magingisda. The Seabees also installed a gutter and water tank system for one of the existing buildings to provide an additional water source for the school.

The three-classroom elementary school provides six grades of education to 150 students,

but only has three teachers. The grades are split up among the classrooms, providing a very different learning atmosphere.

"Being in this country makes me appreciative of what we have in America," said Builder Second Class Daniel K. Allen, the bathroom project crew leader. "These kids deserve better and we're going to give it to them."

With the expertise of the Filipino Seabees in the use of local materials and their experience in facility construction, NMCB 133's 'Bees were able to accomplish work beyond their initial projects, pouring 190 feet of concrete sidewalk connecting each of the buildings and placing a gravel road within the schoolyard.

While the road was necessitated by the need to move vehicles through the constant flooding in the yard, the sidewalk was built to improve conditions for the school and the change the lives of the students.

Construction Mechanic Third Class Nathan Smith said, "It feels good because we are actually doing work to make a difference, and the smiling faces of the children make the long hours all worth it."



Army Capt. Grayson Fleming assumed command of Charlie Company/169th Engineering Battalion (C/169) from Army Capt. Matthew Haith in a change of command ceremony held July 6 on board Naval Construction Battalion Center (NCBC). C/169 is attached to Naval Construction Training Center (NCTC) Gulfport as a training company for Army Soldiers completing Advanced Individual Training. (U.S. Navy photos by Lieutenant Rob Guilliams/Released)

NCTC Army Det changes hands

By Lt. Rob Guilliams
NCTC Public Affairs

On July 6, Army Capt. Grayson Fleming assumed command of Charlie Company/169th Engineering Battalion, relieving Army Capt. Matthew Haith. The Battalion Commander, Lt. Col. Patrick Howell officiated the ceremony and was guest speaker for the day.

Fleming graduated from the United States Military Academy in 2007 receiving a Bachelor of Science in Middle Eastern Studies and a commission in the US Army Corps of Engineers. He

served in various assignments at Joint Base Lewis-McChord, Wash., including deploying as a platoon leader to RC South Afghanistan in support of Operation Enduring Freedom under the 22nd Naval Construction Regiment (NCR) in 2010. He and his fiancé, Shyla Clark, are engaged to be married Aug. 13, in Leavenworth, Wash. They are excited to join the 169th EN BN and NCTC family.

Haith served as the Commander of C/169 since June of 2010. He and his wife, Krista, will be moving to California for

his next assignment which is to attend graduate school at Stanford University, with follow on assignment as an instructor at the United States Military Academy with the Department of Geography and Environmental Engineering.

C/169 is attached to Naval Construction Training Center (NCTC) Gulfport as a training company for Army Soldiers going through their Advanced Individual Training. Soldiers train alongside Navy and Air Force classmates in the Builder "A" school curriculum.

July 28, 2011

Seabee Courier



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 prepare a foundation for a multi-purpose school room they're constructing with Philippine navy Seabees for an engineering civic action project supporting Cooperation Afloat and Readiness Training (CARAT) Philippines 2011. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness. (U.S. Navy photo by Ensign Lily Daniels/Released)

Do you want to volunteer for a good cause, see a concert for free and have a good time? If the answer is yes, the Gulf Coast Women's Center For Nonviolence (GCWCFN) is looking for you. The IP Casino has teamed up with the GCWCFN in support of their fundraising efforts and they need your help. Volunteers will be ushers and ticket takers at concert events at the casino. There are a few rules. Go to https://www.cnic.navy.mil/navycni/groups/public/documents/image/cnicp_a235058.pdf for a list of rules and upcoming concerts. Then call Carolyn Riser at 228-493-4126 or email carolynriser@gmail.com.

Seabees, Army Civil Affairs bring water to Dire Dawa

By MC2 Timothy Wilson
CJTF - HOA Public Affairs

U.S. Navy Seabees from Naval Mobile Construction Battalion (NMCB) 74, Detachment Ethiopia, came to Dire Dawa in December to continue construction projects to help the city build infrastructure and meet basic needs.

Projects included drilling several water well sites around the city. At more than five of these sites, the Seabees, attached to the Combined Joint Task Force – Horn of Africa (CJTF-HOA), drilled hundreds of feet into the ground and installed mechanical pumps to bring up potable water, which will provide clean, healthy water for outlying villages.

U.S. Navy Seabee Petty Officer 1st Class Dennis Hill, lead driller, said the wells can produce 20 gallons of fresh water a minute. During these projects, average depths are more than 400 feet.

"The Seabees here are working hard. We work in 12 hours shifts, non-stop," said Hill. "We will look back and be proud of what we accomplished here."

U.S. Navy Lieutenant Jose Mora, officer-in-charge of NMCB 74, Detachment Ethiopia, said these projects are essential and progress quickly.

"The idea is to build these projects and in turn, give ownership over to the locals," said Mora. "Then, the local people will maintain them which helps support our mission." Mora said that by helping build infrastructure in a country, the actions of a few can help create friendships with the larger population which will dissuade conflict in the future.

"The people we directly interact with are very appreciative we are here and they are very excited," said Mora. "At the well sites in particular, the villagers especially enjoy that we are here."

Another Seabee project is the Gende Gerada Primary School House, which began in November and will be finished in the fall. Once completed, more than 500 students

will have seating with new school house walls around them.

"The current structures there are not sound and we are trying to provide buildings so the students can learn in a safe environment," said Mora.

Mora said the Seabees are always looking for more projects to undertake. His battalion works closely with the 402nd U.S. Army Civil Affairs Battalion team in Dire Dawa, also attached to CJTF - HOA.

"We have a good relationship with them," said Mora.

"We are always looking for projects where we can work together."

U.S. Army Captain Jennifer Glossinger, Dire Dawa civil affairs team chief, said that working with the Seabees provides a critical link where collectively working together, they can address issues in region.

Once a month, Glossinger meets with regional non-governmental organizations (NGO's) to discuss issues that are dear to the people. Topics range from HIV education and immunization to work opportunities and food distribution among the people.

"The biggest concern is always water," she said.

Water distribution, collection and consumption are of critical importance in an area experiencing severe drought conditions.

"The biggest issue that we see, whether it be water wells or other projects, is adapting to the local culture and having locals accept what we are doing."

She said a large part of civil affairs mission is to attempt to understand how the people view the project. Ownership of these projects is given to the local people once work is completed and it necessary to ensure that projects are sustainable so they do not fall into disrepair.

"The civil affairs mission is to make sure we are providing them a product that they need and want," said Glossinger. "The hardest part is sustaining these projects when the local community may [not] have the proper



Seabees from Naval Mobile Construction Battalion (NMCB) 74 drill a fresh water well site, July 7, in Dire Dawa, Ethiopia. The Seabee project will drill more than 400 feet to reach potable water to provide the people of the surrounding villages with fresh water. The current well site is one of five the Seabees have undertaken in the area. (U.S. Navy photo by Mass Communication Specialist 2nd Class Timothy Wilson/Released)

resources to do so."

In Dire Dawa, the Seabees and civil affairs teams pursue short-term projects that are monitored with the help of the United States Agency for International Development (USAID), she said. This and other NGO's will work with the Ethiopian government to continue efforts to sustain completed projects.

Mora said that his most memorable and lasting impression is when the first well was finished, the village elder came to him to thank him.

"He said this was the greatest thing that has ever happened in the village and the people are eternally grateful," he said.

Next month, a new Seabee battalion will replace NMCB 74 in continuing efforts to build infrastructure in Dire Dawa.

NMCB 7 departs for Camp Shelby Field Training Exercise

By MCC (SCW) Yan Kennon
NMCB 7 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 Air Detachment departed Naval Construction Battalion Center Gulfport for Operation BEARING DUEL, the battalion's Field Training Exercise (FTX) at Joint Training Facility Camp Shelby in Hattiesburg, Miss., the largest state owned Army National Guard training site in the nation.

The scheduled three week evolution will test the battalion's capability to survive independently in the field. Upon successful completion of Field Training Exercise, NMCB 7 will become the Atlantic Fleet Seabees' Independent Unit Ready for Tasking.

"The FTX is the culminating exercise of the Battalion's training thus far in homeport," said Lt. Cmdr. Andrew Shinka, the battalion's Operations Officer. "Our Seabees have been busy with classes, unit-level training, and specialty organization and other certification exercises. We have succeeded magnificently in our mission so far and are motivated for more

of the same on FTX. I am very proud of what NMCB 7 has accomplished."

Operation BEARING DUEL takes place in various phases, to include Receipt, Staging, Onward-Movement and Integration (RSO&I); Operations (Field Training Exercise), Sustainment (Final Evaluation Problem), and Retrograde phases.

The FTX will allow the battalion to hone its skills in various areas, with assistance and guidance from 20th Seabee Readiness Group (SRG). This evolution will afford the battalion the opportunity to assess its operational and administrative strong points, as well as areas of improvement. After tactical feedback from the supporting SRG, and the application of correctional measures, the battalion will enter the Final Evaluation Problem (FEB) portion of the exercise, a graded evolution, which if successfully executed, will certify the battalion for deployment.

"Operating in the summer months at Camp Shelby, while in full battle dress, is a very demanding task," said Chief Construction Elec-



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 Air Detachment line haul equipment from Naval Construction Battalion Center Gulfport to Camp Shelby, Miss. for exercise BEARING DUEL, the battalion's Field Training Exercise (FTX). U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released).

trician Erik Dries, the battalion's Safety Officer. "Heat stress presents the largest obstacle for our Seabees in his environment. Our training, throughout this homeport period, has prepared us for this very moment, and our

goal is to ensure that we take the necessary precautions to mitigate and safety concerns while meeting the many challenges of this exercise. No matter how many projects or scenarios we complete successfully during FTX and FEP, personnel safety is paramount."

Comprised of 89 highly-skilled Seabees, and often referred to as the 'Tip of the Spear', the battalion's Air Detachment's primary mission is to move in advance of the battalion's mainbody, secure and occupy forward operating base (FOB) objectives, prior to the battalion's mainbody move execution. A Seabee Battalion's Air Detachment must be able to deploy within 48 hours of receiving orders, and remain self-sufficient for 30 days; a unique capability that allows a Seabee battalion to respond to our nation's call when needed.

The Seabees of NMCB 7 will use this valuable training and experience from FTX as a mental and physical preparation tool for its upcoming scheduled deployment to U.S. Forces Central Command area of operations (AOR)..

NAVAL CONSTRUCTION BATTALION CENTER VOLKSLAUF MUD RUN 2011



**US NAVY
SEABEE**



SAT. SEPT 10 AT 8AM

FOR REGISTRATION DETAILS

Visit the below web addresses

www.cnic.navy.mil/Gulfport/index

<http://www.active.com/running/gulfport-ms/seabee-mudrun-2011>

<http://www.facebook.com/home.php#!/seabeevolkslauf>

<http://www.gulfcoastrunningclub.org/index.php>

HRO note . . . There will be an on-line supervisory course "Critical Transition to Supervision" available for civilian employees through TWMS by the end of July. In addition, three more courses - "Overview of Hiring Talent," "Developing Position Descriptions" and "Introduction to Position Classification" are expected to be available by the end of the calendar year.

. . . Follow Seabee Center on Facebook and Twitter for the latest information . . .

AD SPACE

AD SPACE

AD SPACE

Buzz on the Street



By UTCN Daneia Johnson
What did you think about the NFL lockout?



"It sucks. It feels like they're taking away a holiday."
BUCN Elias Ortiz
NMCB 7
Hometown: Santa Isabella, Puerto Rico



"It's stupid. It will allow people to have more time on their hands because there is nothing to do. So, the crime rate will increase."
Spc. Joseph Johnson
NCTC
Hometown: Dallas, Texas



"I'm glad it's almost over since they've started agreeing on some stuff. It's crazy how the players get to play one of the best sports in the world, make millions and still complain."
EO3 Joe Sandoval
NMCB 11
Hometown: Denver, Colo.

NCBC FRAMES

Construction Mechanic
1st Class (SCW)
Adam Sanders
20TH SRG (3-M)
By EOCN Devida Pope

FF: What single experience during your career stands out the most, and why?
CM1: Reporting to my first command, the USS Ross (DDG 71) in Norfolk, Va. I checked in on a Friday and was underway that Saturday.

FF: What has been your biggest motivation throughout your career?

CM1: My wife and kids. I would not be where I'm at now without a good support system.

FF: What advice would you give to future Seabees/Sailors?

CM1: That this job has its ups and downs just like



anywhere else you will go but overall it is what you make of it.

FF: What is your favorite thing about working with the Seabees?

CM1: It's somewhat of a small community. Seabees are known for pulling together and getting the job done. It's easier to do

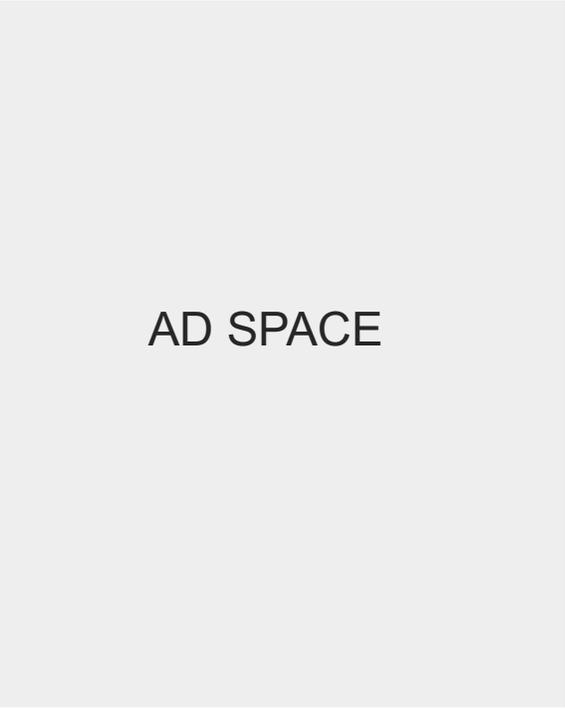
that when you know people you can reach out to for help.
FF: Who was your influential mentor during your career, and why?

CM1: CMC (EXW/SCW) Zettel. Chief Zettel taught me a lot about the Navy and what to expect from the Navy later on down the line.





Who Has TALENT? Do YOU have talent? The NCBC Multi-Cultural Diversity Committee is sponsoring **NCBC - Who Has Talent** – a Talent Show for DoD personnel, showcasing a variety of talents! Single and Group entries are welcomed! Prizes will be given to all participants. First Place - a \$500 VISA gift card! The contest will take place Aug. 19 at the Training Hall at 7 p.m., and features a special guest appearance and special guest judge! Interested parties should contact the Seabee Memorial Chapel right away at 228-871-2454 or e-mail carl.loescher@navy.mil. Registration deadline is July 29. Sign up Now! **15 Acts + 3 Judges = 1 WINNER!**



AD SPACE

Seabee Blood Drive. . .

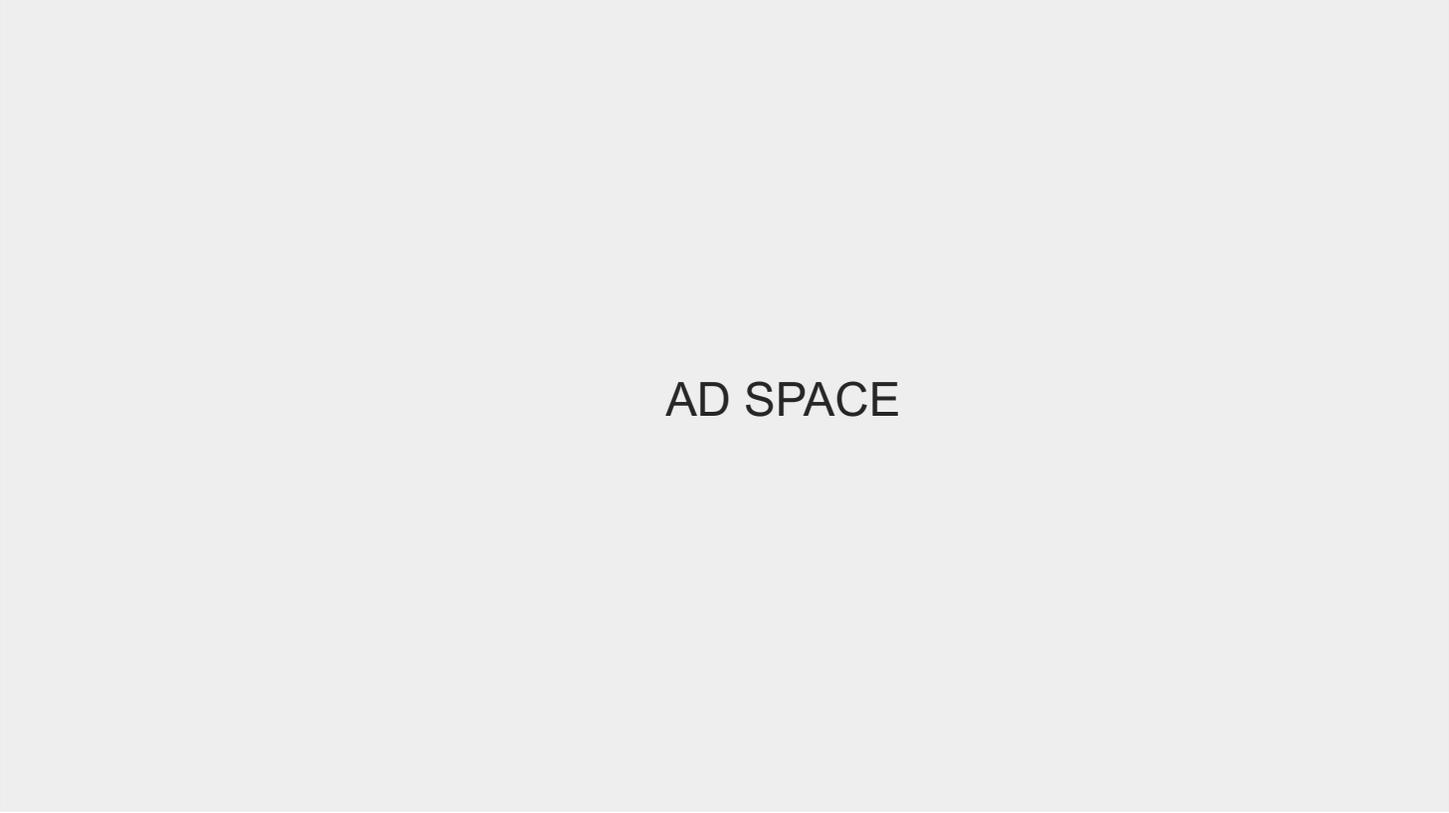
There will be a Seabee Blood Drive Aug. 11, from 8 a.m. - 1 p.m. at the Chapel Fellowship Hall. The



Red Cross is experiencing a CRITICAL blood shortage across the nation and your donation is urgently requested. Schedule an appointment at www.red-crossblood.org, click on make a blood donation appointment on the right, and enter sponsor code SEABEES.

Blood Donor Recruiters . . .

The Red Cross is looking for blood donor recruiters from various commands on board the Seabee Center. If you are interested in performing this vital service, please come to a meeting at the Chapel Fellowship Hall July 29 at 9 a.m. Call Donna Hott at 228-871-4715 if you have questions.



AD SPACE

Thrift Shop News

Thrift Shop Bag Sale - The Thrift Shop is holding their end of the month Bag Sale the week of July 25 - 29. Don't miss out on the end of the "Christmas in July" Sale that week. Expect the unexpected at the Thrift Shop on Wednesdays.

The new **Wacky Wednesdays Sale** will always surprise you with the savings and weekly free item. Stop by any Wednesday from 9 a.m. - 1 p.m. and see what the Volunteer staff has come up with. It's guaranteed to be Wacky and free! **Now open on Saturdays . . .** Did you know that the Thrift Store is now open one Saturday a month? The store is supported and run by NCTC Staff and Student volunteers and open from 10 a.m. - 2 p.m. The next Saturday open date is Aug. 6.

Observe posted speed limits on board NCBC. Unless otherwise posted, speed limit is 25 m.p.h.

AD SPACE

AD SPACE

AD SPACE

AD SPACE

AD SPACE

Take the Survey

What you think matters! Please participate in the "Navy and Marine Corps Sexual Assault Survey 2011" sponsored by DON SAPRO (Sexual Assault Prevention and Response Program Office). The survey is voluntary and confidential. Help us examine current and proposed policies and programs regarding the Sexual Assault Prevention and Response (SAPR) Program. The survey ends Sept. 30. Your input is vital as we strive to eradicate sexual assault from our ranks! To complete the survey, click on the link: <http://www.donsapro.navy>

Volunteers needed for Veterans Stand Down...

The Department of Veterans Affairs needs 150 volunteers to help out at the Veterans Stand Down 2011 which will take place Oct. 7. Please contact the Seabee Chapel at 228-871-2454 for more information.

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



AD SPACE

AD SPACE

AD SPACE

AD SPACE

Are you ready for the next disaster?

By Kevin L. Robinson
DeCA public affairs specialist

If a tornado, hurricane, flood or any other natural disaster strikes, would you be able to survive? That's the question emergency preparedness organizations want the public to address before the next crisis occurs.

Disaster planning is considered crucial to improving your odds of survival, and this year, the Defense Commissary Agency has worked with its industry partners to offer many of the items needed for severe weather survival kits at reduced prices, said DeCA Director and CEO Joseph H. Jeu.

"We always offer certain non-perishable foods, water and nonedible items such as batteries as part of our summer club packs," said Jeu, referring to the bulk purchases similar to what a consumer would see at a membership warehouse.

"But this year our network of industry partners - manufacturers, vendors and suppliers - offered us a special package of discounted items that our customers would need to augment their survival kits, and we extended the availability of these items in our stores to coincide with the peak periods of severe weather."

Since April 1, items such as canned chicken, powdered milk, batteries, weather-ready flashlights, all-weather tape, first aid kits, lighters, matches, candles and hand sanitizer have been reduced in price as part of the severe weather promotional package that runs until Oct. 31.

DeCA's severe weather promotional package coincides with the prime time for both tornado and hurricane seasons in the United States. Tornado season runs from April to July. According to the National Weather Service, this year the number of tornadoes doubled

in comparison to the same period in 2010.

The Atlantic hurricane season runs from June 1 through November and includes the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. Predictions from the National Oceanic and Atmospheric Administration call for a 70 percent chance for about 12 to 18 named storms, six to 10 of which will become hurricanes, and three to six are expected to be major hurricanes. These predictions do not include which hurricanes will make landfall, because it's not possible to plot landfall weeks or months ahead of a storm, the NOAA website said.

"Although there's lots of attention, and deservedly so, on the peak storm periods in the states, we want our customers to know that they need to stock their food pantries with items to sustain them for any emergency - natural or man-made - that could occur anywhere in the world at any time," Jeu said.

Emergency preparedness officials suggest having a disaster supply kit that includes the following items:

Water, at least one gallon, daily, per person (three-day supply for evacuation, two-week supply for home)

Nonperishable foods - canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)

Paper goods - writing paper, paper plates, paper towels, toilet paper

Cooking items - pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener

First-aid kit - including medicines and prescription drugs

Cleaning materials - bleach, sanitizing spray, and hand and laundry soap

Specialty foods - diet and low-calorie foods and drinks

Toiletries - personal hygiene items and moisture wipes

Pet care items - food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags

Lighting accessories - flashlight, batteries, candles and matches

Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)

Duct tape, scissors

Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Cell phone with chargers

Family and emergency contact information

Extra cash

Emergency blanket

Maps of the area

DeCA recommends that customers take advantage of their commissary benefit and its average savings of 30 percent or more to stock up on emergency items that can sustain them during a crisis.

For more information about the 2011 hurricane season or on ways to prepare for emergencies, visit the following websites: the National Oceanic and Atmospheric Administration,

<http://www.cpc.ncep.noaa.gov/products/outlooks/hurricane.shtml>; the Centers for Disease Control,

<http://www.bt.cdc.gov/disasters/foodwater/prepare.asp>; the Red Cross,

<http://www.redcrosslv.org/disaster/materials.html>; and the Federal Emergency Management Agency,

<http://www.fema.gov/pdf/library/epc.pdf>.

AD SPACE

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

NCBC MWR CYP Before & After-School Program Registration happening NOW

To register you will need:
Current LES or pay stub
Family Care Plan for Dual or
Single Active Duty
Proof of age (5 -12) and de-
pendent status.
Transportation will be pro-
vided to limited schools in the
Gulfport and Long Beach
School District.
Weekly fees are based on
Gross Family Total Income.
Call the Youth Activities Cen-
ter at 228-871-2251 for info.

School representatives talk with parents of new students

Local school administrators gathered on board Naval Construction Battalion Center (NCBC) July 20 to share information with military parents of kindergarten students entering area schools this year. The meeting was part of a back to school orientation arranged by the NCBC School Liaison Officer, Kevin Byrd. The School Liaison Officer is located at 1706 Bainbridge Ave. building 352, NCBC, and can be contacted at 228-871-2117. or by e-mailing kevin.r.byrd@navy.mil. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



What your child should know for kindergarten

Ability to share and take turns
Be able to pay attention for at
least 15 to 20 minutes
Ability to follow simple oral di-
rections
Be able to recognize some upper
and lowercase letters
Know how to hold a pencil
or crayon
Recognize and print first and
last name
Be able to count and recognize
numbers 1 -10
Be able to identify basic shapes
Be able to cut correctly with
scissors
Know how to tie shoes strings
Be able to name eight basic
colors

**Stay Informed of your child's
progress through:
Teacher/parent
conferences**

**Class work sent home peri-
odically**

Notes sent home

**Report cards: Issued every
nine weeks**

MS Tax-Free Days arrive just in time for back to school shopping

Mississippi's tax free weekend is
scheduled for July 29 - 30 and ap-
plies to the following purchases:
Clothing under \$100; Shoes under
\$100 For a complete list of eligible
items and savings tips, visit the Mis-
sissippi Department of Revenue site
at <http://www.dor.ms.gov/docs/2011Sale>

AD SPACE

Seabees still working in tsunami-ravaged northern Japan

By T.D. Flack

Stars and Stripe, Used with permission from the Stars and Stripes, 2011 Stars and Stripes MIYAKO, Japan – For the last nine weeks, a three-man team of Navy Seabees has labored along the northeastern Japanese coastline, helping local residents clean massive debris fields left when the March 11 earthquake and tsunamis devastated the area.

They work through long shifts of manual labor with two Navy front-end loaders and a dump truck and then sleep on Japanese tatami mat floors in a community center in Tanohata – about three hours south of Misawa Air Base. They carry their own food, barbecuing dinner each night, and they make do with baby wipes and a sink to clean themselves because the center doesn't have shower facilities.

And even though temperatures are climbing, the Seabees – sweaty, dusty and dirty in their uniforms – said they're loving every minute of it.

"It's our bread and butter," said Chief Billy Knox, leading chief petty officer of the public works department at the Naval Facilities Engineering Command Far East on Misawa.

Being away from family is never easy, but "They're happy that we're out there doing as much as we can helping" Japan with its recovery efforts, he said.

Knox and three of his Seabees – Petty Officer 1st Class Joshua Thonissen, Petty Officer 1st Class Clifford Martin and Petty Officer 2nd Class Charles Hannah – spent the first six weeks after the earthquake working on the military fuel depot in nearby Hachinohe. But when the military mission there finished, they

went looking to help.

The mayor of Tanohata – where base volunteers were working at the time – submitted a letter officially requesting the Navy's help and heavy equipment, Knox said. Even as the U.S. military phased out of actively assisting Japanese recovery efforts via Operation Tomodachi, this small team has continued working.

Knox and his crew spent five weeks in Tanohata, working Monday through Friday and coming home to rest, recover and spend time with family each weekend. Military orders took Martin out of the country as they were finishing up with Tanohata, Knox said.

Now, it's only three Seabees who work four days a week in Miyako, about four hours south of the base. The Tanohata officials – who they've developed a strong relationship with – allow them to stay in the community center so they only commute about an hour one-way each day.

The Seabees have been working in coordination with the Miyako volunteer center. Center officials tell them where they're needed each day, pairing them up with volunteers who come from all over Japan.

On Thursday, they were working with a group of about 50 Japanese volunteers who had traveled to the area to help. The volunteers joked in Japanese about the strength of the Seabees, marveling at the ease in which they were able to manhandle heavily loaded wheelbarrows and toss sandbags filled with heavy sludge.

"We came from Nagano to help out," said one man in Japanese, before asking what mili-



Construction Electrician 1st Class Joshua Thonissen and a Japanese volunteer load bags of mud into the scoop of a front loader. Seabees assigned to Naval Facilities Command Far East, Detachment Misawa, are working with volunteers in this tsunami-ravaged fishing village to clear sludge and debris from storm drains as part of recovery efforts. (U.S. Navy photo by Mass Communication Specialist 1st Class Matthew M. Bradley/Released)

tary ranks the Seabees were.

Communication can be difficult, Knox explained, but they do their best.

"Usually somebody speaks a little English," said Thonissen.

The Seabees said they've had countless encounters with local citizens who bring them snacks and cold drinks, bowing in thanks to the men in sweat-stained uniforms.

The Seabees think they'll finish up at Miyako in about two weeks, and Knox isn't sure if

they'll continue on in another community. He "hopes so," but it depends on whether the communities ask for help.

Knox said he hopes that years from now, he'll be able to look back and marvel at what a difference a few Seabees were able to make after the tsunami.

And he's sure that the Japanese people they've met and worked with will think the same thing, that the Seabees "helped us out and did so much with so little."

July 28, 2011

NMCB 133 renovates Disaster Recovery Center

By UT3 Michal Rak

NMCB 133 Public Affairs

DILI, Timor Leste - Naval Mobile Construction Battalion 133 Seabees participated in a unique ribbon-cutting ceremony at the Gedung Serba Guna Matahari Terbit (GMT) Disaster Recovery Center in Dili, Timor-Leste, Jun 24.

The ceremony served as a celebration for the completion of the Pacific Partnership 2011 mission in Timor-Leste where the Seabees combined forces with the Timor-Leste Defense Force (F-FDTL) and International Stabilization Force (ISF) Australian Sappers, to renovate the GMT Gymnasium into what will be the only Sphere-certified disaster recovery facility in the country.

According to their website, the Sphere Project is an initiative to define and up-

hold the standards by which the global community responds to the plight of people affected by disasters based on two core beliefs: first, that those affected by disaster or conflict have a right to life with dignity and therefore a right to protection and assistance, and second, that all possible steps should be taken to alleviate human suffering arising out of disaster and conflict.

The joint renovation included placement of new concrete floors, new paint, and the total replacement of the non-functioning electrical system. The Seabees also renovated the roof of the building and areas of ceiling that had suffered from water-damage.

Working together on the Disaster Recovery Center gave the teams opportu-

nities to learn from each other. The Seabees were able to learn local construction techniques from the F-FDTL and Australians. Likewise, the F-FDTL got a chance to experience the different technology and expertise that the Seabees brought to the project.

In addition, the Seabees, Australians, and F-FDTL gained insights into each other's military cultures and methods of construction, solidifying the future of multi-lateral cooperation in Timor-Leste.

"It was an enlightening experience to get a chance to work side-by-side with F-FDTL engineers," said Equipment Operator 3rd Class William Jameson.

During the ribbon-cutting ceremony, the Vice Prime Minister of Timor-Leste, the U.S. Ambassador to Timor-Leste,



Builder Constructionman Juan Moreiraveles from Naval Mobile Construction Battalion (NMCB) 133 installs roof joist hangers alongside of a Timor-Leste Defense Force (F-FDTL) military engineer during the renovation of the Gedung Serba Guna Matahari Terbit (GMT) Disaster Recovery Center. (U.S. Navy photo by Builder 2nd Class Patrick Gaines/Released)

and Commander of Pacific Partnership 2011 gave inspirational and motivational speeches about the impact of work that had been done.

Seabee Courier

Seabee's welcome home at Tiger game is Grrrrreat!



Major League Baseball's Detroit Tigers hosted members of the U.S. Navy during Navy Night at Comerica Park July 19, as part of Detroit Navy Week 2011. Equipment Operator 2nd Class Andres Evanch, of Naval Mobile Construction Battalion (NMCB) 26, was honored for his return from a deployment to Afghanistan by being selected to deliver the game ball to the pitcher's mound amidst a thunderous round of ovations from the baseball fans in the stands. NMCB 26, a Reserve component battalion based out of Harrison, Mich., was deployed to the Central Command (CENTCOM) Area of Responsibility for 10 months under the command and control element of the 25th Naval Construction Regiment (NCR). NMCB 26 completed demobilization on board NCBC Gulfport earlier this month. (U.S. Navy photo/Released)

NMCB 74 Det Sigonella supports Operation Unified Protector

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

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74, Detail Sigonella, recently completed site preparations at Naval Air Station Sigonella, for a 550-man tent camp in support of NATO Operation Unified Protector.

Operation Unified Protector, which commenced March 23, brought more than 25 ships and submarines and more than 50 fighter jets and surveillance planes to the area.

The increase in personnel attached to NAS Sigonella taxed the berthing to 170-percent capacity. As the U.S. Navy's technical experts in horizontal construction and camp maintenance, the Seabees were requested to prepare a four-acre site for a camp to alleviate the burden.

Using graders, backhoes and medium tactical vehicle replacement dumps, six inches of topsoil was taken away and 3,400 cubic meters of select fill was spread and compacted in 15 days.

On June 20, after 72 hours of joint efforts by U.S. Navy Seabees and Air Force personnel, 50 Basic Expeditionary Airfield Resources tents, and 15 shower and latrine tents were erected and ready for use.

"The Seabees at Naval Air Station Sigonella are priceless. Having the 'Can Do' spirit of a Navy Seabee Detachment has immediately saved Commander, Navy Region Europe \$555,000 through work that would have been paid out in contracts. In only a matter of two weeks they have been able to assist with camp construction and more than \$700,000 worth of projects that are in the planning stages," said Lt. John Flynn, NAS Sigonella public works planning officer. "Without the Seabee detachment that money would be spent paying contractors to do the same work. A Seabee detachment in Sigonella should be a requirement in the future."

A camp such as the one at NAS Sigonella, named "Murphy's Ridge" after Medal of Honor recipient, Navy SEAL Lt. Michael Murphy, requires nearly constant upkeep. Lt. Bradley Roberts, Detail Sigonella officer-in-charge, said his crew has been running 24-hour operations to maintain generators, shower and latrine reservoirs, and answering trouble calls.

Senior Chief Utilitiesman Andrew Detwiler said the detail is more than happy to lend their expertise in support of the operation.

"I feel it is great to be able to help the NAS Sigonella command to relieve the berthing strain that Opera-



Steelworker 2nd Class Benjamin Nablo, assigned to Naval Mobile Construction Battalion (NMCB) 74, Detail Sigonella, guides Equipment Operator 1st Class Travis Brant, offloading a grader from High Speed Vessel (HSV) 2 Swift in Sigonella. Detail Sigonella recently completed site preparations at Naval Air Station Sigonella, for a 550-man tent camp in support of NATO Operation Unified Protector. (U.S. Navy photo by Utilitiesman 2nd Class Eric Scott/Released)

tion Unified Protector has brought to this base, and ultimately help the war fighter down range," said Detwiler.

Detail Sigonella will continue to berth and work from the camp until relieved later this year.

July 28, 2011

Seabee Courier



Information, Tickets and Tours (ITT)/228-871-2231

Visit Battleship Memorial Park, one of America's most unique military attractions, it's an unforgettable adventure for the entire family Aug.6. Prepare your imagination for takeoff as you walk the flight line of our historic aircraft inside the huge Aircraft Pavilion. Experience life the way it was over seven decades ago on one of America's most decorated Battleships. Price includes transportation as well as your tickets into the museum. Active Duty/\$13.75, Adults/\$21.50, Children (6-11)/\$15.50, and Children (5 and under)/FREE. The last day to sign up is July 29 and a minimum of 10 people are needed for this trip.

Pensacola Beach, Fla. Trip Aug.19 - 21. Price includes transportation and hotel stay at the Days Inn Pensacola Beachfront. Single/\$255 per person, Double/\$149 per person, Triple/\$113.75 per person, and Quad/\$96 per person. Must sign up by Aug. 5 and a minimum of 10 people are needed for this trip to go.

Visit the Mobile Exploreum Sept. 3. Prices are Active Duty/\$8, Adult (19+)/\$20, Youth/Senior (13-18 and 60+)/\$19, Children (2-12)/\$18, and Children (0-1)/\$8. Contact ITT to sign up for these trips.

ITT is running a trip to Atlanta, Georgia Sept.17-18 where the first stop will be the Atlanta Coca-Cola Factory with an overnight stay INSIDE the Georgia Aquarium. Prices include tickets to both attractions, activities, behind the scenes tour at the Georgia Aquarium, sleeping mat, dinner, light breakfast, tour guide, entry into Deepo's Undersea 3D Wondershow, as well as transportation. Prices are Active Duty/\$135, Adults/\$150.50, Children/\$146.50 (3-12), and Children/\$60 (0-2). A minimum of 10 people are needed for this trip to go. A deposit of \$50/person is due at sign up and the very last day to sign up and pay in full is Aug.27. Contact ITT for more information or stop by for a



look at future trips.

Outdoor Recreation 228-871-2127

Last day to sign up for Flint Creek Water Park trip Aug. 13 and Airboat Swamp Tour Aug. 14 is Aug. 5. Both events are great for families and friends alike.

Don't miss the opportunity to cool off in the refreshing water or act like a real alligator hunter riding an airboat through the Mississippi swamps. Flint Creek Water Park prices are \$12 a person and we must have 10 people. The airboat tour is \$36 for Adults, \$21 for Children 4-9, & \$6 for Children under 4. Have you ever wanted to learn to sail? Now is your chance! Stop by Outdoor Rec. and sign up for the sailing class held at Keesler Air Force Base Marina Aug. 18. The cost is \$50 and includes transportation to and from Keesler, classroom learning, as well as water practical skills all to get you ready to sail away on your own. You must sign up by Aug. 12. Call ODR to sign up or for more information.

Fitness Center/228-871-2668

Power Lifting at the gym Aug.27 at 9 a.m. You can sign up now until Aug. 5 at the front desk. A *CFL* class will begin on Aug.22-26. Please sign up at www.navyfitness.org. *Mission nutrition classes* are available for Commands at the Fitness Center. Classes of 25 people in each class will be taught. *NOFFS* classes are now offered for Commands. We can teach up to 200

people in each class. We are now offering *TRX* introduction classes for commands and we can teach up to 26 people in each class. Please email Michael McLaughlin at Michael.e.mclaughlin1@navy.mil for class requests or call 228-822-5108.

Personal training packages are available for anyone with a CAC-Card.



These packages consist of (5) one hour "one on one" sessions with a certified personal trainer. Active Duty pays only \$30 and \$45 for Reservists, DEPS, Retires, and DOD Civilians. Please contact the Fitness Center for more information. We also offer several free aerobic classes for anyone with a CAC-Card. You may sponsor someone in for a \$2 guest fee. Please visit the Fitness Center and ask our staff for our aerobic schedules.

Sports

Redeem your Team: Dodge Ball Challenge Aug.26 at 7:30 a.m., Commands participating will receive Captains. Cup points. Contact

Samuel.Perkins-2@navy.mil for any other info or call 228-822-5109.

Aquatics

August Swim Lessons begin Aug.8 - 19 with registration a week before the class starts.

Class times are 5 p.m. with parent-tot; 5:30 p.m. Level 1; 6 p.m. Level 2 and up. Group classes start at \$35 for the first child and \$25 for each additional. Private Lessons are \$45 and semi-private is \$40 which consist of (8) 30 minute sessions.

Youth Activities Center 228-871-2251

Is your 3 - 4 year old ready to learn the basics of soccer and have some fun? Then this is the program for you! Registration begins Aug. 1 and ends Aug. 31. The fee is only \$35/child which includes a t-shirt, participation trophy, and end of season banquet. Please call J.J. Atkinson at 228-871-2251 for more details.

Liberty Center/228-871-4684

There are some great activities planned at Liberty in July and early August. In the upcoming weeks, we will be having some exciting events and trips! Do you want to get off

base? No problem! We have a great trip planned for military history fans at NAS Pensacola July 30 when we visit the National Naval Aviation Museum. The bus departs at 8 a.m. and it's only \$6 for transportation! On Aug. 6 we're going to Beauvoir, the home of Jefferson Davis, the President of the Confederate States during the Civil War. The Liberty bus will depart at 11 a.m. and tickets are only \$7.50 to tour the home. Have you ever wanted to jump out of an airplane at over 10,000 feet? You can do it with Liberty and at a great price! We'll be taking a skydiving trip Aug. 7. The bus leaves at 9 a.m. and the price to jump is only \$160!

We have four shuttles in August for to save some money to avoid those taxi fees. Don't forget our Dinner Dash Aug. 5 and Edgewater Mall shuttle Aug.11. If you want activities on base, Liberty definitely has that for you. We're offering a couple of opportunities for you to enjoy some sweet treats at the Liberty Center. It's National Ice Cream Sandwich Day Aug. 2 and S'mores Day Aug.10. We'll have the goodies FREE for you while supplies last. We're offering two tournaments in August that include NBA 2K11 (Aug.1) and Cornhole (Aug.8). They will begin at 7 p.m. in the Liberty Center! All of the Liberty tournaments are free to play and include free prizes for the winners! With all of these activities, how can you not come out and enjoy your time here in Gulfport? Get out of your Barracks and into the Liberty Center!

Auto Hobby/228-871-2804
August Special: Stop by and let us rotate your tires at no charge. Call ahead to make a reservation.

Anchors and Eagles 228-424-6892/228-871-4750
Anchors and Eagles is where the khaki come to relax and have some fun. Open Tuesday-Thursday from 2 - 9 p.m. Right Hand Man social is held



Summer Basketball Standings (as of July 14)

CBC (Fleeters)	3-0
Air Force (G. Polcyn)	3-0
Medical (Hot Boyz)	2-0
NMCB 11	1-1
22nd NCR	0-2
These Guys	0-3
Spartans	0-3

on the first Tuesday of the month and every Thursday is the Khaki social at 3:30 p.m. ATTENTION! A&E can be rented for only \$25/hour including bartender! That's right! So, why wouldn't you have your event where the khaki's meet. Call for more information.

The Beehive Lounge 228-871-4009/228-424-6892

The Beehive Lounge is the best place to let off some steam! Close enough to walk to, the BEEHIVE has the best prices and best bartenders. Come watch one of our many TVs or hit the bull's-eye in the new dart room. Open six days a week (closed on Sundays) and located in building 352 across from the parade field. Call for more information.

Snack Bar/228-871-4775

August Specials: Roast beef and gravy Pobby with fries and a medium drink for \$6. Fried Shrimp Plate! Come and get it for only \$6.50 - comes with fries, coleslaw and a medium drink, you can't go wrong! If that doesn't tempt your taste buds, there is surely something on our menu that will satisfy YOU! Located in the Training Hall (building 446), and open 7 days a week for lunch and dinner. Call 871-4775 for carry out.

Movie Ticket

Training Hall Theater, building 445 . . . Movie Hotline: 228-871-3299, Manager: 228-424-6892
FREE movies 7 days a week.

July 28, Battle: Los Angeles, PG13, 6:30 p.m.;
July 29, Rango, PG, 6 p.m., Paul, R, 8 p.m.; July 30, Mars Needs Moms, PG, 11:30 a.m., Gnomeo and Juliet, G, 1:30 p.m., Diary of a Wimpy Kid; Roderick Rules, PG, 3:30 p.m., Sucker Punch, PG13, 6:30 p.m.; July 31, Rango, PG, 11:30 a.m., Mars Needs Moms, PG, 1:30 p.m., Diary of a Wimpy Kid: Roderick Rules, PG, 3:30 p.m., Battle: Los Angeles, PG13, 6:30 p.m.; Aug. 1 ,Hanna PG13 6:30 p.m.Aug. 2, Arthur, PG13 6:30 p.m.; Aug. 3, Cedar Rapids, R, 6:30 p.m.; Aug. 4, Madea's Big Happy Family, PG13, 6:30 p.m.; Aug. 5, Scream 4, R, 6 p.m., Soul Surfer, PG13, 8 p.m.; Aug. 6, Hoodwinked Too! Hood vs. Evil, PG, 11:30 a.m., Hop, PG, 1:30 p.m., Rio, G , 3:30 p.m.; Source Code, PG13, 6:30 p.m.; Aug. 7, Rio, G, 11:30 a.m., Hop, PG, 1:30 p.m., Hanna, PG13, 3:30 p.m., The Lincoln Lawyer, R, 6:30 p.m.; Aug. 8 ,Water For Elephants, PG13, 6:30 p.m.; Aug. 9 ,Win Win, R, 6:30 p.m.; Aug.10, Your Highness, R, 6:30 p.m.; Aug. 11 ,Arthur, PG13, 6:30 p.m.

Movies contingent upon training requirements

NATIONAL NIGHT OUT



LifeWorks
© Balfour Beatty Communities

National Night Out Block Party and Back to School Celebration

Family, Friends and Neighbors join us for The National Night Out Block Party. The Party will be held at the Pool House on Holloway Drive. Remember to bring your lawn chairs due to limited seating. Pool Hours will be extended for this event. There will be lots of food, fun, and entertainment for all. Let's bring our community together and take a stand that we will not tolerate crime in our neighborhoods!

**Tuesday, August 2, 2011
Magnolia Place Community
Holloway Drive Pool House Lawn
5:30 pm – 8:00 pm**

For additional information please contact Balfour Beatty
Community Management Office at 228-863-0424

July 28, 2011

Seabee Courier

Recycling Saves! Recycling Pays!

19



Challenge Yourself!

The 2011 Seabee
Volkslauf Mud Run
takes place
Sept. 10 at 8 a.m.

Register today!

For registration
details visit

<http://www.active.com/running/gulfport-ms/seabee-mudrun-2011>.

Mud Run point of contact
is EAC Sitter at rusty.sitter@navy.mil or
573-253-4231.



July 28, 2011

AD SPACE

Seabee Courier

20



**Mission Seafood Harvest
Seafood Roadshow**

Keesler AFB Commissary
July 29-31

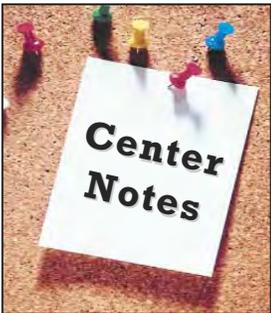
Celebrate Seafood Values with Music, Raffles, recipes,
Balloons and More!

Seafood Selections: U.S. Gulf Shrimp
U.S. Gulf Coast, Catfish, Crawfish and others!

AD SPACE

AD SPACE

AD SPACE



Secretary Krystin Canipe, 704-726-5751, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes friends and family members to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, Bldg. 335. Children are welcome and baby sitting is provided for children four and under. Please contact FRG President Dawn McKenzie 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 All families and friends of NMCB 74 are invited to the 74 FRG meeting held the 3rd Monday of each month at the MWR Youth Activities Center, Bldg. 335 off Bainbridge Ave. behind the Grinder on CBC base.

Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at <http://nmcb74frg.zymichost.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 hansonki54@yahoo.com. To

See **NOTES** page 27

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 mcbonefrg@gmail.com or

AD SPACE

AD SPACE

AD SPACE

AD SPACE

AD SPACE



U.S. Navy Utilitiesman 1st Class Jared Weisenberger, assigned to Underwater Construction Team 1, adjusts his dive helmet in preparation for a joint dive evolution with Danish and Ukrainian divers in Odessa, Ukraine, during exercise Sea Breeze 2011, an annual joint/combined maritime exercise UCT 1 participated in over the summer. (U.S. Navy photo by Mass Communication Specialist 2nd Class Stephen Oleksiak/Released)

From UCT 1 page 1

tion to Seabee diver. Dive school is a constant challenge, forcing each person to find out how comfortable he or she is in the water, and how hard he or she is willing to study the material taught each day.

"You have to be prepared to study," said Steelworker 3rd Class Scarlett. "If you go out partying and try to skate by, you will fail."

Being comfortable in the water is a new experience for some. According to SW2 Tamarez, he had never been in the water before dive school, with the exception of playing at the beach.

"I will never forget my first dive," said Tamarez. "Splashing in the first time, coming up and reporting to the dive supervisor 'diver okay' is an experience I will never forget."

Diving is not the only task separating the UCTs from the rest of the NCF. UCTs are also known for precision demolition and small unit camaraderie.

"I love diving and blowing stuff up," said BU2 Hawthorne. "But it is the unit and brotherhood of the team that keeps me here."

UCT 1 consists of 70 personnel comprising three detachments of 12-15 Seabees working together to accomplish the mission.

Being Seabees, divers are expected not only to know their job as a steelworker, construction mechanic, builder, construction electrician, engineering aide, Utilitiesman or equipment operator. They also need to know their job as an underwater

construction diver.

"At UCT we not only need to know our rate, but we all have to know our job in the water as well," said Construction Mechanic 2nd Class (SCW/DV) Brandon Burrow, UCT 1. "In the water, as second-class divers, we are workers. We do everything from inspecting to repairing to maintaining structures."

While in the teams, divers constantly work on their diving qualifications, making each individual a true asset to the team.

"We are constantly learning and training to be better at our jobs," said Hawthorne. "Challenging ourselves and each other to become a first-class diver, inside tender or dive supervisor qualified."

Those in the battalions thinking of taking on the challenge of UCT need to be prepared to work hard, according to Hawthorne.

"The people we have here are the hardest workers in the NCF. They want to be at UCT and want to be in the Navy," he said. "We know that we're top notch and we won't stop until the job is done."

Only part of the new challenges ahead include doing maintenance checks on equipment, setting up dive stations, tearing down the work site and doing maintenance after the dive.

"If you want to come to UCT, you'd better be comfortable in the water because that is your workspace," said Builder 3rd Class (SCW/DV) Stephen Graddon, UCT 1. "Be prepared to get cold and wet, and work harder than you have ever worked before!"

Performance evaluation update for Lieutenants

By MC1 (AW) LaTunya Howard
Navy Personnel Command
Public Affairs

An interim change to the Navy Performance Evaluation and Counseling System Instruction BUPERSINST 1610.10C, outlined in NAVADMIN 219/11, was released by Navy Personnel Command (NPC), July 19.

"In view of continued force-shaping pressures, NPC proposed stricter limits in the ranking of lieutenants," said Cmdr. Elisabeth Stephens, deputy director, Restricted Line/Staff Detailing and Spe-

cial Placement Division. Effective with the Jan. 31, 2012, periodic evaluations, lieutenant force distribution rules will change to the following:

- Early Promote recommendation limit will remain at 20 percent.
 - The combined Early Promote and Must Promote recommendations must not exceed 60 percent. The Must Promote recommendation may be increased by one for each Early Promote quota not used.
- According to Stephens, the change in policy provides a

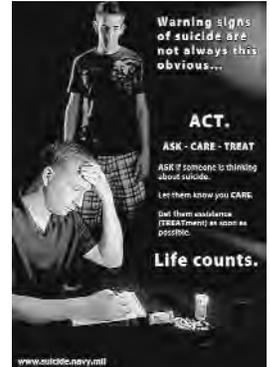
mechanism for controlling performance inflation and identifies top performer early for the selective detailing and selection board purposes.

The interim change will be followed by an official change in the next revision of BUPERSINST 1610.10. An updated release of navfit98a is projected for January 2012, to incorporate this policy change

For more information read NAVADMIN 219/11, call the NPC Customer Service Center at 1-866-U-ASK-NPC, 1-866-827-5672 or e-mail at cscmailbox@navy.mil.

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

Suicide Prevention is an All Hands Evolution



AD SPACE

AD SPACE

**Wanted:
UCT Seabee
Divers!!!**



Underwater Construction Team ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change. Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment. Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; EA2 Potamitis at marios.potamitis@navy.mil ; or visit www.facebook.com/seabee.diver for more information

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 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; Facebook (sign up for SMS alerts) at <http://www.facebook.com/pages/Gulfport-MS/Naval-Construction-Battalion-Center-ulfport/161404016711?ref=mf>; Twitter at <http://twitter.com/SeabeeCenter>; Base Marquees; AtHoc (CAC card holders only); and by calling 228-871-4777.

AD SPACE

AD SPACE

Your opinion counts, take the MWR survey at <http://www.surveymonkey.com/s/mwrgulfport>

Area Off-Limit Locations

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

Gulfport: Bunk Small Apartments, Herbal Alternatives; **D'Iberville:** Guitars and Cadillacs;

Moss Point: Tony's Lounge; **Ocean**

Springs: Pugs;

Pascagoula: Carver Village, Bunksmall Apartments, H&H Hideaway Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board

AD SPACE

AD SPACE

AD SPACE

AD SPACE

From **NOTES** page 22

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 1, 2nd floor conference room. For more information, contact AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta-@navy.mil., or Lt.j.g. Bowling at 228-313-9035 or coachcb_yahoo.com.

lez at 228-688-5288 or enrique.acosta-@navy.mil., or Lt.j.g. Bowling at 228-313-9035 or coachcb_yahoo.com.

See **NOTES** page 29

AD SPACE

AD SPACE

AD SPACE

AD SPACE

From NOTES page 27

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://nmc62alumni.org> for information or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Ac-

tive Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for an application or more information.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446 and 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.seabeeemuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for information.

Homefront in Focus: My Summer Reading List

By Beth Wilson

Military Spouse Contributor

In my younger days I spent every spare moment at the pool or beach 'catching rays.' My motto was, "She who dies with the best tan wins." I would swim, apply fresh lotion, then read . . . and repeat.

Okay, that was in my foolish days. While I no longer strive for the best tan I look back on those days relishing the wonderful books I consumed while basking in the sun.

Catching rays are no longer my passion but summer reading continues to be. A book can capture my imagination, whisk me off to another place or time, open new worlds, inform, inspire, challenge or educate. Reading broadens my horizons. And reading can be a wonderful way to recharge my batteries.

Have you enjoyed a good book recently? Are there books on your shelf you have been meaning or hoping to 'get to?' With the emergence of talking books and electronic books it is easier than ever to enjoy the company of a good book.

My husband is an avid reader. I was amazed to learn of the library of books on his smart phone. A book is such a welcomed reprieve for him and many of his shipmates especially during workups and deployment.

Since the beginning of the year we combined our shared love of reading to draw us together during the involuntary separation of workups and deployment. We are reading the same books. Can I just say this has been wonderful?

When Scott is home we read together before retiring for the night. When apart we continue to read the same book at the same time. When apart we may not always talk in depth about the books we are reading together but we are sharing the experience of these

books and that is 'priceless.' So what have we read so far and what is on the list for the summer? I thought you'd never ask. Scott and I both love history, self-improvement and classics and our list reflects this:

Chronicles of Narnia by C.S. Lewis. I know, children' books right? Pick them and I dare you to put them down.

Under God by Toby Mac and Michael Tait. The authors are may be familiar to you as two of the three members of the award-winning Christian band, "dc Talk." This book explores what it means to be a nation 'under God.' A great read!

The Marriage Code by Bill and Pam Farrel. We love this couple and their insight into marriage. You'll enjoy their humor, research, insight through this book.

The Marriage Book by Nicky and Sila Lee. This is by far the best book we ever read on marriage. Check out the chapter on 'involuntary separation.' They interviewed and met with many, many military couples for this chapter. Outstanding book!

The Gettysburg Address. Yes, you read that right. We visited Gettysburg battlefield last year and decided we need to read our historical documents.

The Constitution of the United States. Yep, see above.

The Bulletproof George Washington by David Barton. Did you know George Washington was the only officer on horseback not shot during the French and Indian war? Learn more!

I hope you'll join us in diving into a good book. What is sitting on your shelf just waiting for you?

Connect with Beth at beth@homefrontinfocus.com and share your summer reading at www.facebook.com/EnlistedSpouseCommunity.

AD SPACE



GULF COAST USO

901 CBC 3rd St., Building 114 (228) 575-5224
FREE Services:FAX - Send and Receive (228) 575-5225,
Copies (limited amount), Snacks/Drinks, Information and Referral, United
Through Reading Program; Computers (4), with web cams,
Internet Access, Email Access, Yahoo, Hotmail, X-Box
Office hours: Monday-Friday, 8 a.m. - 5 p.m.,
Saturday, 11 a.m. - 7 p.m. (Closed Sundays)



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.

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

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

Protestant Sunday School, 9 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**