

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

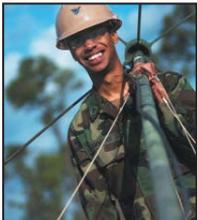


Vol. 46 No.4

Naval Construction Battalion Center, Gulfport, Mississippi
www.cnbc.navy.mil/gulfport

February 26, 2009

Inside this edition



BU3 Trey Ammons, assigned to NMCB 74, erects an antenna during a communications exercise here Feb. 9.

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Families of NMCB 11 participate in a Family Enrichment Retreat held in New Orleans, La., Jan. 9 - 11.

See page 6



Seabees of NMCB 27 work with Soldiers assigned to the Army's 341st Multi Role Bridge Company on a joint service incursion barrier project in Western Iraq.

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NMCB 11 makes first port call with Africa Partnership Station



U.S. Navy photo by BU2 Patrick Tansey/Released
Steelworker 1st Class Kajuna Strickland and Utilitiesman 2nd Class Joseph Tabor, assigned to Naval Mobile Construction Battalion 11, show two Senegalese soldiers how to prepare their Meals Ready to Eat lunches during a break from the renovation of a local medical clinic. The Seabees arrived in Dakar, Senegal on Feb. 3 for their first port of call aboard the USS Nashville (LPD-13) where they are deployed as part of Africa Partnership Station, an international initiative developed by Naval Forces Europe and Naval Forces Africa to improve maritime safety and security for Africa. NMCB 11 is currently on deployment throughout Southwest Asia and Africa in support of Operation Enduring Freedom.

U.S. Fleet Forces Command names new Fleet Master Chief

By MC1 (SW/AW) Jerry Foltz
U.S. Fleet Forces Public Affairs

The commander of U.S. Fleet Forces Command (USFF), announced the selection of Fleet Master Chief (SW/AW) Tom Howard as the USFF Fleet Master Chief Feb. 19. Adm. Jonathan W. Greenert made the announcement.

"My family and I are very excited to be heading back to Norfolk," said Howard. "I am excited to bring seven and a half years of Pacific Fleet experiences back to the East Coast and be able to share those experiences with Sailors."

Howard, a native of Toledo, Ohio, most recently served as the 14th U.S. Pacific Fleet master chief. He fills the position previously held by Master Chief Petty Officer of the Navy (MCPON) (SW/SS) Rick D. West, who was selected Dec. 5, 2008, as the 12th MCPON by Chief of Naval Operations, Adm. Gary R. Roughead.

"FLTCM Howard has the leadership, vision, aptitude, and confidence to give me

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NCBC/20SRG
Commanding Officer
 Capt. Ed Brown
Public Affairs Officer
 Rob Mims

Editor
 Bonnie L. McGerr
Mass Comm. Specialists
 MC1(SW) Terry Spain
 MC3 Brian McCarthy

22 NCR Commander
 Capt. Robert A. McLean III
Public Affairs Officer
 MCC(SCW) Jeffrey J. Pierce
 MCSN Michael Wright

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Public Affairs Officer
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Mass. Comm. Specialists
 MC1 (SCW) Chad Runge
 MC1 (SCW) Demetrius Kennon

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Mass Comm. Specialists
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 MC2 Erick S. Holmes

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Public Affairs Officer
 Lt.j.g. Margaret Hansen
Mass Comm. Specialists
 MC2 John Hulle

25 NCR Commander
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Mass Comm. Specialist
 MC2 Dale Miller
 MC3 Jeffrey Militzer

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Public Affairs Officer
 Lt. Shanewit Nopkhun
Mass Comm. Specialist
 MC2 Michael B. Lavender

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Paul J. Odenthal
Public Affairs Officer
 MCC (SW/AW/PJ) Ryan C. Delcore

NCTC Gulfport
Commanding Officer
 Cmdr. Stephanie Jones
Public Affairs Officer
 Chaplain (Lt.) Daniel Spies

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Navy Legal

Solving disputes without ending up in court

By Lt.j.g. Matthew Dursa, JAGC
 RLSO SE BROFF Gulfport



Clients often come to Legal Assistance Offices because they have been wronged and want to sue. Sometimes it is necessary to take someone to court to get what you are owed. However, there are disadvantages in going to court. Going to court will take time, as will the research necessary to prepare your case. A trip to the courthouse can be expensive too: there are filing fees and court costs, postage, and other expenses that can quickly add up.

How can you resolve a dispute without going to court? Let's look at one example. Let's say you paid a contractor \$2,000 to fix your leaky roof, and he never even showed up to try to repair it.

The first (and most often overlooked) step is to talk to the opposing party. Communicate in writing what your dispute is and what resolution would be acceptable. "I paid \$2,000, and have yet to see any improvement in the leak in my roof. Please return my money or let me know

when you can make the repairs." Remember, don't just state the problem; offer an acceptable solution.

Another tool you can use is professional organizations. Almost every professional is licensed or regulated by some agency. Find out who the appropriate agency is and file a complaint. This helps in two ways. First, too many unresolved complaints against that person could result in loss of professional accreditation. Knowing that a complaint has been filed with the state licensing board will encourage the contractor to resolve the dispute. Second, some organizations provide free dispute resolution services. In our example, a neutral party with knowledge of the contracting business might listen to

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Skipper's Log

Follow-up . . . Stop fooling yourself

By Capt. Ed Brown
 CO, CBC/CMDR 20TH SRG



Capt. Ed Brown

People here at 20th Seabee Readiness Group and Naval Construction Battalion Center know that, sooner or later, I'm going to ask them for their short and long term goals. One of the things they also quickly learn is that I will follow-up. During these conversations, we discuss implementation steps and here's a hint; I take notes. I take notes so that in a month or two, I know what we talked about and what you committed to yourself to do.

It is important to have goals and have a path to your future. Just as important, is telling someone what those goals are. You can promise yourself that you're going to lose a

pound a week, but after two luncheons, you revise the goal, and skip the week. What if you told someone your goal? What if you told someone who wouldn't have pity on you for being forced to go out to eat? What if you told someone

See HONESTY page 21

67th Annual Seabee Ball
 April 4, 6 p.m.
 Mississippi Coast Coliseum



Guest Speaker: MCPON Rick West

Tickets are on sale through March 20 and may be purchased from command Seabee Ball representatives
 E4 and below: \$20, E5-E6: \$25, E7-E8: \$30,
 E9-03: \$35, O4 & above and civilians: \$40
 Retiree's ticket price is based on retired pay grade

Sailor's Creed

I am a United States Sailor,
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,
 I am committed to excellence and the fair treatment of all.

Command Action Line:

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-(877)-657-9851 Comm: (904) 542-4979 DSN 942-4979 FAX: (904) 542-5587, E-mail: CNRSE_HOTLINE@navy.mil.

Katrina Recapitalization Project Management Office makes \$422 million in projects happen

By Naval Facilities Engineering Command SE Public Affairs

Public Works Department (PWD) Gulfport continues to execute the Naval Construction Battalion Center (NCBC) Gulfport Katrina Recapitalization Program which encompasses over 35 Military Construction and Operations and Maintenance, Navy projects valued at over \$422 million.

This massive program encompassed \$13 million worth of stabilization, \$109 million worth of repair, and \$300 million worth of recapitalization projects in the Gulfport area.

NCBC Gulfport Katrina Recapitalization program has demolished 42 facilities thus far with 61 remaining.

"This effort (demolition) has greatly reduced our facility footprint, while maintaining mission readiness and support to the War fighter," according to Lt. Cmdr. Craig Clutts,

Resident Officer in Charge of Construction (ROICC) Gulfport.

The Project Management Office has many responsibilities and wears many hats to accomplish all of the work going on with the Katrina Recapitalization Program. PWD employees are responsible for coordinating all aspects of building commissioning, collateral equipment, video/voice/data installation, swing space management, and facility service contract start-up for all Katrina Recapitalization projects.

"The team is in continuous contact with various Navy and contractor personnel to speed execution of long-lead items and critical path timelines for NMCI, swing space and the logistics of moving people and equipment," said Clutts. The PMO team assists the base planner in creating and managing temporary warehouse configurations required by the Recapitalization.

"The PMO cell is my Go To team when I need tasks completed immediately," said Public Works Officer Gulfport, Cmdr. Romeo Coleman.

The team works hard to ensure there is ongoing interaction and coordination of all actions between ROICC, OICC Katrina, PWD Gulfport, and the other supported units. They create, update and maintain briefs, maps, timelines, spreadsheets, and a comprehensive project portfolio for all Katrina Recapitalization Projects.

"Not only is this a requirement, but they are great communication tools when speaking to our customers," said Clutts.

The Katrina Recapitalization Program includes 21 projects for NCBC with multiple new facilities, renovations and demo spread throughout the installation. Nine of the 21 projects have been completed with the tenth, Tactical Training, finishing Feb. 19.

Balfour Beatty Communities forms foundation in support of military and their families

By Dianne Borges
Balfour Beatty Communities

Balfour Beatty Communities, responsible for the privatized family housing at Naval Construction Battalion Center (NCBC) Gulfport, has formed Balfour Beatty Communities Foundation, a non-profit organization committed to honoring military personnel - active, disabled and fallen - and their families.

The Foundation has three primary goals" to promote a spirit of appreciation and remembrance by providing places of communal gather and reflection at various sites Balfour Beatty Communities serve; to assist returning service members who have become disabled and now require specially-adapted homes; and to promote the pursuit of education and a commitment to community leadership through educational scholarships to the children of its active duty service members that live in Balfour Beatty Communities family housing.

Balfour Beatty Communities Foundation is excited to begin its scholarship program. The Foundation will offer scholarships that reward high school or undergraduate students in need of financial assistance, recognizing not only their educational and leadership efforts, but also the contribution of their parents and the sacrifices the children have made in their parents' absences.

Balfour Beatty Communities is encouraging its family housing residents' high school students to apply for these scholarships which are valued from \$1,000 to \$2,500. The application, details and requirements can be found at www.bbcommunitiesfoundation.org. The application deadline is March 15.

Balfour Beatty Communities is an industry leader in privatized housing committed to providing a quality living environment that supports the diverse interests and needs of its military families at 44 installations around the country.

According to Bruce Robinson, present and CEO of Balfour Beatty Communities, "The Foundation is our way of saying thank you to those who risk everything and sacrifice so much for our freedom."

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LifeWorks Schedule of Events for February/March



Feb. 27: National Chili Day Chili Cook-off. Bring your best pot of chili and recipe by the office to be judged by 2 p.m. today! Feel free to stick around and sample others! Winner receives dinner at a steakhouse!

27: Yard of the Month awarded - Make sure to cut both front and back yards!

March 1-31: Earth Day E-Waste Kick-off - we will be collecting e-waste all month long at various locations across the base in preparation for Earth Day, April 22. Bring your old TVs, computers, phones, or any other electronics to be recycled or properly disposed of. Do your part to make this Earth

Day a success and to make your life a little "greener."
1-17: St. Patrick's Day Coloring Contest - turn in your finished pictures for a prize.
11: Spring Craft Day - stop by the office to make your own special craft to ring in spring!
14: Nickel Creek Resident Welcome Barbeque - our

newest neighborhood is going to be filled with music, food, and fun from 1 to 6 p.m. on this special Saturday! Stop by to enjoy a hot lunch off the grill, hours in the moon bounce, a few rounds of horseshoes and meet your new neighbors!
17: Happy St. Patrick's Day - stop by the office all day

long for green drinks, green food, green jewelry, green pens, green everything!
30: National Pencil Day - Running low on school supplies? We will be giving out pencils and erasers all day long in the office!
31: Yard of the Month Chosen - don't forget your backyards!

NMCB 7 redeploys to focus on Afghanistan Operations

By MC2 Michael B. Lavender
NMCB 7 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 have redeployed from Iraq to Afghanistan.

The move repositioned the battalion to build bases for additional U.S. forces already flowing into southern Afghanistan to reinforce the NATO-led International Security Assistance Force (ISAF).

"Our engineering services are needed here in Helmand Province, Afghanistan to construct a number of new forward operating bases (FOB) in support of the much publicized 20,000-plus troop surge into southern Afghanistan," said Navy Lt. Cmdr. James Brown, NMCB 7's operations officer. "We had a very important mission in Iraq supporting the First Marine Expeditionary Force, but there was a larger demand signal here in Afghanistan. Our unique capabilities to not only build, but to build in hostile areas, and defend ourselves and the new areas we create



Seabees assigned to Naval Mobile Construction Battalion 7 place dirt into Hesco protective barriers utilizing an up-armored excavator at a forward operating base.

U.S. Navy photo by MC2 Michael B. Lavender/Released

made Seabees the logical and necessary choice."

The movement included the embarkation of troops and equipment necessary to ensure mission success.

"The effort needed to airlift an entire Seabee Battalion's ar-

mored construction equipment in less than 40 days would be a tremendous accomplishment for any unit," said Brown.

"Recognizing the extreme importance of the mission and aggressive surge timeline,

NMCB 7 successfully rose to an even higher challenge. For the first 30 days we were simultaneously embarking ourselves out of Iraq and into Afghanistan, constructing a new 430-acre FOB, and providing security for five-miles

of site perimeter."

While deployed to Afghanistan, NMCB 7 will be part of ISAF, working with other U.S. Armed Forces and NATO allies, including British, Danish and Dutch forces.

"The first real evidence of the U.S.'s surge into Southern Afghanistan became apparent when the Seabees arrived," said British Royal Navy Lt. Cmdr. John Bawer, deputy chief of staff, Bastion for Supply, Logistics and Real Life Support.

"The U.S. Marines arrived first but the Seabees are what really captured our attention. We describe them as the 'enablers to the enablers.' In the [United Kingdom], we have nothing like them. The Seabees are a self contained unit who not just arrived, but asked not 'what the base could do for us' but rather 'what can we do for you?' Their efforts greatly impressed us as they were eager to help with an amazing attitude to back it."

While NMCB 7's main effort focused on quickly building the necessary force protection emplacements for the FOB the battalion will occupy, some Seabees focused on providing service to the U.K.-run base and other deployed units.

"The battalion of Seabees assisted with cooking meals and with dental work as well as some construction work," said Bawer. "They came in with great numbers, yet the impact to our base was minimal as they were so eager to help. We're very big about the Seabees, as they are personnel who can take charge of a project and ensure it is completed. The British can learn a lot from this cooperative effort and we have so far. It's been a

See **SHIFT** page 28



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Underwater Construction Team ONE
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**Find out more about UCT 1 at:
<https://www.seabee.navy.mil>**

New in the neighborhood? Do you know the fire escape plan? Ask your building coordinator. Stay informed.

NMCB 11's Family Enrichment Retreat builds family resiliency

By Lt. David Kim
NMCB-11 Public Affairs

For once, the sound of children talking and playing during a discussion was a welcome sound and not a discouraging distraction. On Jan. 9-11, Naval Mobile Construction Battalion (NMCB) 11 partnered with CREDO (Chaplains Religious Enrichment Development Operation) Southeast and The FOCUS (Families Overcoming Under Stress) Project to hold a Family Enrichment Retreat for 10 families in New Orleans, La. The 49 participants included families from NMCB 11, NMCB 74, NMCB 1, and Naval Construction Battalion Center, including 19 children ages 12 and under, four religious ministry team facilitators and three facili-

tators from The FOCUS Project.

The retreat was a unique event for several reasons. Although CREDO Southeast has been holding marriage enrichment retreats and personal growth retreats for some time, family enrichment retreats were not as common, mainly due to the added organizational complexity of integrating children into the program. Additionally, most of these retreats had been held in St. Simon's Island, Ga. or various locations in Florida. This was the first retreat offered in the Gulf Coast area in many years. The timing of this retreat was also at an opportune time for NMCB 11. When presented with the challenge of readying a new battalion and its family members for its first de-

ployment, a retreat seemed like the best venue for this endeavor to Lt. David Kim, the battalion chaplain. The challenge was organizing and funding a retreat that would be attractive to service-members and their families and also beneficial to the family's health and well-being.

Lt. Rickey Bennett and Lt. Kevin Norton of CREDO Southeast provided the funding and logistical expertise of negotiating contracts and details with local hotels and other potential retreat sites.

Partnering with the newly established FOCUS Project in Gulfport provided much-needed expertise in building family resiliency with children as well as with adults and some fun giveaways including toys and t-



U.S. Navy photo by Lt. David Kim/Released

Families from Naval Mobile Construction Battalion 11 take part in a web-exercise to show sources of support and the interdependence of military families. NMCB 11 is currently on deployment throughout Southwest Asia and Africa.

shirts. Finally, chaplains contributed their knowledge as subject matter experts for family and marriage dynamics and counseling. All these facili-

tators worked together to benefit a diverse array of families ranging from new-llyweds to families of seven,

See **FAMILY** page 25

COMMEX tests skills of NMCB 74 Seabees

By MC2 John Hulle
NMCB 74 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion 74 communications platoon participated in an exercise on board Naval Construction Battalion Center Gulfport, Miss., Feb. 9 - 13.

Lt. Merrith Johnson, NMCB-74 communications officer, said the purpose of the communications exercise is "to set-up and evaluate communication organization and proficiency of the battalion."

With more than a dozen networks transmitting voice and data to locations as far 65 miles apart throughout South

Mississippi, including retransmission sites staged from HMWVV's Yeomen 1st Class Charles Arabie, communication supervisor assigned to NMCB-74 said, "there is a lot going on."

Besides the difficulties of setting-up and operating HF, VHF, UHF and satellite networks and all the associated equipment, including generators to supply power, facilitators from the 20th Seabee Readiness Group graded their ability keep up communication.

"The most difficult thing is monitoring all the networks," said Arabie. "There might be an emergency—attacks on camp, you have to set priori-



U.S. Navy photo by MC2 John Hulle/Released

Utilitiesman 2nd Class Davis Russell and Equipment Operator Constructionman Matthew Medeiros, both assigned to Naval Mobile Construction Battalion 74 Communications Platoon, erect an OE-254/GRC antenna during a communications exercise on board Naval Construction Battalion Center Gulfport, Miss., Feb. 9. The week long exercise tests the battalion's field communication proficiency.

ties and send reports to higher."

Johnson said the exercise was a huge success. "We passed with flying colors," he said. "We were told by the 20th SRG this was one of the best commex's in recent years."

Johnson said communications are vital to the success of any field exercise and deployments.

"We will need to have the skills we train with during commex to be able to make communications work and maintain proficiency of communications operators," he said.

Seabees from NMCB-74 are preparing for a field exercise in March.

NCTC Awards



EA2(SCW) Gregg Morris, right, and CUCM (SCW) Charles Martens are recognized by Cmdr. Stephanie Jones, commanding officer of Naval Construction Training Center for their qualifications to mentor candidates for Master Training Specialist certifications. Many NCTC staff strive to improve their performance by completing the challenging MTS program. MTS Mentors provide assistance and experienced advice to these candidates.

U.S. Navy photo by Milt Williams/Released

BU1 Brittney McCaske, far right, and YN1 Treva Alexander are presented with the red and white Platoon Commander's Aiguillettes by Cmdr. Stephanie Jones, left, Feb. 6. The petty officers earned their qualifications as Navy Military Training Instructors. NCTC's MTS staff provide valuable guidance, training, and constant support for "A" school students as they begin their Navy careers.

U.S. Navy photo by Milt Williams/Released



Spice in your life is not always a good thing

By MCI (SW) Terry Spain
NCBC Public Affairs



Naval Construction Battalion Center (NCBC) Gulfport, is taking a proactive approach against the new fad-dish over the counter drug, "Spice." This drug is also known as London Underground Head Candy and Spice Diamond. Although legal in the civilian community; it's illegal for Sailors.

All Sailors assigned to NCBC are required to sign a page 13, documenting their acknowledgment of the contents of CBCGPT instruction 5830.1, Military Substance Abuse Prevention and Control. Sailors recently assigned to NCBC will be informed of the new instruction policy during Indoctrination.

Although there is not a major Spice or drug problem for Sailors stationed on board NCBC Gulfport, educating them on the dangers of drug

Service members on board NCBC Gulfport must sign a page 13 acknowledging that the use of Spice is illegal.

use and informing them of the consequences it may have on their careers is main goal of NCBC leadership.

"The Navy drug testing standard is 10 to 40 percent for each command, but CBC tests 40 percent on a monthly basis." Commands throughout the Navy are also required to conduct at least one annual sweep, but the Commanding Officer can author-

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Det Andros Island work keeps NMCB 1 'Bees buzzing

By BU3 Alex Eneix
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 is currently wrapping up a month-long deployment for training at Atlantic Undersea Training Evaluation Center (AUTEC) Naval Installation on Andros Island, Bahamas. Sixteen Seabees have been working at two of AUTEC's four sites located around the island, repairing hurricane damage to berthing facilities.

Andros Island is the fifth largest island in the West Indies at roughly 2,300 square miles, but with a population of 6,000 it is the least populated. Due to the island's close proximity to the "Tongue of the Ocean," most of the Navy's undersea research occurs here. The

"Tongue of the Ocean" is the name of a deep oceanic trench in the Bahamas separating the islands of Andros and New Providence. The depth of the water drops from roughly 115 feet along Andros' east offshore barrier reef to over 6,000 ft, and the drop is roughly 100 miles long. This oceanic trench gives the Navy the opportunity to do testing and training with powerful submarines.

The base is primarily run by civilian contractors with access to the undersea warfare research restricted to authorized personnel only. Builder 3rd Class (SCW) Ger-shon Ormeo said, "At times, it doesn't seem like a Navy installation because all you see are civilians and local Bahamians."

The first project site was at the

main installation of the AUTEC command. The NMCB 1 crew completed a re-roof project to one of the concrete block housing units occupied by AUTEC's employees. The work consisted of removing all the old shingles, repairing the plywood around the vents that was damaged by water, and installing 11,600 square feet of new shingles and 456 feet of drip edge, gutters and soffit.

Builder Constructionman Jonathan Medina and Builder Constructionman Apprentice David Harris were the work horses of the project, going the extra mile and keeping the rest of the crew motivated.

Another Seabee on the re-roof

See DAMAGE page 20



U.S. Navy photo/Released

Seabees assigned to Naval Mobile Construction Battalion 1, Det. Andros Island, are pictured while on a month-long deployment for training at Atlantic Undersea Training Evaluation Center (AUTEC) Naval Installation on Andros Island, Bahamas. Sixteen Seabees worked at two of AUTEC's four sites located around the island, repairing hurricane damage to berthing facilities.

NCBC Multicultural and Diversity Committee

Presents

NCBC ANNUAL BLACK HISTORY PROGRAM



February 26
at
10 a.m. in the
Training Hall



Guest Speaker: Pastor Carlton G. McCarter, Major, USAF (Ret)

**Cake cutting and a special Black History Month Meal
will be served in the Galley Following the Program**

NMCB 27 constructs river barrier in Western Iraq

By MC2 Kenneth W. Robinson
NMCB 27 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion 27 homeported in Brunswick, Maine along with the Army 341st Multi Role Bridge Company and Marine Corps Kilo Co. 3rd Battalion, 7th Marines recently completed a construction project in support of Operation Iraqi Freedom in al Anbar province.

The Mission consisted of constructing an 800 foot incursion barrier spanning the Euphrates River.

Petty Officer 1st Class Brian Workman lead the project which included steelworkers, construction mechanics, equipment operators and an engineering aid and builder from NMCB-27 as well as coordinated all efforts between the other services.

"As Lead Petty Officer, my job was to plan and oversee the execution of our mission," said Workman. "I was designated for this project prior to our departure from homeport; as a civil engineer, I had plenty of varied construction experience to over-

see this project and make it work."

"The collaboration of the joint efforts could not have been smoother. There were seven units that joined together providing 200 plus people working on the project," added Workman.

"Our task was to construct approximately, eight hundred feet of small craft incursion barrier across two sections of the Euphrates River." stated Workman.

In charge of the Army crew was 1st Lt. Michael J. Lordeman. The Army supported the project by providing their MK2 Combat Support (bridge) boats and six float rafts to transport the equipment needed by the Seabees to the other side of the river.

"It was a pleasure working with the Seabees to complete this project and bring a little bit more security to the country of Iraq," said Lordeman.

Petty Officer 1st Class Edward Frank lead steelworker in charge of constructing the anchor assembly for the north anchor, was also in charge of anchoring island concrete T-

barriers, each weighing roughly thirteen-thousand pounds for each barrier.

"As the project continued I had gone from lead steelworker to crew leader of all work on the north shore," said Frank. "I believe this was a very good change for the project because of my civilian experience as a lead superintendent of a world wide construction company."

On the banks of the Euphrates, Frank, along with Petty Officer 3rd Class Eric Kauffman of Granville, Penn., installed the anchors to hold the barrier in place. During the evolution Kauffman was tasked with operating the excavator and the D-7 dozer to provide land clearing for concertina wire that stretched across the island and digging t-barrier foundations.

"Being a professional excavator operator in my civilian life, I felt at home on the project and had a lot of fun." said Kauffman.

"We had a lot of good leadership on the project which in turn made my job a lot easier," added Kauffman.

The crew had to overcome many obstacles including the elevation difference between the



U.S. Navy photo by MC2 Kenneth W. Robinson/Released

Equipment Operator 3rd Class Eric Kauffman, assigned to Naval Mobile Construction Battalion 27 uses an excavator to clear a section of the Euphrates River bank to move equipment that the Seabees required to conduct construction operations. The tasking of the Seabees is to conduct Marine Expeditionary Forces directed construction projects for Marines and other units operating in al-Anbar province.

survey points. The elevation difference between both shores was greater than the equipment could overcome in order to see across the island to the North Shore to find our point of reference. This problem was quickly solved by setting Petty Officer 2nd Class Jose Soto of Long Island, NY, up on top of one of the security gun trucks which added an extra 10 feet of eleva-

tion. From there they could see where to begin to set the centerline for earthwork.

"The mission was to place a water barrier as close as possible to the border in the Euphrates River," said Soto. "The most critical part of the mission was to exact a line as close as possible to the border without causing an international crisis, and it was my task to trace that line. I can say that I am proud to be a Seabee."

Also, the high water table added problems to the project, but were soon overcome. "Kauffman and I had installed the anchors and ran into problems because of the water table being so high at the edges of the island," said Frank.

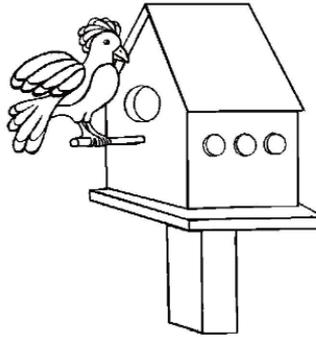
"I had made two field adjustments, bringing both anchors away from the river . . . these anchors would not have been installed as expediently as they were, if not for a skilled equipment operator such as Kauffman," said Frank. "In my fourteen years with the Seabees, I have not worked with such a

Kids Korner

Joke of the Day

What do you get
when you cross a frog
and a bunny?

A ribbit!



Color the bird house

Vegetables

Find and circle all of the vegetables that are hidden in the grid.
The words may be hidden in any direction.

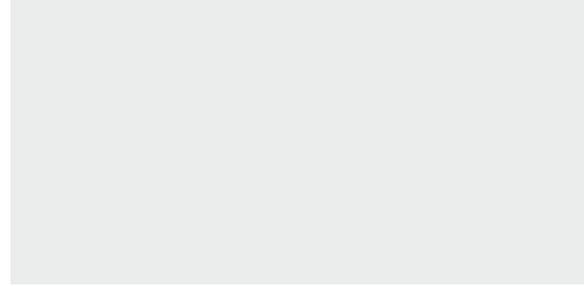
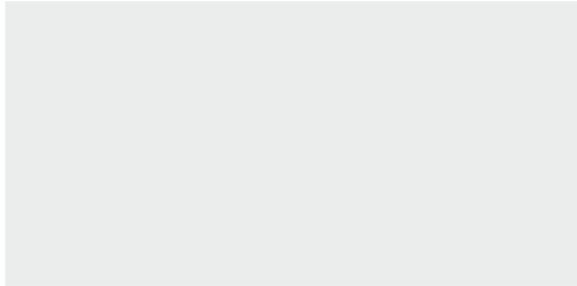
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G L R R W H C A N I P S C
Z L K E T P P O T A T O T
N B B B W Y I O N O I N O
H R R M F O N N H O A P C
A M O U K E L S S L T I E
S N C C E O I F P R B L L
A M C U G D H G I L A C E
E S O C A A G L E L A P R
P Q L R B E I T R R U T Y
P U I I B B T P R A E A D
L A L F A U B O B E B U C
N S O S C B T U B R S I K
J H J E R R U T A B A G A
    
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BEET	CUCUMBER	PEAS
BROCCOLI	EGGPLANT	POTATO
CABBAGE	KOHLRABI	RADISH
CARROT	LETTUCE	RUTABAGA
CAULIFLOWER	ONION	SPINACH
CELERY	PARSNIP	SQUASH
CORN		

**W
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Please park in
designated areas
on board NCBC.
DO NOT park on
the grass.
Violators will be
ticketed!





22nd NCR weapons training

U.S. Navy Chief Yeoman Wyndess Lund (SCW/SW/AW) fires an electronic M-16 rifle while participating in the Fire Arms Training Simulator (F.A.T.S.) here, Feb. 19. The 22nd Naval Construction Regiment is preparing troops for a future deployment while maintaining combat readiness throughout the ranks.

U.S. Navy Photo By MCSN Michael Wright/Released

From **SPICE** page 7

ize up to five per year, said Chief Boatswain's Mate Keith Whitlow, Urinalysis Program coordinator.

Sailors, who choose to use or distribute drugs, will be caught and punished under Article 112 (a) of the Uniform Code of Military Justice. Sailors are given maximum punishment at non-judicial punishment, which is reduction in rate, forfeiture of one half months pay per month for two months, and 45 days restriction and extra duties which will lead to administrative separation from the Navy.

"We support the Chief of Naval Operations policy to make the Navy drug free. We expect nothing but the best from our Sailors," said Chief Legalman (SW/AW) Marlin Champagne.

For more information on the Navy's Alcohol and Drug Abuse Prevention Program, visit:
<http://www.npc.navy.mil/CommandSupport/NADAP/>.



Navy Lodge Associate of the Quarter

Marquitta Walker was recently selected as the Navy Lodge Program Associate of the Fourth Quarter of 2008. Walker's exemplary work ethic, her guest service focus and overall commitment to the Navy Lodge Gulfport were key elements which led to her selection. "A favorite part of my job as a front desk clerk at the Navy Lodge is helping the customers," said Walker. "They always have great stories and it is never dull."

As the Associate of the Quarter, Walker's photo will be prominently displayed with an award plaque at Navy Lodges worldwide. She was also rewarded with a \$200 Savings Bond. Walker has been employed at the Gulfport Navy Lodge since April 2007.

U.S. Navy photo by MC3 Brian McCarthy/Released

Recycling Saves,
Recycling Pays!

Buzz on the Street



By MC2 Gregory Juday

How has the current state of the economy affected you or someone you know?



"My mother lost her job of several years, leaving my step-father as the sole provider for the family. It just makes it harder to get by."

SK2 Kurita Lewis
20th SRG



"The cost of groceries has gone up drastically, making it hard to support a family on a single income."

RP3 Shaun-Michael Vanasselberg
NMCB 7



"I have many friends that recently got out, that did not enjoy the Navy, who are now looking to get back in due to the lack of available jobs."

UT2 Carson Stevens
25 NCR

New, improved NCBC Web site is information lifeline

By NCBC Public Affairs

Without much fanfare to speak of, the Naval Construction Battalion Center Gulfport Web team launched a brand new and improved base Web site.

The team of Janice Zimmer, Chuck Billeaud and Susan Poolson from NCBC Information Technology collaborated with Public Affairs Officer Rob Mims and members of the NCBC Public Affairs Office to re-vamp the site over the holidays in time for the first duty day of the new year.

The new site located at www.cnic.navy.mil/gulfport is much faster than the previous version and provides a wealth of information just on the front page alone. The page is separated into three sections, "Newsroom," "Inside the Gate," and "Command Info."

"Newsroom" centers around just that ... News. Along with the electronic version of the Seabee Courier, the daily changing site provides an updated "Today at NCBC" photo every duty day and, news stories and photos shortly after an event occurs. Visitors who missed a daily photo or story can now visit the archives of both.

In the center of the front page, Web site visitors can view everything going on "Inside the Gate." This area shows areas of interest mainly occurring on board

See **Web Site** page 18

Focus on Education

Academic achievement



Navy College Director, Dr. Alex Carter presents Chief Aerographer's Mate (AW/SW) Christopher L. Martin his Bachelor of Science degree in Geoscience from Mississippi State University.

U.S. Navy photo by MCI (SW) Terry Spain

Navy College Director, Dr. Alex Carter presents Construction Electrician 2nd Class Nina Colon, of Naval Mobile Construction Battalion 133, with an Associate of Arts degree from Coastline Community College.

U.S. Navy photo by MC3 Brian McCarthy/Released



Military Child Education Coalition trains on board Seabee Center

By Laura Campbell
MCEC Public Affairs

The Military Child Education Coalition (MCEC) held training Feb. 12 - 13 at the Anchors and Eagles to help prepare guidance professionals and other educators to recognize and address school transition concerns that impact on mobile military students.

Military Child Education Coalition, is a worldwide organization which was founded 10 years ago to support the nearly two million military-connected students in their frequent transitions from school to school and community to community. The MCEC concentrates on all military-connected students and familie, and includes all branches of the service.

Phase I of the Transition Coun-

selor Institute focuses on transitions and military life and covers military lifestyle and culture, school transition programs, transition perspectives, sharing of TCI with school districts, understanding military life and transitions, understanding local transition challenges, ways to ease the challenges of transition and using research such as the Secondary Education Transition Study (SETS).

The Transition Counselor Institute was the first institute created by the MCEC, and since it started in July of 2000, over 5,000 professionals have completed it.

Additional information on the MCEC institutes may be found on the Web site:

www.militarychild.org.

"What sculpture is to a block of marble, education is to the human soul."
Joseph Addison

Navy SPEAK12 Team meets at NCBC

From NCBC Public Affairs

The first Navy Strategic Planning for Education Advocacy, K-12 meeting occurred on board Naval Construction Battalion Center Gulfport Feb. 10-11 at Anchors and Eagles.

Newly hired School Liaison Officers from nine Regions were represented and began initial planning for finishing the execution plan for implementing Navy Child and Youth Education Service (CYES).

CYES will provide 50 School Liaison Officers who will be located at most Navy installations and focus on the challenges Navy Children face in grades K-12 during PCS moves and deployments of their parents.

Navy SPEAK12 Team is the Headquarters Commander Naval Installation Command and Navy Region School Liaison Officer strategic forum for K-12 education issues for Navy Families. This team is responsible for developing and making recommendations for CNIC, N912 policy and Navy-wide policy and focus.

Additionally, the Navy SPEAK12 Team Region School Liaison Officers represent their commands on programming and development of the Navy Strategic Plan for K12 Education. Team responsibilities include making recommendations that impact the outcomes of relocation and deployments on Navy school-age children.

School Liaison Officer
Location: MWR, Bldg 352
1706 Bainbridge Ave. , NCBC
(228) 871-2117



2009 Navy College Office
Education Fair



COMING SOON!

- When: Wednesday, March 18, 2009
- Time: 9 a.m. – 2 p.m.
- Location: Naval and Marine Corps Reserve Center, Building 114
- Contact number: (228) 871-2785



U.S. Navy photo by MC2 Erick S. Holmes/Released

Construction Electrician 3rd Class Jacob Simno, Naval Mobile Construction Battalion 11, puts the finishing touches on a future power supply source for an air compressor, part of a future Reverse Osmosis Water Purification Unit (ROWPU), the only method of creating potable water on Camp Lemonier. NMCB 11 is currently on a six-month deployment, supporting Combined Joint Task Force-Horn of Africa.

NMCB 11 arrives in Africa

CJTF-HOA builds friendships overseas

By MC2 Erick S. Holmes
NMCB 11 Public Affairs

Naval Mobile Construction Battalion (NMCB) 11's Detachment Horn of Africa (Det. HOA) is slated to conduct unique missions in conjunction with Combined Joint Task Force-Horn of Africa for the next six months. Projects include repairing and building schools, building bridges and digging wells in Djibouti, Comoros, Ethiopia and Uganda.

"We're building a school for kids because they are less fortunate than us," explained Builder 2nd Class (SCW) Craig A. Kresge, a crew leader for the Hamaramba School project in Comoros. "And you should always help people

less fortunate than you," he said.

This tasking supports CJTF-HOA's mission of winning hearts and minds in Africa, as well as providing much needed humanitarian assistance.

With 118 Seabees deployed to various locations, planning played a major role for these missions.

"We're spread over colonial, tribal and geographic boundaries," explained Lt. Stephen S. Legg, NMCB 11 Det. HOA officer in charge. "This created logistical challenges due to things like country clearances to the forward operating locations," Legg said.

NMCB 11 began a turnover with outgoing battalion, NMCB 4. The process included an inven-

tory of supply, central tool room and project turnover as well as a battalion equipment evaluation process, inspecting all vehicles and tools.

During the turnover, NMCB 4 and NMCB 11 worked together and demonstrated the Seabee Can Do spirit, becoming one crew to build a stage and picture frames on short notice for Camp Lemonier's change of command ceremony Feb 5.

"This deployment is important to me because it is my first one as a crew leader and a petty officer second class," explained Kresge. "I'll get to polish my skills as a leader."

NMCB 11 will be in U.S. Africa Command until August 2009.

NMCRS gears up for major campaign

Story and photo by MC3 Brian McCarthy

NCBC Public Affairs

Navy Marine Corps Relief Society (NMCRS) Gulfport kicks off its active duty fund drive, March 2. The fund raising campaign is a month long annual event to raise money for NMCRS, which supports service members facing financial emergencies.

"We're about financial education," said Alice Huffman, NMCRS Gulfport director. She said the purpose of NMCRS is to teach people solid financial planning and to assist service members facing financial burdens in the form of loans and grants. "That's our mission and we do that as partners of the Navy and Marine Corps," she said.

"I make sure the fund drive is going well," said Chief Steelworker Michael Clodfelter, this year's NMCRS Gulf Coast area coordinator. His job is to help set up and organize the drive and to make sure that the command representatives are doing their job, which is making 100 percent contact with the service members. One hundred percent contact means just that, according to Clodfelter. It means everyone in uniform has been informed about the mission and message of NMCRS and been given a chance to donate.

"I can tell you that in the eleven years that I've been with NMCRS Gulfport, the goal has always been the same, and that is 100 percent contact," said Huffman. It's that kind of determination which ultimately makes the fund drives successful, she said.

Clodfelter said the reason to donate is because all the money raised is to help the men and women of the Navy and Marine Corps. "It goes right back to the troops," he said. Huffman added that it's not only donations that are needed, but volunteers too. She said without the volunteers, the society wouldn't be able to provide its many services and programs like Budget for Baby seminars and the visiting nurses services. "The volunteers are the bread and butter," she said.

Some of the fund raisers on this year's agenda include car washes, hot dog sales and the Run for Relief 5K challenge scheduled for May 20.

In 2008, NMCRS Gulfport assisted over 1,600 service members and provided \$846,000 in financial assistance. "Society assistance is based on needs, not wants," said Huffman.

NMCRS is a non-profit, Department of the Navy program and was founded in 1904. For more information on how to donate or to qualify for financial assistance, contact Alice Huffman at 871-2610.



Alice Huffman, Director of Navy-Marine Corps Relief Society Gulfport conducts representative training for the annual NMCRS active duty fund drive which begins March 2. Representatives spread awareness of the NMCRS to service members each year.



Outdoor recreation and auto hobby

Located in Building 397
Monday/Saturday, 8 a.m. - 4 p.m.
Tuesday-Friday, 9 a.m. - 6 p.m.
871-2804

• There is a temporary mechanic on duty at Auto Hobby. Please call for to find out what days he is available.

• Outdoor Recreation has all of your essential equipment rentals. Stop by today to rent one of our new mountain bikes, canoes, or kayaks!

Youth activity center

Located in Building 335
Monday-Friday
2:30 - 5:30 p.m.
Tuesday 5:30 - 8:30 p.m.
Friday 5:30 - 9:30 p.m.
Saturday 9 a.m. - 9 p.m.
871-2251

Kellogg's grant to help fund Junior Olympics at Youth Activities Center

The Gulfport Navy Youth Center has been awarded a grant from Kellogg's Frosted Flakes that will be used to host Junior Olympic activities at the youth center now through August. The grant, valued at \$1,500, includes tennis balls and rackets, soccer balls, basketballs, participation ribbons, and administrative handbooks.

Spring Break Camp Sign-Ups

Spring Break Camp sign-ups are March 16 for all Military Dependents and DoD Civilians. The program will run April 13-17 for Gulfport City Schools and April 6-10 for Long Beach Schools. Camp hours are from 6 a.m.-5:30 p.m. and children will need to bring a sack lunch.

Liberty center

Located in Building 342 T1
Sunday-Thursday 9 a.m.- 10 p.m.
Friday-Saturday 9 a.m.- midnight
871-4683/4684

WEEKLY ACTIVITIES:

MONDAYS.....Card Night
Free and begins at 6 p.m.
Blackjack, March 2
Spades, March 9

TUESDAYS...Ping Pong Challenge
FREE and begins at 6 p.m.

THURSDAYS.....Pool Tournament
\$5 at 6 p.m.
First-third place winners receive a great prize!

Liberty activities:

• **Hinder at the Hard Rock**
March 1 at 4:30 p.m. Tickets are \$27 and going fast. Please contact the Liberty Center to reserve your ticket today!

• **Seawolves vs. Gwinnett Gladiators**
March 3 at 6 p.m. Tickets are \$12 and transportation is free!

• **New Orleans Hornets vs. Dallas Mavericks at the New Orleans Arena**
Thursday, March 5 at 4:45 p.m.
Tickets are \$25

• **Monster Jam at the MS Coast Coliseum**
March 6 at 7:30 p.m.

• **Rascal Flatts at New Orleans Arena**
March 6 at 6:15 p.m. Tickets are \$37

• **Skydiving**
March 8 at 9 a.m.
\$130 for an experience of a lifetime!

• **St. Patrick's Day Festivities with food, Beer-Goggles, and Tricycle Races**
FREE Monday, March 16
at 6:30 p.m.

Gym

Located in Building 361
Monday-Friday
4:30 a.m.- 8 p.m.
Saturday
9 a.m. - 5 p.m.
Sunday
9 a.m. - 5 p.m.
871-2668/2353

Fitness

• **Dodge Ball Challenge**
Bring a team of 6-8 players. Select a team captain and sign up Feb 27. The challenge will begin at 7:30 a.m. on the basketball court. There is a 10 minute time limit on each game or the first team to knock out the opposing team. It is a single elimination, best of three.

IM captain's cup

• **Co-Ed Softball League**
Signup now until March 5. It will consist of a five week league scheduled for Tuesdays and Thursdays

• **Command Intramural Golf**
Register now through March 21 Season starts March 9. For more info please contact Sam Perkins at 871-2353.

Grill

Located in Building 361
Monday-Friday
6 a.m.- 2 p.m.
Saturday and Sunday
7:30 a.m.- 1:30 p.m.
871-2494
Starting March 7, the Grill will be open on weekends. The hours will be 7:30 a.m.-1:30 p.m. A limited menu will be offered with breakfast served all day along with burgers, chicken sandwiches and fries.

ITT

Located in Building 352
Monday-Friday
9 a.m. - 6 p.m.
Saturday, 9 a.m. - 1 p.m.
871-2231

• **Complimentary 2-Park Unlimited Ticket from Universal Studios Orlando!** Active, retired & reservists receive a ticket good for up to seven consecutive days. Companion tickets are being offered for \$89 each! These tickets are good at Universal Studios Florida, Islands of Adventure and Universal City Walk.

• **Hero Salute** offer through the Busch Parks (Sea World/Busch Gardens) where Active Duty and up to three immediate dependents get in for FREE!

• **Base-wide Yard Sale**
March 14 from 8 a.m. - 1 p.m. on the Grinder. Come sell your stuff or find a bargain! Everyone welcome! Bring a friend!

• **Orlando Theme Parks Trip over Memorial Day Weekend!** Depart CBC at 6 p.m. May 22; ETA for return May 25 is 7 p.m. This is the perfect opportunity for Military (Active Duty, Retirees and Reservists) to take advantage of their FREE ticket and companion tickets starting as low as \$96! The trip will include round-trip deluxe motorcoach transportation and three nights hotel accommodations (hotel to be determined). Pricing will be available shortly.

Community Notes

SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members of NMCB 1 Seabees to attend NMCB 1 FRG meetings the first Thursday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall, preceded by a potluck dinner at 6 p.m. Children are welcome and baby sitting is provided. For more information, contact FRG President Angela Sourwine at: (228), 323-0036 or e-mail: a.sourwine@yahoo.com or FRG Vice President Rashelle Geddis at: (228) 224-1475 or e-mail: racechick40@hotmail.com.

NMCB 7 FRG invites friends and family members of NMCB 7 Seabees to attend NMCB 7 FRG meetings the third Wednesday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall. Children are welcome and baby sitting is provided. For more information, contact FRG President Kayci Murrell at: seabee_wife_05@yahoo.com.

NMCB 74 FRG welcomes all friends and family members of NMCB 74 Seabees to join the NMCB 74 FRG. While the battalion is in homeport, the FRG will not be meeting on a regular basis. For more information, contact FRG President Torell Coquet at: (931) 338-8420, or Secretary Amy Tamplin at: (937) 570-0353.

NMCB 11 FRG welcomes all friends and family members of NMCB 11 Seabees to attend NMCB 11 FRG meetings the second Tuesday of every month at 6:30 p.m. in the CBC Chapel Fellowship Hall. Bring a dish to take part in the potluck dinner at 6 p.m. Children are welcome and baby sitting is provided. For more information, contact FRG President Tessa Grimes at: tgrimes730@hotmail.com or (228) 229-9579.

NMCB 133 FRG invites all friends and family members of NMCB 133 Seabees to attend NMCB 133 FRG meetings the first Tuesday of every month at 6 p.m. at the CBC Chapel Fellowship Hall. Children are welcome and baby sitting is provided. For more information contact: NMCB133FSG@gmail.com

Naval Officer's Spouse Club

The Naval Officer's Spouse Club holds monthly meetings the fourth Thursday of every month at 6:30 p.m. in the Building 1 conference

room. For more information contact: noscgulfport@yahoo.com.

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society Thrift Shop is located in Building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers. Child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. New volunteers are always welcome. Visit the Navy-Marine Corps Relief Society offices at the Fleet and Family Support Center, Building 30, Suite 103, or call (228) 871-2610 to obtain information about becoming a part of the NMCRS volunteer team!

Gamblers Anonymous

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

Retired Activities Office is located in the Fleet and Family Support Center and staffed entirely by volunteers for the retired military community. RAO's services are free and are intended to assist customers in obtaining their entitled rights, benefits, and privileges as a retiree, dependent, or survivor of a military service member. Hours of operation are Monday - Friday, 9 a.m. to noon. Call for an appointment at 871-3000 ext. 35 or just drop in.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The 12 hour, three-day course is offered the last week of the month (Tuesday, Wednesday and Thursday) from 9 a.m. - 1p.m. in the CBC Chapel Fellowship Hall. The course and child care are FREE! Please R.S.V.P. (228) 871-3000 ext. 7444 Ask for COMPASS!

Naval Sea Cadets - Gulfport branch are recruiting youth ages

11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., Bldg. 60, Room 105. For more information contact Lt.j.g. Bowling at: (228) 313-9035 or coachcb_yahoo.com; or AGC Enrique Acosta-Gonzalez at: (228) 871-3787 or enrique.acosta@navy.mil.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 2:30 p.m. at CBC's Beehive, Building 352. Call MC1 Terry Spain at: 871-3663 or EO1 Denise Demontagnac at: 871-2970 for more information.

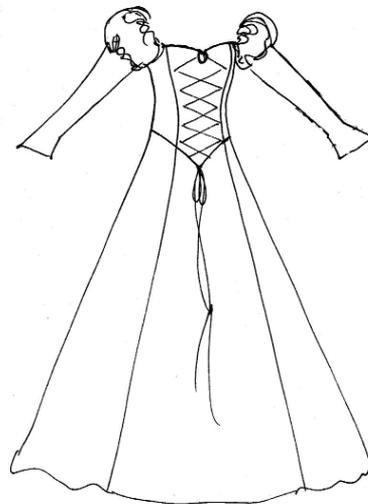
VFW Post 3937 Long Beach is open every Friday from 6 - 8 p.m. for a seafood, steak, or pork chop dinner. Weekend breakfasts are served from 7 - 10 a.m. on Saturdays and from 9 - noon on Sunday. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Lew Fountain 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. VFW meetings are held the first Wednesday each month at 7 p.m. Old and new members alike are welcome and encouraged to attend. For more information call Post Commander Bill McNicholas at: (228) 832-0017 or Sr. Vice Commander Ben Barker at: (228) 832-3798.

HERITAGE

The Seabee Gift Store has relocated to the new Training Hall, building 446. Hours of operation are: Monday - Friday, 10 a.m. to 4 p.m., (open weekends upon request), phone: (228) 871-4779. The shop has several command exhibits depicting the history of the Seabees. Our gift shop carries a variety Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of our new museum in Port Hueneme, Calif. Our web address is: www.seabeesmuseumstore.org/shop/index.php.

NMCRS Thrift Store seeks donations



The NMCRS Thrift Shop is actively seeking gently-used ball gowns for The Seabee Ball. The donated gowns go on sale at the Thrift Shop March 3. Located in bldg. 29, Thrift Shop hours are Tuesday, Wednesday, and Friday from 9 a.m. - 1 p.m.

Navy advancement exams schedule

March 2009 E4/E5/E6 Navy-wide advancement exams for active duty personnel will be administered on:

E6: March 5

E5: March 12

E4: March 19

Exam candidates need to report to warehouse 200 at 6:30 a.m. in the uniform of the day, with military ID cards in hand. Warehouse 200 is located near Holtzman Ave.

From **Web Site** page 13

NCBC. From special events such as the Seabee Ball, to all the happenings the MWR provides. It also includes family specific information, chapel events, as well as where to shop and eat on base.

The far right area contains "Command Info." This section contains pertinent information from the command level. The "Skipper's Log" is a commentary from Capt. Ed Brown, NCBC commanding officer. These are archived for people who missed the inspirational words to read at their leisure.

There are several "must read" areas that round out the front page including Work Force topics, Diversity Recognition, Education, Housing and Tenant Links The team knows there is a lot of informa-

tion; however, they have tried to break it up into its own categories for easy consumption. But that is just the front page. At the top of the page are drop down menus which will take you to a multitude of pages located inside, covering nearly every department on board NCBC. The team recommends

everyone save the site to their favorites or even make it their homepage and view it daily as the information changes often. Anyone who has recommendations, concerns or compliments can contact the Web team at NCBCG-PTWebmaster@navy.mil or call NCBC Public Affairs at 228-871-2699.

Did you know?



A used aluminum can is recycled and back on the grocery shelf as a new can, in as little as 60 days. That's closed loop recycling at its finest! Used aluminum beverage cans are the most recycled item in the U.S., but other types of aluminum, such as siding, gutters, car components, storm window frames and lawn furniture can also be recycled. Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.

Installation Antiterrorism Note

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

From FLEET page 1

sound advice and tell me what I need to hear and not what I want to hear," said Greenert. "I look forward to working with him and welcome the exceptional experience he brings to the fleet."

With his new assignment, Howard becomes the command's senior enlisted advisor for more than 100,000 active-duty and Reserve personnel who serve on 150-plus ships and submarines and 79 shore activities within USFF's Area of Responsibility.

"Getting the right message out to Sailors is paramount," said Howard. "We drive policies that affect Sailors and their families daily. Our responsibility at the senior-enlisted level is to talk with Sailors and find out what's on their minds, and then to take their input and see if we can shape future policy with it."

Howard graduated in 1981

from Roy C. Start High School in Toledo, Ohio, and enlisted in the Navy, graduating from Recruit Training Command, Great Lakes in February 1982.

Howard completed numerous ship and shore tours, including USS Belknap (CG 26), USS Missouri (BB 63), Carrier Group 4, USS John C. Stennis (CVN 74) and at Commander in Chief, U.S. Atlantic Fleet.

"I have dealt with a lot of adversity in my career, said Howard. "I tell Sailors at all-hands calls all the time that the only difference between a championship prizefighter and the number one contender is the prizefighter's continued ability to get up off the canvas one more time than they've been knocked down."

Upon selection to the Command Master Chief (CMC) program in 2001, Howard assumed duties as command master chief, NSGA Northwest. Follow on CMC tours

included USS Juneau (LPD 10), Amphibious Group 1/CTF 76 in Sasebo, Japan, and finally as the fleet master chief for U.S. 7th Fleet embarked aboard USS Blue Ridge (LCC 19) in Yokosuka, Japan.

Howard brings an unrelenting sense of commitment to the Navy, with an emphasis on service to the fleet, anytime and anywhere.

"As we move forward in the Navy, it is going to be very important [for Sailors] to be able to serve wherever and whenever the Navy's needs may send us," said Howard.

Howard's personal decorations include the Meritorious Service Medal (three awards), Navy and Marine Corps Commendation Medal (two awards), the Navy and Marine Corps Achievement Medal (four awards), the Navy Good Conduct Medal (six awards) and various service and campaign awards.

Need TAX help? Active duty service members and their families may contact VITA at (228) 871-2620 to schedule an appointment for FREE tax preparation assistance.

From **DAMAGE** page 7

crew, Builder 3rd Class Michael Mcginley, said of his experience, "Just another work day in paradise. The building's residents were ecstatic that we were improving their home."

Numerous residents complimented the crew saying that the Seabees were professional, polite, and that they worked tirelessly. In the end, AUTECS Resident Officer in Charge of Construction (ROICC), Dennis Maney, was thrilled with the product.

The second project site was 25 miles south of site one and is one of the three radio stations for AUTECH. A crew of six Seabees removed and replaced all of the dry-wall and insulation from three rooms, then primed and painted. After the drywall portion of the project was completed, 24 hurricane shutters were replaced with new, more durable shutters. However, despite this hard work, the crew was never left hungry. At the

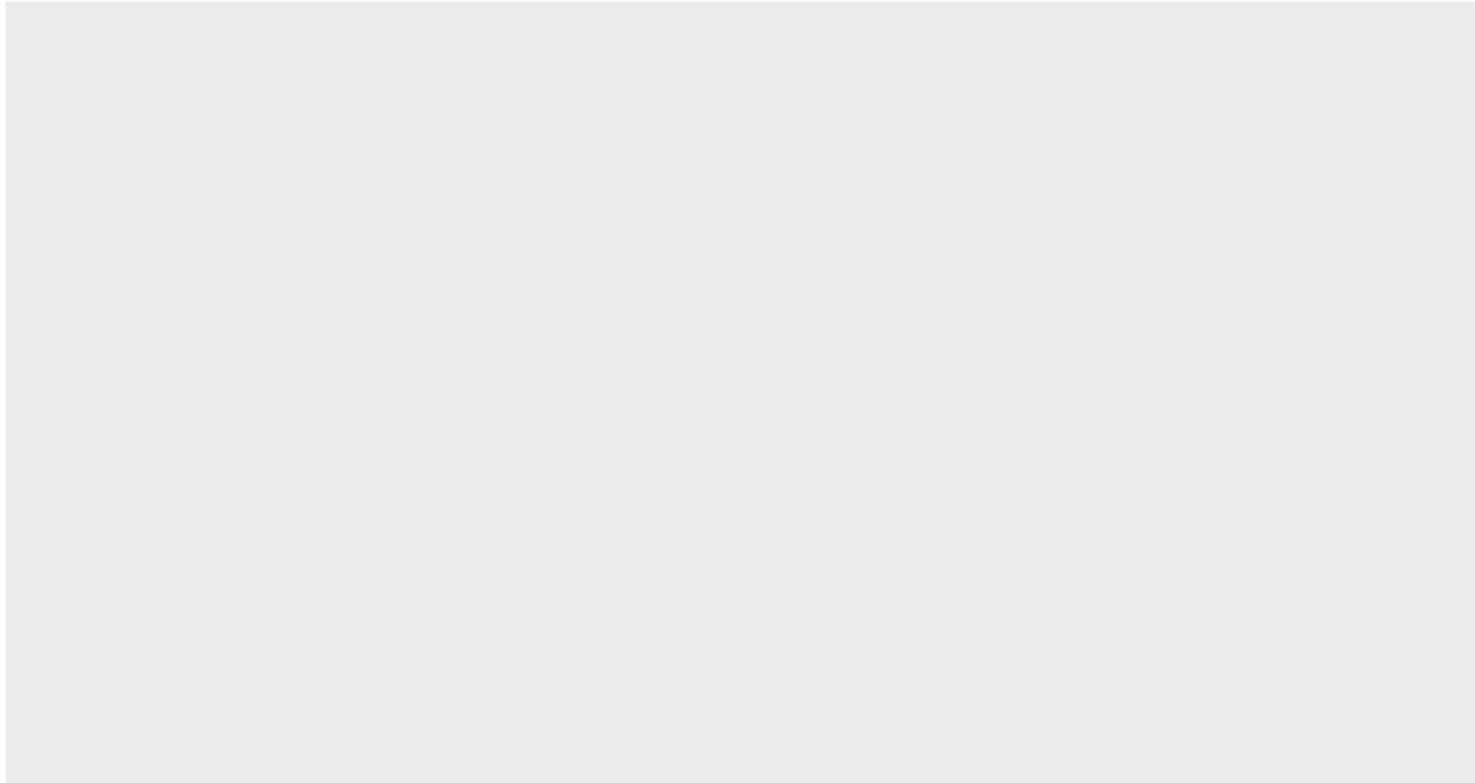
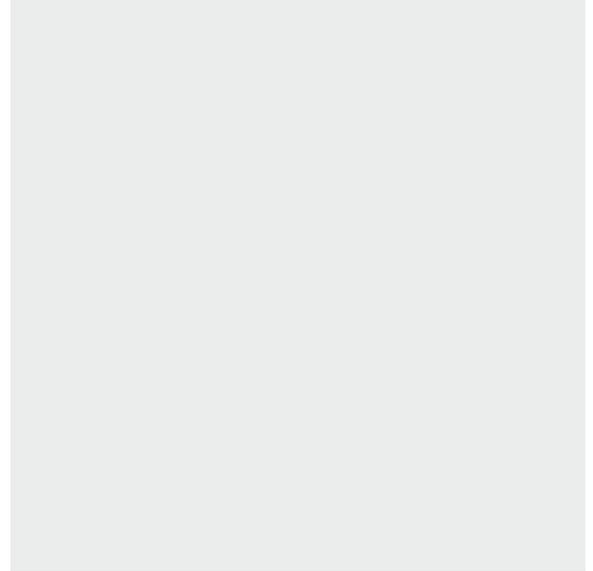
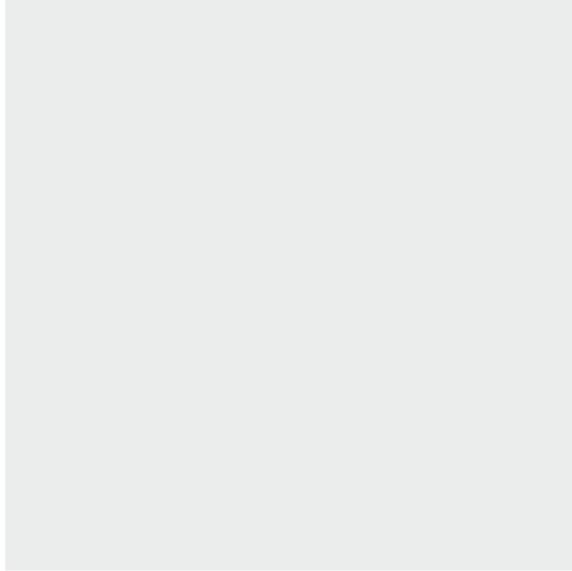
site, a local cook prepared meals. From homemade cookies to local Bahamian food, the cook kept the Seabees satisfied.

After work, the Seabees enjoyed a variety of water sports. They snorkeled the local reefs and jetties

and saw many different species of fish and sea creatures including sting rays and a seven-foot reef shark. Builder 3rd Class (SCW) Joshua Geddis said, "Not only is this a beautiful place to visit but the fishing is awesome! It's a great

place to work!" Kayaking was also available. Some of the Seabees paddled out to the local keys and lagoons for exercise and to see the island view from the water. Some of the crew members enjoyed fishing from the pier on

base and talking to the locals about their culture and how life is on the island. Builder 3rd Class Douglas Norris said "I have always dreamed of visiting the Bahamas, and what makes it better is that I got to do it with the Seabees!"



From **HONESTY** page 2
you don't want to disappoint. What if you told someone who you will, on a weekly basis, report your progress to, which in turn will add to your level of commitment?

Set a goal, pick someone who will call you or see you every week to ask you for an update (don't miss an appointment) and make a commitment. Make it and

mean it. You don't need to be close to the person, but the most important thing is to find someone who will see through the excuse. This person will get as much from helping you as you get from them. If you see that someone is trying to improve, be this person for them. Encourage them, don't buy the excuse and help them find ways to be successful.

Makin Island aviation crew completes crash, salvage training

By MC2 Glenn Robertson
PCU Makin Island (LHD 8)
Public Affairs

Twenty Sailors from Pre-Commissioning Unit (PCU) Makin Island (LHD 8) completed the five-day Crash and Salvage Team Trainer course Feb. 13 at Naval Air Station (NAS) Pensacola.

The course, administered by Naval Air Technical Training Center (NATTC), is a requirement for ship's aviation certification, the process designed to ensure required shipboard aviation facilities and equipment are installed and functioning properly.

The Makin Island Crash and Salvage Team made the trip to Pensacola from Pascagoula, Miss., to take part in the training. Fifteen junior Sailors, as well as two Second Class Petty Officers, the Team Leading Petty Officer, Leading Chief Petty Officer, and Air Boatswain, participated in the course. Coming together as a single team for the first time, they earned a perfect score on the final practical exam, an unprecedented feat for a pre-commissioning ship.

"They displayed the knowledge and motivation that's going to be necessary on board Makin Island," said Chief Aviation Boatswain's Mate, Handling (AW/SW) Hoover Jensen, Crash and Salvage Leading Chief Petty Officer. "Now they have to bring it to the ship and maintain or increase their abilities as crash and salvage crewmen."

The training covered live aircraft fires, both internally and externally, according to



U.S. Navy photo by MC2 Glenn S. Robertson/Released

Members of Pre-Commissioning Unit (PCU) Makin Island's (LHD 8) Crash and Salvage Team run toward a CH-46 Sea Knight to chock and chain the aircraft during a training exercise at Naval Air Station (NAS) Pensacola. The Sailors took part in a week-long specialized training program at NAS Pensacola covering how to properly handle flight deck catastrophes and aircraft fires.

Jensen, as well as aircraft rescue and salvage procedures on every aircraft that will be used in flight operations aboard Makin Island. They combated live aircraft fires on foot as well as using the P-25 Mobile Fire Fighting Vehicle, and operated a crash forklift and crane to perform aircraft salvage operations.

They performed firefighting and rescue operations with aircraft filled with smoke as well as engulfed in flame, according to Aviation Boatswain's Mate, Handling Cody Sprayberry, and also the proper procedures for shutting down a number of aircraft in order to properly complete salvage efforts.

The final practical exam simulated an aircraft crash on a flight deck, and continued through the necessary steps of damage control, crew rescue, and finally aircraft salvage, using the P-25

and all the tools demonstrated during the course. The crew's 100 percent score was earned by following all the firefighting, rescue and salvage steps perfectly. Combined with the practical exam, the crew scored an overall 95 percent score with their written exams.

"We've set the standard for all future Makin Island crash and salvage crews," said Jensen. "And this was the first time they've come together as one team."

The primary purpose of crash and salvage operations is to save lives, said Jensen, from the aircraft's pilot and crew to the ship's personnel. After that, crash and salvage exists to minimize damage to the aircraft and ship.

Makin Island, scheduled for an Oct. 24, commissioning in San Diego, will be the Navy's eighth and final Wasp-class amphibious assault ship.

Don't allow Spring storms to catch you unaware

Provided by NCBC Emergency Operations

The unofficial start to the Gulf Coast region's severe weather season is late February when cold air pushing southward from the north meets warm air flowing up from the Gulf of Mexico. These passing fronts can cause rapid shifts in weather patterns.

According to the Mississippi Emergency Management Agency (MEMA), thunderstorms and lightning are a regular threat to Mississippians, but steps can be taken before and during a storm to ensure safety.

Before the first hint of a thunderstorm, remove dead or rotting trees and branches that could fall and cause injury or damage.

If a thunderstorm is forecast for your area:

Postpone outdoor activities.

Go inside a home, building or hard top automobile. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.

Secure outdoor objects that could blow away or cause damage.

Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.

Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.

Use a corded telephone only for emergencies. Cordless and cell phones are safe to use.

Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

Use your battery-operated NOAA Weather Radio for updates from local officials.

During a thunderstorm avoid:

Natural lightning rods such as a tall, isolated tree in an open area.

Hill tops, open fields, the beach or a boat on the water.

Isolated sheds or other small structures in open areas.

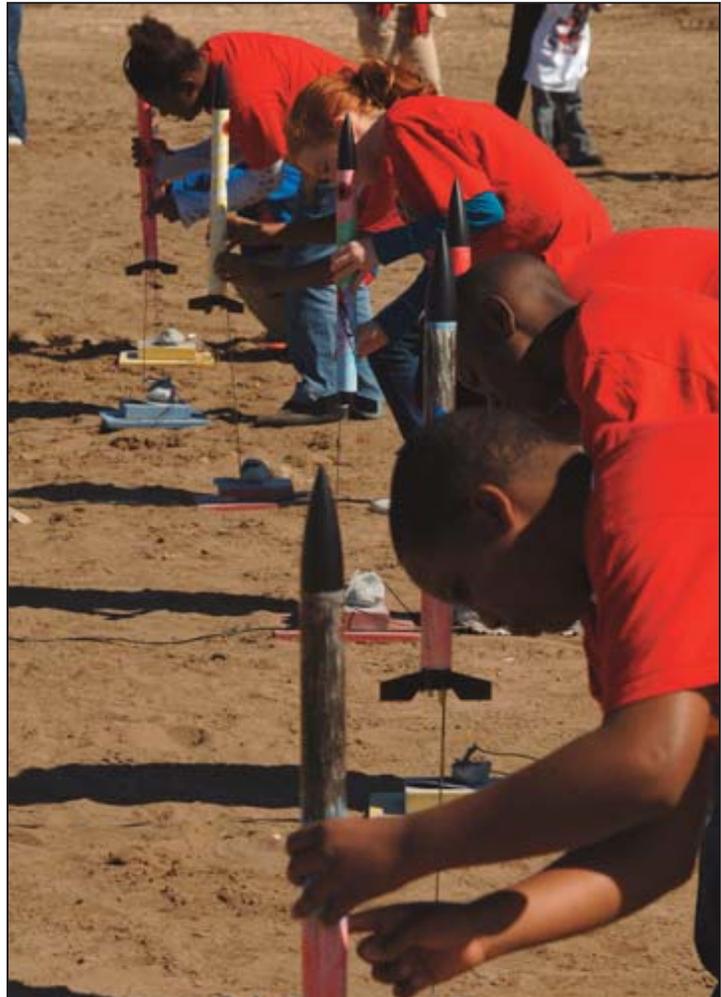
Anything metal – tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.

If you are in a forest during a thunderstorm, seek shelter in a low area under a thick growth of small trees. If you are in an open area, go to a low place such as a ravine or a valley. Be alert for flash floods. If you are on open water, get to land and find shelter immediately.

If you are caught in a storm and you feel your hair stand on end, immediately squat low to the ground on the balls of your feet as this is a signal that lightning is about to strike. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact to the ground. DO NOT lie flat on the ground.

For more information, contact MEMA External Affairs at 866-920-MEMA (6362), or visit us online at www.msema.org.

Starbase Blast Off!



U.S. Navy Photo by MC3 Brian McCarthy/Released

A group of fifth grade students from Three Rivers Elementary School in Gulfport, fire off their self-made rockets at the Equipment Operator "dozer field" after graduating from the Starbase Atlantis program here Feb. 6. Starbase Atlantis is a program that gives children hands-on experience in the fields of aviation, mathematics and engineering, while promoting good community relations. The Three Rivers Elementary School class was one of seven classes that graduated from SBA during the first week of February. Classes run throughout the year at the Starbase Atlantis location on board NCBC Gulfport.

Did You Know?

DoD will begin to remove social security numbers from DoD identification cards. The removal will occur in three phases, with changes made upon ID card renewal.

Phase One: Remove dependent social security numbers - to begin by the end of calendar year 2008

Phase Two: Remove all printed social security numbers - to begin by the end of CY 2009

Phase Three: Remove social security numbers embedded in barcodes - to begin during CY2012

Note: Geneva Convention ID cards will retain the last four digits of the social security number

From LEGAL page 2

your side of the story, then the contractor, and offer a mediated resolution.

Additionally, you can contact the Better Business Bureau. The BBB is a network of local organizations that gather and report information on business reliability, alert the public to frauds against consumers, and act as trusted intermediaries between consumers and businesses to resolve disputes. Even if the contractor is not a member of the BBB, they may still be able to help resolve the issue.

Finally, if you feel the business dealing was not just unfair, but illegal, you should contact your state's Attorney General. The AG is the top law enforcement officer and lawyer for the state. The Attorney General's office can investigate crimes, including fraudulent business practices, and tracks all the complaints it receives. If a contractor is driving around the state collecting money without doing any work, the AG may press criminal charges.

Even if these tools don't work, and you find yourself in court, you will be able to tell the judge that you tried everything possible to resolve the case without going to court, which will help your case. "Your honor, I didn't want to burden the court with this problem, but this contractor was unreasonable about my complaint and insisted we go to court!"

Legal assistance attorneys are available to help. The Gulfport RLSO SE can be reached at (228) 871-2620. This article is not intended to substitute for the personal advice of a licensed attorney.

February 26, 2009
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FITNESS FACTOR

By MC1 (SW) Terry Spain
NCBC Public Affairs

Fit Tip: Clear your mind and improve your body with Yoga

Yoga has been around for many years and is an exercise designed to increase strength and flexibility. Although there isn't a specific amount of time required to take part in yoga, 30 minutes to one hour of daily practice is a suggested guideline to master the discipline.

If you are looking for an exercise that improves your balance and strengthens your joints, give yoga a try. Yoga is offered twice a day by MWR on Mondays and Wednesdays from noon - 1 p.m. and 5:30 - 6:15 p.m. at the NCBC Fitness Center.



Participants of a NCBC Gulfport recreational Yoga class stretch during a training session Feb. 18. Yoga is one of the many fitness opportunities MWR offers to Sailors and their families. Call the Fitness Center at (228) 871-2668 or 2353 for more information.

U.S. Navy photo by MC1 Terry Spain

PSD Gulfport I.D. card office now uses an appointment system for civilian and military I.D. cards. Walk-ins are still welcome, but customers may visit:
<http://www.pasd.navy.mil/IDcards.asp> or call (228) 871-2322/2331 to schedule an appointment Monday - Friday from 7:30 a.m. - 4 p.m.

February 26, 2009

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from those who have never deployed to families with years of deployment experience. The fact that all the facilitators were military or prior service helped to increase the credibility of the program.

"The instructors were military too; they had first hand knowledge of our experiences, problems, etc . . . Too often we get civilians with no concept of "our world" trying to teach/relate to us," said one family member.

The agenda was also varied and included briefs and discussions about cycles of deployment, communication, family meetings, and Dr. Gary Chapman's "Five Love Languages." The most effective, however, was the interactive exercises which included family introductions and goals, a family collage, and activities specific to children and emotional regulation for children. The schedule allowed for ample time for families to enjoy the heated rooftop pool as well as local attractions in downtown New Orleans. The final night also consisted of a movie night to give the parents a much-needed night off.

Overall, the retreat was extremely well received.

"You could totally see the difference in the couples from the first night to the second night," said Jessica Terrell, wife of Builder Second Class Andrew Terrell of NMCB 11.

The families sat neatly and normally the first night, but they were holding hands and sitting much closer as a family as the retreat went on.

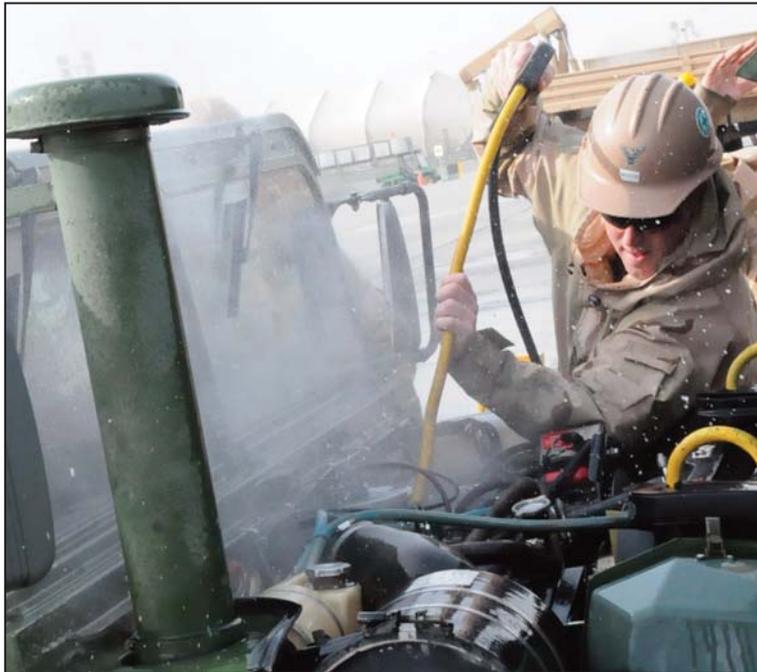
"There are a lot more smiling faces," added Heather

Ness, NMCB 11 Ombudsman, and wife of Machinist Repairman First Class Thomas Ness. "You could tell that all these families, especially those with kids, really needed this," added Ness, "We definitely need to do these more often."

Additional retreats in the Gulf Coast area are in preliminary planning stages, and NMCB 11 is hoping for another retreat after it returns home in the late summer of 2009. Retreats are one part of a multifaceted effort by the Command Religious Program to build healthy families and improve battalion health and wellness, especially following a deployment.

For more information on Family Enrichment Retreats, Marriage Enrichment Retreats, and Personal Growth Retreats, contact CREDO Southeast at (904) 270-6958 Extension 1602. For more information on The FOCUS Project in Gulfport, contact Shelly Gomez at (228) 224-3457.

NMCB 11 preps CESE in Kuwait



U.S. Navy photo by MCI Nicholas Lingo/Released
Equipment Operator Third Class Jeremy Myers pressure washes a High Mobility Multipurpose Wheeled Vehicle in preparation for Naval Mobile Construction Battalion 11's Civil Engineer Support Equipment retrograde. The battalion is in the process of removing all CESE from Camp Arifjan in order to move their deployment location to Rota, Spain. NMCB 11 is deployed throughout Southwest Asia and Africa in support of Operation Enduring Freedom.



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Seabee Memorial Chapel

Center Chaplains:

Cmdr. Macgregor McClellan, Protestant Chaplain
Lt.. Leticia P.J. Rouser, Protestant Chaplain

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

Services:

Protestant: Sunday School, 9:30 a.m.
Sunday, 11 a.m. Divine Worship

Catholic: Sunday, 9:30 a.m., Family Choir Mass
Sunday, 10:40 a.m., Religion Education
Monday- Thursday, 11:30 a.m., Daily Mass

Gospel Service: Sunday, 8 a.m.

From RIVER page 9

talented operator Kauffman."

After the anchors had been installed the crew then had to fill Hesco barriers for the Marines to build a bunker for the Iraqi army. This process involved demolishing an existing Iraqi army island outpost. The excavator encountered mechanical problems but, the Seabees adapted and overcame with the assistance of the two construction mechanics that were on the project, Petty Officer 1st Class Tyron Sykes and Petty Officer 2nd Class James Stefflin.

"We were up and running the next morning and we were able to make up time," said Frank.

"We could not have finished without the other forces," said Workman. "There was joint ownership of battle space just within the 200 meters on the island. The performance of the 341st MRB and the Marines from Kilo 3/7 could not have been more professional or proficient; each element exhibited amazing command and control of their personnel as well as their equipment," added Workman.

Seabees bring a broad range of technical and military skills which provide a unique capability to the support of an engineering mission. In addition to construction, these essential capabilities include robust organic support functions such as logistics, maintenance, and communications.

The Seabees of NMCB 27 also known as the "Skibees" are homeported in Brunswick, Maine, and are deployed to Iraq and other areas to provide general engineering support to Multi-National Force - West in support of Operation Iraqi Freedom.

Controlled burns on NCBC play important role in fire prevention



U.S. Navy photo by MC3 Brian McCarthy/Released

Firefighters with the Mississippi Forestry Commission conducted a controlled burn at the paint ball field here, Feb. 6. The purpose of the burn was to reduce the hazards of an actual fire while clearing the undergrowth of brush on the paint ball field. After the burn, a Mississippi Forestry Commission representative confirmed that the area took about four hours to burn. The representative estimated that the area would probably need to be scaled back again in about three years.

Uniform Shift

The shift to Summer Uniform of the Day for all Sations and Ships present within Commander, Navy Region Southeast's area of responsibility will take effect in the states of Mississippi, Alabama, Florida, Georgia, South Carolina, Texas and Louisiana April 6.

From **SHIFT** page 4

great experience thus far. We in the [United Kingdom] like to align with U.S. forces when we go forward in countries and the Seabees of NMCB 7 are a great example of why we do."

Some of the projects being undertaken by NMCB 7 include perimeter berm construction, conducting security, construction of perimeter security towers, grading the entire site, building nearly 10 miles of interior roads, constructing fuel storage areas, constructing helicopter landing zones and other infrastructure for various coalition forces.

Additionally, NMCB 7 accepted the challenge and surpassed the expectations not posed to many Seabee battalions.

"Our most recent redeployment evolution proved that our deployment success was not just a luck or chance," said Brown. "In fact, it showed us that we were well-prepared by the 20th Seabee Readiness Group embark staff. NMCBs, by doctrine, can deploy an air detachment of 89 personnel within 48 hours of notification. When the battalion deploys an air detachment . . . the entire battalion contributes to the effort. In this case, we had less than a full battalion, worked in a semi-austere contingency environment, and moved a great deal more equipment. We also had to compete for air lift with other services that were also in the process of redeployment. We trained very hard in embarkation last homeport and it was a magnificent success!"

NMCB 7 will continue the remainder of its deployment in Afghanistan, providing contingency construction support to allied forces in support of NATO ISAF.

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