

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

July 18, 2013

Battalion Yard Sale?



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, place personnel uniforms on the ground to be sprayed with pesticides on board NCBC Gulfport, July 17. The uniforms and some civilian clothes will be sprayed with pesti-

cides as a personal protective measure from the risk and annoyance of biting insects at malaria-endemic areas in preparation for their upcoming deployment. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



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Skipper's Log

Guiding 'well oiled machine' through coming challenges

By Capt. Paul Odenthal
CO, NCBC Gulfport

Janet, the kids, and I are thrilled to be back in Gulfport and to once again be part of the CBC family. We truly appreciate the warm welcome we have received. It has been a little like "old home" week as many of the people who make this place special have not changed. But there are many new faces as well who are no less dedicated and enthusiastic.

As I make my initial visits around the base, I have been deeply impressed by the energy and focus being put into the effort and the results that are being produced. Truly, it is this uncommon commitment and the infectious spirit of our entire CBC community, more than our fence line, which defines who we are as an installation. I am firmly convinced that there is no better team and no better place

to serve our Navy and this Great Nation than right here on the Mississippi Gulf Coast.

Our continued success as we navigate the next few years will come from keeping our focus firmly on delivering our mission. That mission, simply stated, is the Warfighter. More specifically: "We enable and sustain Warfighter Readiness."

While the mission statement is simple, executing that mission is far more complex and requires a comprehensive, all-hands-on-deck approach to stay aligned with and deliver for our operational units while providing holistic support to each warfighter and every family. This encompasses not only support and delivery of basic needs, operational requirements, and traditional quality of life programs but also support to build resiliency of mind, body, spirit, and family.

It is clearly evident to me that we have a "well-oiled machine"

delivering phenomenal results across the board. But while our performance is high let us never be so bold as to not consider new ideas and techniques. Continue to look for those opportunities, efficiencies and incremental improvements to continually improve our game, strengthen our delivery, and stretch our resources.

Sustaining our machine at peak performance; however, requires a great deal of attention and careful maintenance. Of course, the most critical parts of our machine are not metallic . . . they are flesh and blood --- the many hard working men and women, both civilian and military, who make up our team. As such, taking care of each other and strengthening our team is paramount to our success. This requires both an individual and leadership focus on personal and professional growth, respect for one another and holding ourselves to the highest standards.

We are already in the midst of trials that are stressing our team. Furlough is upon us as well as uncertainty swirling around potential future budget reductions. I greatly admire the resolve and continued dedication of all, especially our civilian workforce who is feeling the financial impacts of furlough today. Remember there is no shame in asking for assistance and there is no more important time than now to "take care of each other."

We are also engaged in a war against sexual assault and the



harm this crime inflicts on those in our own ranks. The recent SAPR stand-down was just the opening round. We will stay intensely focused on this issue and maintain a professional environment where respect for all is the norm, bystander intervention is practiced, and would-be predators feel more threatened than their potential victims.

These challenges may seem be daunting. But our team is strong of heart and built to weather any storm. Every challenge brings opportunity and every mountain conquered makes us stronger. Do not underestimate your personal strength, the power of positive thinking and our might when we stand together.

I look forward to sharing more with you in the future, but this is enough for today. So push back that chair from your computer and get out there and make a difference! Stay safe and we will see you around the campus. Hoorah!

Live 1-on-1 Help Confidential Worldwide 24/7

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Local 24/7 Sexual Assault Prevention and Response Program Contact #: (228) 596-0697; Your installation Sexual Assault Response Coordinator's Contact #: (228) 323-4717; Alternate Sexual Assault Response Coordinator's Contact #: (504) 762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text* 55-247 (Inside the U.S.); Text* 202-470-5546 (Outside the U.S.) *Text your location for the nearest support resources

Sexual Assault Victim Advocate Training

Are you the person that wants to help someone in need? Have you ever known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor that needs support in a time of need. To register for the class contact your Sexual Assault Response Coordinator Michael Jordy at 228-871-3715 or at Michael.jordy@navy.mil. The class will be held July 22 - 26, 8 a.m. - 4:30 p.m., in building 60, room 105.

Buzz on the Street

By UTCN Alicia Fluty
NCBC Public Affairs

"If you could change something on the Type III uniforms, what would it be?"



"Change the color to blue and allow E2-E3 personnel to wear rank insignia."

CECN(SCW) Endia Thomas
NMCB 1

Hometown: Albany, Ga.



Change the color to a more conservative green."

UT3(SCW) Rafael Martinez
NMCB 74

Hometown: New York, N.Y.



"Increase the stitching for better quality, regulate size to actually fit true to size and put better draw strings at the bottom of the trousers."

BUCN Dennis Thames
NCBC

Hometown: Flint, Mich.



Culinary Specialist 1st Class Wali Jefferson, assigned to NCBC Gulfport, Colmer Dining Facility, gives operational stress control training during Chief Petty Officer 365 (CPO 365) training at the Colmer Dining Facility, July 10. CPO 365 is a Master Chief Petty Officer of the Navy (MCPON) driven program designed to prepare and train first class petty officers for their future roles as CPOs, and to maintain continuous development once selected. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Pvt. Logan Estrada (right) and Pv2 Christa Bullard, both students of Naval Construction Training Center (NCTC) Gulfport, place shingles on a roof module at a NCTC training area on board NCBC Gulfport, July 16. Roof shingles are a roof covering consisting of individual flat or curved tiles that interlock and overlap in a way that channels water off a pitched roof. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Military personnel and civilians attached to NCBC Gulfport met at the NCBC Fitness Center for the Couch to 5K (C25K) 5-kilometer footrace, July 12. The race was the concluding event for the C25K program, an 8-week program designed not only to get participants in better physical condition, but also to teach them the fundamentals and mechanics of running. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Counter-IED training still a must for Seabees

By MCC(SCW/SW/AW)

Ryan G. Wilber

NCBC Public Affairs

As the war in Afghanistan winds down and the Seabee mission once again begins to change, one thing that has not changed is the need for counter-improvised explosive device (C-IED) training.

Joint Improvised Explosive Device Defeat Organization (JIEDDO) is the Office of the Secretary of Defense (OSD) level program that is responsible for all C-IED policy in the military. Originally established by the Department of Defense (DoD) in February 2006, JIEDDO focuses on attacking the network, defeating the device and training the force. In the past three years more than 10,000 Seabees have been trained under JIEDDO directive and Naval Expeditionary Combat Command (NECC) oversight through the Home Station Training Lane (HSTL) C-IED training at Camp Keller, Woolmarket, Miss.

According to Charles Carpenter, HSTL lead instructor, the goal of the staff is to push as close to tactical proficiency in the application of the nine principles of counter-IED combat and tactical combat casualty care as possible. The HSTL consist of a mock Afghan village and marketplace, but the threats are modified to simulate the area and threats the battalion is going to and will likely encounter. The students must navigate culverts, overpasses and guardrails, while learning to properly employ their vehicles, dismount techniques, use of the compact metal detector and electronic countermeasures.



A simulated improvised explosive device (IED) lies buried in the dirt, out of sight of a High Mobility Multi-Wheeled Vehicle (HMMWV), during counter-IED and explosive ordnance disposal training at Camp Lemonnier, Djibouti, Nov. 30, 2012. Practicing to detect and avoid roadside IEDs when operating military vehicles while forward deployed is one of the many things Seabees learn during Home Station Training Lane (HSTL) C-IED training. (U.S. Air Force photo by Staff Sgt. Christopher Ruano/Released)

"At the leadership level we attempt to create the realism in a situation to force decision stress. We create the toughest moment in a leaders life and give them the opportunity to fight through the chaos. We also try to bring home how dynamic and pervasive the threat is. We attempt to get them to the point of 'thinking,' and not just blindly following a list. Every Sailor is a sensor and a vital part of the team," said Carpenter.

Marine Corps Capt. Learlin LeJeune, Naval Construction Group (NCG) 2, military training officer, said hands-on training gives the students ex-

perience they cannot get in a classroom only.

"We can put the Seabees in the movie theater and go through eight hours of Power Point and they'll only get a certain level of awareness, but the moment you go out and walk on the ground ... it creates a much higher level of awareness. It's really an eye opener for them," said LeJeune.

Senior Chief Utilitiesman Keith Lefebvre, Naval Mobile Construction Battalion (NMCB) 11, training chief, has deployed to the U.S. Central Command (CENTCOM) area of responsibility (AOR) four times

since the beginning of the Iraqi War. He agreed that C-IED training is valuable to a forward deployed Seabee.

"The difference between the two [having vs. not having counter-IED training] is your awareness when it comes down to it. Having that training ups your awareness to be able to identify situations or the devices themselves to give yourself a better chance of not hitting one. Having that training definitely benefits us a lot," said Lefebvre.

Recalling issues with conflicting equipment during his first deployment to Iraq, LeJeune said he believes C-IED

training under JIEDDO has done a lot of good for military members and the Seabees trained at NCG 2.

"Every unit that has come back has really praised the Home Station Training Lane that they received here prior to going, and there have been confirmed stories where I have had Seabees come back and tell me specifically that 'Sir, because I went through that training we were able to identify the detonation cord, and we stopped and avoided running over an IED,'" said LeJeune.

The JIEDDO website states that IEDs will most likely continue to be a threat throughout the world and may never go away. They are expected to grow in sophistication and frequency as more enemies of peace realize the potential psychological, social and political impact the weapon provides. There is no other widely available terror weapon that provides the mass media focus, sheer panic and strategic influence than the IED.

LeJeune said that as Seabees continue to deploy around the globe he believes that they must continue training to combat them.

"For Seabees being worldwide deployable, they need an exposure and level of awareness of this counter-IED fight, so that way if they're operating in a small project sight they are not vulnerable to those attacks," said LeJeune. "There is a clear recognition that the IED is here to stay. It's the poor man's weapon of choice across the world, so we have to continue to train and be ready to counter that threat."

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Colmer Dining Hours July 25 . . . Due to the Navy Wide Advancement Exam being held in the galley, the following meal time changes will be made
July 25: Breakfast: 5:30 - 7:30 a.m., Lunch: 11:30 a.m. - 1 p.m. This change is for one day only. Please plan accordingly.

CHRIMP/3PL Meeting . . . The NCBC Gulfport Supply Department will be sponsoring a CHRIMP and 3PL Customer Outreach meeting July 23, 9 - 11 a.m., at the Rhodes Hall Conference Center. The meeting will provide an open forum for all customers to discuss the new requirements with both the Supply Department and the 3PL Provider.

NCBC FRAMES

FREEZE FRAME

**Logistics Specialist 2nd Class
Laquita Brooks**

**Supply Assistant/Leading Petty
Officer/S4 Admin Specialist**

By UTCN Alicia Fluty, NCBC Public Affairs



FF: What single experience during your career stands out the most and why?

LB: Camp Leather's Who's Got Talent Show. I came in third place, which was a little disappointing because I thought for sure I was going to come in first place. I recited one of my many spoken word poems, "Self Will." I will never forget this moment because not only did I represent my command by sharing a gift that I love dearly, but my family was proud of me as well because it reached all the way back to news papers in North Carolina, Virginia and to Navy.mil.

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

LB: Challenges. I love taking on new challenges, especially when I'm faced with adversity. To overcome a challenge feels like I'm even more equipped and prepared for the next test that comes across my path.

FF: What advice would you give to future Sailors?

LB: Come to work, and stay positive even when others are negative. Stay focused. Set goals for yourself, and make plans to help you achieve those goals.

When a Sailor has goals in mind, nothing can stop them but their self from achieving those goals.

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

LB: I love meeting new people and traveling. It appears that I'm always meeting a new face within the command every day. I also love to see and explore new places. Being with the Seabees gives me the opportunity to do so.

FF: Who was your most influential mentor

during your career, and why?

LB: I would have to say two people. The first one was Chief Warrant Officer (Retired) Steve Jones. He always pushed me to step up and be a leader. The other is Cmdr. Maria Aguayo, NMCB 11's former commanding officer. I have watched her lead her command from the front, beyond doubt, and also show that she has a caring heart for her Sailors. I have never come across a CO who was connected to their work and Sailors as I have seen her do here with NMCB 11. She is truly a role model and a well respected person in my eyes.

Buckle Up for Safety every time You get into a Vehicle!

CFC FLEx Team needs your help

The Combined Federal Campaign (CFC) needs volunteers to be a part of their Federal Loaned Executive (FLEx) team.

Members are federal employees who volunteer their time and talents during work hours to support the CFC.

FLEx is based on skill-based volunteerism wherein employees use their personal talents and/or professional competencies to assist the



campaign.

To find out more about the FLEx team, visit: http://www.cnbc.navy.mil/content/dam/cnbc/cnrse/NCBC_Gulfport/PDFs/PublicAffairs%20Files/CFC%20FLEx%20Team%20Information.pdf.

To become an FLEx team member, speak with your management and gain their support.

Once you have their support, contact CFC campaign manager, Lt. Cmdr. Craig Clutts, 228-871-2830 or craig.clutts@navy.mil.

September Worldwide Case Lot sale cancelled

By Jessica Rouse
DeCA Public Affairs Specialist

The Defense Commissary Agency is cancelling its September case lot sale because of budgetary reductions mandated under sequestration.

This announcement follows DeCA's decision in February to cancel the May case lot sale. The case lot cancellations are part of ongoing steps to reduce operating costs wherever possible. Those steps include a hiring freeze, restrictions for official travel, and postponement of all Guard and Reserve on-site sales until further notice.

"Sequestration has forced the commissary to look for cost-saving measures," said Michelle Frost, DeCA's chief of promotions and marketing. "Even though we have cancelled September case lots, we will offer our customers other sale events more frequently to maximize their savings."

Commissaries will continue to offer savings on sidewalk sales, truck-load events and in-store promotions. Stores will also continue to offer items in the value-sized, economical 'club pack' format found in off-base club warehouse stores, said Charlie Dowlen, DeCA's promotions manager.

The NCBC Gulfport continues to remain closed on Mondays and Tuesdays. The closure is expected to continue throughout the furlough.



Seabees of Naval Mobile Construction Battalion (NMCB) 74 listen as Chief Construction Electrician (SCW/IDW) Jason K. Knorr assigned to NMCB 74, conducts Active Shooter Awareness training in Bravo Company spaces on board Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photo/Released)

NMCB 74 conducts active shooter training

By NMCB 74
Public Affairs

On June 28, Chief Construction Electrician (SCW/IDW) Jason K. Knorr assigned to Naval Mobile Construction Battalion (NMCB) 74, conducted Active Shooter training in Bravo Company spaces for the weekly training to raise awareness and aid in prevention.

The training covered warning signs and proper procedures to protect ourselves and possibly prevent a unfortunate event from happening. Knorr went over examples of active shooter incidents that have happened in the past.

Civilian active shooter incidents such as Columbine High School in Colorado in 1999, Sandy Hook Elementary School in 2012 and "The Dark Knight Rises" movie shooting in 2012 were discussed;

as well as the military active shooter in Fort Hood, Texas in 2009, and Moody Air Force Base, Ga., shooter earlier this year.

Naval Construction Battalion Center (NCBC) Gulfport has taken measures to prepare service members and federal employees by conducting monthly active shooter drills.

Additionally, company training within the local battalions is conducted and highly encouraged to discuss at all the different unit levels. It is very necessary to bring the topic to the forefront given the recent increase in these types of incidents taking place in our homeland.

Preventing an active shooter incident from happening may be as easy as being aware of ones surroundings.

Paying attention to friends, co-workers and the people around you could make the difference between a normal day, and a day spent in fear of being a victim of violence.

The acronym A.C.T. (Ask Care Treat) doesn't just apply to suicide awareness; it is also beneficial in preventing these types of deadly situations.

During his training, Knorr made certain that the members of Bravo Company are doing their part in prevention by maintaining a high state of awareness within not just the company, but also the battalion, and anywhere on or off base.

The Battalion is confident that vigilance and proper response training are the key to decreasing victim numbers.

Sailors can claim a win in the fight against synthetic drugs

From Chief of Naval Personnel Public Affairs

The number of positive results for synthetic drug in urinalysis tests has decreased significantly since testing began in March 2012, according to data presented to Navy leaders by Navy Alcohol and Drug Prevention (NADAP) office.

For the past year the NADAP office has focused on educating Sailors on the risks to their health, career, and family, of using synthetic drugs like spice and bath salts.

"We consider this a win for all Sailors," said Dorice Favorite, NADAP director, about the decreased in positive results. "It means they are listening to facts and making responsible choices for themselves and their shipmates."

"The reasons for the decline are multi-dimensional," said Favorite. "Sailors understand the Navy has zero tolerance for drug use, including the use of designer and synthetic chemical compounds. Our education efforts sent a clear message that synthetic drugs are not regulated; therefore, they may be up to 200 times more potent than marijuana and much more harmful."

Educating Sailors on the danger of illegal drug use is a multi-organizational effort. "NADAP partnered with Navy's Bureau of Medicine and Surgery, Naval Criminal Investigative Service, and other U.S. military law enforcement agencies to monitor for criminal activity, including possession, use, or distribution of illegal substances," the director said.

There is also encouraging news in the responsible use of alcohol efforts. "During the past year, driving under the influence and alcohol-related incidents (AI) have continued to drop. The number of these incidents is down by more than 20 percent since 2006," said Favorite. The NADAP office contributes to this improvement through a com-

prehensive communication strategy that includes complimentary prevention awareness campaigns that reach out to all audiences, she added.

In April 2013, the Navy launched "Keep What You've Earned" campaign to replace the outdated "Right Spirit" campaign. Keep What You've Earned encourages responsible alcohol use by celebrating the achievements in the Sailor's Navy careers and actively engages Sailors as advocates for responsible drinking. This campaign in concert with "The Domino Strategy", "Who Will Stand Your Watch" and "That Guy" speaks to Sailors about responsible drinking and accountability.

In mid- 2013, the Navy implemented the use of handheld alcohol detection devices. More than 13,000 devices were shipped to commands, both afloat and ashore. These devices are intended as a tool that complements the unit's campaign against irresponsible alcohol use and promotes Sailor safety, education and training. The ADD also helps leadership identify Sailors who may require positive intervention before a career-ending incident. NADAP plans to publish a report of lessons learned and best practices submitted by commands in January 2014.

NADAP has had a very busy year, developing programs on synthetic drug testing, alcohol detection device distribution and implementation, and prevention awareness campaigns for a prescription drug campaign that is currently under development.

"We feel that every effort we expend on the front end to prevent a Sailor from misusing or abusing a substance improves Sailor resilience and strengthens Navy readiness," said Favorite.

For more information about Navy Alcohol and Drug Abuse Prevention or the Keep What You've Earned campaign, visit www.nadap.navy.mil.

Thrift Store accepting donations

Although the Navy-Marine Corps Relief Society (NMCRS) is closed through July, donations are still being accepted. Donors may call 228-871-2610 to arrange for drop off or pick up.

WE BUILD ★ WE FIGHT

SEABEE Mobile

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Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15, pour concrete as they work to complete a runway expansion project. NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that support various units worldwide through national force readiness, civil engineering, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 1st Class Daniel Garas/Released)

NMCB 15 Seabees continue to pave the way for coalition air power in eastern Afghanistan

By MC1 Daniel Garas

NMCB 15 Task Force True Grit Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15 are currently working to complete one of the largest construction projects in the Afghan theater of operations.

Their mission is to place over 2,000 cubic yards of concrete to extend an existing runway critical to Regional Command (RC) East. Upon completion of this high priority engineering project, the International Security Assistance Force (ISAF) will see significant improvement in its ability to protect friendly forces operating in the area.

"We are expanding the runway 900 feet on one side and 600 feet on the other in order to enhance the variety of aircraft that's allowed to operate on the runway," said Steelworker 2nd Class Keith Manning. "ISAF is providing security for us while we build."

"With the consolidation of adjacent

bases in the area, we are here to build this base up so they can shrink the footprint of everything else around us," said Senior Chief Petty Officer Stocker, NMCB 15's project leader in RC East.

"This is one of the largest construction projects in Afghanistan, and the largest for the Seabees of NMCB 15," said Stocker. "Each member was specifically selected for this task."

The project was completed in several stages. First, force protection of the crew was enhanced by adding sand-filled HESCO barriers and guard towers. Then, Seabees began by grading the earth around the ends of the runway to ensure the land was level. They then built wooden forms that the concrete would be poured into. Finally, they cut and tied rebar to place inside the forms, which would strengthen the concrete. After these tasks were completed the forms were ready to receive the concrete.

The construction was fraught with challenges. RC East is currently one of the most dangerous provinces in the Afghan theater of operations.

"We get indirect fire attacks but once it's all clear, we keep right on going," said Manning.

In addition to the enemy factor, the challenges of the build were compounded by environmental hazards. The site sits nearly 7,300 feet above sea level where breathing and labor is made difficult. The altitude and thin air necessitates the need for the heavier helicopters that the Polish military operates to roll along the runway before taking off, which underscores the final and greatest challenge; NMCB 15 is expanding on an active runway.

"Sometimes when we would lay down our matting a helicopter would fly over and blow it away, so that's a challenge," said Builder 2nd Class Jar-

See **PAVE** page 12

9-digit Zip Code mandatory for FPOs

By Debbie Dortch
NAVSUP Corporate Communications

Effective immediately, family, friends, and businesses sending mail to Navy mobile units must use a nine-digit ZIP code to ensure delivery, according to an ALNAV message released July 12 by Secretary of the Navy Ray Mabus.

Mail not addressed correctly, including mail already en route, will be returned to the sender as undeliverable.

"Every mobile unit - ships, squadrons, detachments, et cetera - has a unique nine-digit ZIP code," said Naval Supply Systems Command Postal Policy Division Director Thomas Rittle. "Commanding officers will provide the correct ZIP codes to Sailors so they can notify their

correspondents about the new address requirement."

According to the message, "The United States Postal Service (USPS) is resizing military mail processing operations from two coastal locations to one located in Chicago, Ill., to gain efficiencies in military mail delivery. As part of this effort, new procedures affecting configuration of mobile Fleet Post Office (FPO) addresses have been implemented to completely leverage automated mail sorting equipment and reduce manual sorting workload."

USPS automated equipment is set up to read the nine-digit ZIP code separated with a dash between the first five digits and the last four digits.

The nine-digit ZIP code is required for all classes of mail.

Fraud, Waste and Abuse Hotline:

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.

Underwater Construction Team (UCT) ONE

UCT 1 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 at 757-462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohe at ryan.dohe@navy.mil or visit www.facebook.com/seabee.diver for more information.

Focus on Education

Maximize Back to School savings during Tax Holiday

From the Mississippi Department of Revenue

The Mississippi Tax code provides a yearly sales tax holiday when sales taxes are not collected or paid on purchases of specific products and/or services. This year's holiday begins July 26, at 12:01 a.m. and end July 27, at midnight.



During the holiday, sales tax is not due on the sale of

articles of clothing or footwear if the sales price of a single item is less than \$100.

The tax holiday does not apply to sales of any other items not defined as clothing or footwear. A list of eligible items and answers to other pertinent questions is provided at <http://www.dor.ms.gov/docs/2013SalesTaxHoliday.pdf>

Consumers having other questions regarding the Sales Tax Holiday can contact the Mississippi Department of Revenue at 601-923-7015.



Scholarship Opportunities

Retired Seabee Auxiliary

The Retired Seabee Auxiliary is offering a scholarship in the amount of \$500 to: children, stepchildren, grandchildren, spouses of active, reserve, retired, disabled or deceased veterans who have or who are presently serving with the Naval Construction Battalion Command (Seabees) or any military branch attached to the NCBC or member of Navy Seabee Veterans of America Island X-1 in Gulfport, Mississippi. Sponsors who are retired and/or deceased must have been honorably discharged from military service. Applications must be postmarked no later than Sept. 30. To receive an application contact the scholarship committee via email, nsvaa1@gmail.com

Coastline Scholarship

Coastline Community College is offering \$5,000 in scholarship opportunities through the Coca-Cola/Tom Brokaw Military Veterans Scholarship Program. Deadline to submit application forms is July 25. Application Forms are available at the following link, <http://militarycoastline.edu/files/Military/CocaColaVeteransScholarshipApp.pdf>

Coastline continues fall registration

Registration for Fall A Term will continue for Coastline Community College until Tuesday, Aug. 6. Fall Term A begins on Aug. 26 and ends Oct. 20.

Completion of Tuition Assistance (TA) requests must be completed and sent to Coastline by Aug. 6 as well. For additional assistance or

information, please contact Dr. David R. Drye in the Navy College Office, Building 60, Room 239, call 228-871-3439 or email to ddrye@coastline.edu.

Youth Activities Center Summer Camp



YAC Summer Camp has openings for children ages 8-12 now through August 16th. Cost of camp depends on family income, and includes all expenses. Camp is open 6am-5:30pm. Call 871-2251 for more information.

Area School Links

Links to area schools are provided to assist parents and students with registration and other important information for the upcoming school year.

www.biloxischools.net
www.gulfportschools.org
www.lbsdk12.com
www.harrison.k12.ms.us
www.pc.k12.ms.us
www.jcsd.k12.ms.us
www.ossdms.org
www.hancock.k12.ms.us

NCBC School Liaison
Officer Kevin Byrd
is located at
MWR Building 352
1706 Bainbridge Ave.
Phone: 228-871-2117
email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

The agony of Da Feet



A few months after birth, human babies discover two chubby feet affixed to the end of their tubby legs. They gaze, fascinated at these perfect appendages topped with wiggling tiny toes.

As soon as they can grasp their feet with slobbery fingers, they shove the newfound toes into their drooling mouths. Mothers find babies' soft feet and dimpled toes to be irresistible as well, often smooching or blowing raspberries on the padded soles.

Fast forward 20 years later, and those formerly kissable baby tootsies have become purely functional body parts, requiring meticulous personal hygiene to ward off potent foot odor, locker room fungus, planter's warts, and a most foul substance known as "toe jam" – a repulsive combination of sock fuzz and dead skin cells, bound with sweat.

Ew.
Recently, we moved our military family of five from Naval Station Mayport, Fla., to Naval Station Newport, R.I. To further complicate an already demanding move schedule, we also decided to visit various relatives, a few friends and a couple colleges along the way. As such, we spent an inordinate number of hours together

in our minivan while traveling up the East Coast.

"What's that smell?" I asked about a half hour into one particularly arduous leg of the trip. My keen olfactory nerves were picking up a repugnant aroma that might only be recreated by locking a jar of beet pickled eggs in the back seat of a 1974 Galaxie 500 over a long hot weekend in August.

The smell grew in strength, and soon our daughters were pinching their noses shut. We pulled over to locate the source of the odor. We searched for a carton of curdled milk in the trunk. We looked for a rancid tuna sub under the seats. We opened the glove box half expecting to find a dirty diaper. We looked to see if a stowaway squirrel was decomposing under the hood.

Finally, our noses guided us to the third row of seats, where our teenage son sat obliviously listening to his iPod, his huge flip-flopped feet tapping to the beat of the music.

Hovering my nostrils carefully over his hairy toe knuckles, I took a big sniff.

"Found it!" I yelled, and stumbled faintly back to the trunk to find a fresh pair of socks and some emergency talcum powder so we would all survive the rest of the trip.

But unappealing foot odor and toe jam become mere child's play a couple decades after raging teenage hormones quiet down. Forty something feet are a veritable Three Ringed Circus with cracked calloused heels, curled thickened nails, burgeoning bunions and their dwarfed sidekicks,

"bunionettes." Add a painful corn or two, and you've got a real freak show.

How does one go from playing "This Little Piggy" with smooth perfect baby toes to the knobby hardened feet of middle age? Let's face it: the Five Piggies are getting old. After 40 or 50 years of going to Market, The Big Toe Piggy has decided to take a detour and is now pointing in the wrong direction. The Piggies who stayed home and ate roast beef seem to be doing relatively well in their snug sedentary routine, but the Piggy who had none has collapsed onto his side from severe starvation. The short Piggy on the end isn't crying "Wee! Wee! Wee!" anymore. Apparently, years of anxiety have caused him to curl up into a fetal position, and he is now hiding under the adjacent toe.

Many 40-something folks make a vane attempt to stave off the aging of their feet, investing hundreds of dollars annually in pedicures, toe rings, polish and exfoliating marvels such as "The Pedi Egg," which doubles as a nifty parmesan cheese grater.

Unfortunately, nature has dictated that our feet get kinda ugly no matter what we do. So during the summer sandal months, please do keep your tootsies clean and trimmed, but don't get too carried away.

After all, what's the sense in putting lipstick on your Piggies?

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoes-oflife.com>.

Health Watch: PTS - Cause and Symptoms

By Lt. Cmdr. Angelique DeMoncada

NBHC Gulfport
Posttraumatic stress (PTS) can occur after you have been through a traumatic event. A traumatic event is something terrible and scary that you see, hear about, or that happens to you, like:

- ~ Combat exposure
- ~ Child sexual or physical abuse
- ~ Terrorist attack
- ~ Sexual or physical assault
- ~ Serious accidents, like a car wreck
- ~ Natural disasters, like a fire, tornado, hurricane, flood, or earthquake

During a traumatic event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening around you. Most people have some stress-related reactions after a traumatic event; but, not everyone gets PTS. If your reactions don't go away over time and they disrupt your life, you may have PTS.

How does PTS develop?

Most people who go through a trauma have some symptoms at the beginning. Only some will develop PTS over time. It isn't clear why some people develop PTS and others don't. Whether or not you get PTS depends on many things:

- ~ How intense the trauma was or how long it lasted
- ~ If you were injured or lost someone important to you
- ~ How close you were to the event
- ~ How strong your reaction was
- ~ How much you felt in control of events
- ~ How much help and support you got after the event

What are the symptoms of PTS?

PTS symptoms usually start soon after the traumatic event, but they may not appear until months or years later. They also may come and go over many years. If the symptoms last longer than 4 weeks, cause you great distress, or interfere with your work or home life, you might have PTS.

There are four types of symptoms of PTS

1. Reliving the event (also called re-experiencing symptoms) - You may have bad memories or nightmares. You even may feel like you're going

through the event again.

2. Avoiding situations that remind you of the event - You may try to avoid situations or people that trigger memories of the traumatic event. You may even avoid talking or thinking about the event.

3. Negative changes in beliefs and feelings - The way you think about yourself and others may change because of the trauma. You may feel fear, guilt, or shame. Or, you may not be interested in activities you used to enjoy. This is another way to avoid memories.

4. Feeling keyed up (also called hyperarousal) - You may be jittery, or always alert and on the lookout for danger. Or, you may have trouble concentrating or sleeping. This is known as hyperarousal.

What other problems do people with PTS experience?

People with PTS may also have other problems. These include:

- ~ Feelings of hopelessness, shame, or despair
- ~ Depression or anxiety
- ~ Drinking or drug problems
- ~ Physical symptoms or chronic pain
- ~ Employment problems
- ~ Relationship problems, including divorce

In many cases, treatments for PTS will also help these other problems, because they are often related. The coping skills you learn in treatment can work for PTS and these related problems.

Will I get better?

"Getting better" means different things for different people, and not everyone who gets treatment will be "cured." Even if you continue to have symptoms, however, treatment can help you cope. Your symptoms don't have to interfere with your everyday activities, work, and relationships.

Where can I get treatment?

The Wellness Center on base has mental health professionals available and offers a variety of evidence-based treatment options to treat PTS. Call to schedule an appointment 228-822-5710.

Reprinted from the National Center for PTS Fact sheet "What is PTSD" at <http://www.ptsd.va.gov/public/pages/what-is-ptsd.asp>

Bench Press Challenge!

WOD Challenge

CBC Fitness Center
August 7 2013, 1800

Sign-ups start July 29th 2013



Rules:

- One warm up set
- No bouncing off of chest
- Lift off but no help lift
- Once bar touched, lifter disqualified for that lift
- Must touch chest with bar, pause then lift
- Feet and back must remain on bench
- Gloves, wraps, and bench shirts approved
- Three chances to lift!



**PRIZES to 1st, 2nd and 3rd place
Active Duty participants!**

For more information please contact Michael McLaughlin at 822-5108.

IM Flag Football League – August 20th Sign Up July 16 – July 30

7 players Min
12 players Max
Active Duty only



Coach's Meeting – August 7 at 11:30 a.m. Gym Conference Room
For more information please contact Sam at 228-822-5109 or samuel.perkins2@navy.mil



Summertime Fun



8 Weeks of Family Fitness Classes

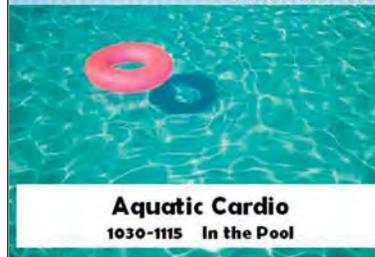
July 13th – August 31th



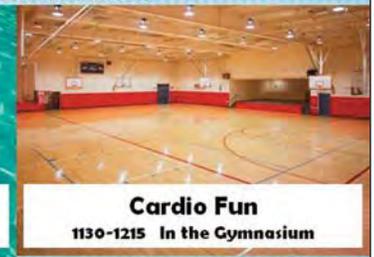
Fitness Center Saturday Mornings

**All age groups are welcome! Parents must participate with their children.
Join us for one or both!**

Call 871-2668 for more information



Aquatic Cardio
1030-1115 In the Pool



Cardio Fun
1130-1215 In the Gymnasium



For more information on NCBC MWR, like us on Facebook!
Or, Text CBCFun, CBCMARRL(only) or CBCFitness to 30884 to be the
first to know about upcoming events and specials!



FREE Movies at the Training Hall!

Check out what's playing this week! Bring along your copy of MWR's July calendar and get a FREE REFILL on your L/XL popcorn all month long! Always know what's playing with the movie hotline number - 228-871-3299.



Friday: **Tyler Perry's Temptation**, PG13, 6 p.m.; Saturday: **42**, PG13, Noon; **G.I. Joe: Retaliation**, PG13, 2:30 p.m.; **Scary Movie 5**, PG13, 5 p.m.; Sunday: **Oblivion**, PG13, 6 p.m.

MWR Program contact information

Anchors & Eagles	228-871-4607
Auto Skills Center	228-871-2804
Beehive All Hands Club	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
Shields RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251
Main Office	228-871-2538

NCBC Helping Hands volunteer opportunities

VOLUNTEERS TO BUILD RAMPS

- Volunteers are needed to build handicap ramps in Saucier and Biloxi. If you are interested in helping, please contact Susan at Fleet and Family Support Center (FFSC), 228-871-3640 or 228-424-2947.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community.

Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through

www.usovolunteer.org. This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!
NAVY MARINE CORPS RELIEF

SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store. Due to volunteer shortages, the store will be closed during July. Those who are interested in volunteering in August are asked to call 228-871-2610.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact

Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

Seabee Memorial Chapel



NCBC Center Chaplains:
Lt. Cmdr. Paul Smith, Chaplain
Lt. Yoon Choi, Chaplain
For more information about Chapel programs,
please call the Chapel at 228-871-2454.

Religious Services

Sunday:

Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.
Weekday Mass: Tuesdays at 11:15 a.m.

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m. on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift. For more information, please contact the Chapel at 228-871-2454.

CBC Command Assessment Team (CAT) seeks members

The CAT team is looking for new members. Officer, enlisted, and civilians are all welcome. If you are interested in being part of the Team, please contact Culinary Specialist 1st Class Michael Luzunaris at Michael.luzunaris@navy.mil or 228-871-2194.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabeecourier@navy.mil and check out the new and improved website at: http://www.cnic.navy.mil/regions/cnrse/installations/nbc_gulfport.html



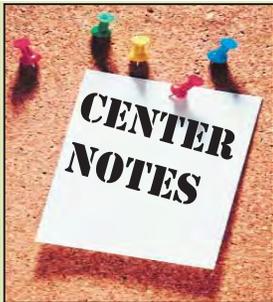
GULF COAST USO

901 CBC 3rd St., Building 114, 228-575-5224

Office hours:
Monday-Friday,
8 a.m. - 4 p.m.

FREE Services: Fax - Send/Receive: 228-575-5225, Copies, Snacks and Drinks, United Through Reading Program, Computers with web cams Internet/Email Access, X-Box

NCBC Pass and ID Service Note: Pass and ID will be minimally manned on Mondays and Fridays due to the government furlough. This reduction is expected to last through Sept. 23. Please plan accordingly. Effective July 13, Pass and ID will be open Monday - Friday, 6 a.m. - 3:30 p.m. and CLOSED on all weekends and federal holidays.



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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit www.facebook.com/nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at

"NMCB74 Fearless FRG" for details. **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 babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate & solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228-822-5736 or email Gulfport@focusproject.org.

Gulfport Officer's Spouse Club The Gulfport 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, email goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsofamerica.org for more information on NWCA.

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

TRAINING

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.

Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity

Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

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 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

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 of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion

(NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumini.org> or for links to Seabee historical sites.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeeemuseum-store.org or call the gift shop at 228-871-4779 for information on all that is available.

See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."
There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



From **PAVE** page 7
rod Powell. "We've had a few 'bumps in the road,' but nothing we can't handle."

Powell also added that debris kicked up by the rotor wash sometimes lands in the concrete as it is setting, making it necessary to clean it.

Despite all of the challenges they have faced in the two months since they began, Seabees are already ahead of schedule.

The Seabees attribute their success and speed to a variety of factors.

"We're very diverse," said Steelworker 2nd Class Zachary Styer. "We can go anywhere, any climate, any altitude, and build just about anything."

Styer also said that the Seabees' expeditionary project management and organizational skills were a major factor in helping them get ahead of schedule.

Powell had a simpler explanation:

drive.

"The first day we got here we got off of the trucks and started making forms and we just kept pushing," said Powell. "It's what we do."

"We're keeping up our legacy like we did from the old days," Powell said referring to the Seabees' storied past of completing airfields in record time during World War II and the Korean War. "We want to live up to that legacy."

Manning also noted the project's connection with the Seabees' past.

"Seabees are famous for building runways," said Manning. "They know we can do the job and do it fast. This is what we are known for."

Aside from history, Manning explained that Seabees learned finishing the runway had the potential to save lives by fully exploiting the assets of air power and mobility. By keeping people airborne and off the roads, unnecessary casualties to troops and

innocent civilians could be avoided.

Stocker openly mentioned the pride for the hard work ethic of his Sailors, saying they truly lived up to the Seabee motto, "Can-Do."

"These guys know exactly what we they're doing this mission for. I haven't had any complaints, even when they have been out there until 8 o'clock at night."

For the Seabees of NMCB 15, living up to a Seabee tradition is in itself a reward.

"Just to know that this is one of the biggest projects in theatre, I can't tell you how grateful I am to be apart of it," said Manning.

NMCB 15 is currently deployed to Afghanistan in support of Operation Enduring Freedom and is an expeditionary engineering element of U.S. Naval forces supporting units worldwide through national force readiness, humanitarian assistance, and building and maintaining infrastructure.