

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 46 No.17

Naval Construction Battalion Center, Gulfport, Mississippi

September 24, 2009

Inside this edition



CE2 Jonathan Conklin with NMCB 133 secures equipment during the battalion's recent Field Training Exercise. See page 4



NMCB 7 Seabees went to the field recently to take part in a series of specialized homeport training courses. See page 7



Over 600 participants came out to NCBC Sept. 12 to crawl, climb, run and test their endurance at the 2009 Volkslauf. See page 15

MCPON holds Town Hall meeting with Seabees of NMCB 74 at Camp Leatherneck

By MC1 (SW/AW) Ryan G. Wilber
NMCB 74 Public Affairs

Master Chief Petty Officer of the Navy (MCPON) Rick West visited the Sailors and Marines deployed to Camp Leatherneck in southern Afghanistan Sept. 10 to conduct a town hall meeting and visit with the troops.

The Seabees attached to Naval Mobile Construction Battalion (NMCB) 74 experienced some rare opportunities during the visit. MCPON West administered the oath of enlistment to one Seabee, signed the Chief Selects' charge books and even stopped by the Camp Natasha Barber Shop to get a haircut.

The visit to the Seabee camp began with an office call with Cdr. Bruce Nevel, NMCB-74 commanding officer, who explained the mission of the battalion at Camp Leatherneck and described the ongoing projects. Following the office call was the reenlistment of Builder 2nd Class Steven Leguillow, attached to NMCB-74's Charlie Company, at which MCPON West administered the oath of enlistment.

"It was one of those things where it didn't feel like it was real. I wanted to pinch myself. I didn't think I would ever get a chance to meet the MCPON and there he was for me, to reenlist me," said Leguillow.

Immediately following the reenlistment, MCPON West held a



Master Chief Petty Officer of the Navy (MCPON) Rick West administers the oath of enlistment to Builder 2nd Class Steven Leguillow, attached to Naval Mobile Construction Battalion (NMCB) 74. MCPON West participated in the reenlistment ceremony during this visit to Camp Leatherneck where the Seabees of NMCB 74 are deployed supporting NATO's International Security Assistance Force and U.S. Forces - Afghanistan. (U.S. Navy photo by Mass Communications Specialist 1st Class Ryan G. Wilber/Released)

town hall meeting with the service members attached to Camp Leatherneck. The MCPON addressed doubts relating to the caliber of today's servicemen and women, and spoke concerning the state of joint operations.

MCPON West answers "no way," to the question posed in the papers: Are you worried about the caliber of Sailors or Marines in today's Navy? "You guys are rock

solid. You are ready to go, you have eyes on target and know what needs to happen. Our challenge as leaders is to stay ahead of you," said West.

West praised the troops and the current military for their outstanding job at working in a joint capacity, but also encouraged each branch to maintain their identity.

"We've talked about joint opera-

tions for many years, but we've seen it at its finest over the past few. Now we are expanding and we are doing it well. The Navy and Marine Corps have always worked together, worked next to each other and when we go out to do something, we get the job done," said West.

Mandatory warfare qualifica-

See MCPON page 22

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Public Affairs Officer
 Rob Mims
 Editor
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Mass Comm. Specialist
 MC1(SW) Terry Spain
 MC2 (SCW) Gregory N. Juday

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 MCC(SCW) Jeffrey J. Pierce
Mass Comm. Specialist
 MC3 Michael Wright

25 NCR Commander
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Navy Legal

Cell phone options when on the move

By Lt. Cara Addison, JAGC
 RLSO Southeast



Congress has given yet another financial protection to the men and women who serve this country, and it involves cellular phone service contracts. A provision recently added to the Service members' Civil Relief Act covers the cancellation and suspension of cell phone contracts in the event of a deployment or permanent change of duty station.

Section 535a is found near the SCRA sections addressing termination of residential leases and maximum interest rates, but it has its own specifics about when it applies and how it works. The law states that any service member who receives orders to deploy outside the continental United States for at least 90 days, or who receives orders for a PCS within the United States, may terminate or suspend a cell phone service contract. But that's not all it says, and here are the limitations.

First, the contract needs to be "entered into by the service member." This means that the contract must be held in the service member's name.

Second, the service member must have signed the contract before the date the deployment begins or the PCS takes place.

Finally, it is a condition that "the service member's ability to satisfy the contract or to utilize the service will be materially affected by such deployment or permanent change."

Upon receiving the request of a service member meeting the requirements outlined above, the cellular phone service provider shall: "(1) grant the requested relief without imposition of an early termination fee for the termination of the contract or a reactivation fee for suspension of the contract; or (2) in the case that such service member is deployed outside the United States . . . , permit the service member to suspend the contract at no charge until the end of the deployment without requiring, whether as a condition of the suspension, that the contract be extended."

One more word of caution - the law requires the service member to make a request for the termination or suspension, and include a copy of his or her military orders. While no

See CELL PHONE page 22

Skipper's Log

Asking questions is an important leadership trait

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

Over the years many of us have had the pleasure to work for some outstanding leaders. Other than the random truly exceptional individual, I have found they share very similar traits. From the outside it could be said that they had "all the answers." The closer you get to these folks you find they didn't know all the right answers, they knew all the right questions.

Asking intelligent questions, to the right person, at the right time is a critically important trait for success. Other than your exceptional few with phenomenal memories and powers of deduction, most of the rest of us need to piece together solutions to life's challenges. Knowing how to ask the right questions helps immeasurably.

Understand it's not just "what



Capt. Ed Brown

can I do to improve . . ." It's also what is the benefit of the improvement, what will it cost, what could possibly stop my improvement, do others want me to improve or will they find ways to discourage me. To see all avenues and potential options is to guarantee success.



Home School Meeting

The Homeschool Network will meet at the Starbase Atlantis, building 386

Sept. 24 at 3:30 p.m. For more information, contact School Liaison Representative at (228) 871-2117.

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.

We Will Never Forget



Military personnel and civilian employees of Naval Construction Battalion Center (NCBC) mark the 8th anniversary of the September 11, 2001 terrorist attacks on America with a remembrance ceremony organized by the Chief Petty Officer's Association and the Chief Petty Officer Selects. The tribute took place in front of the Gazebo across from the NCBC Headquarters building. During the ceremony, the CPO Selects presented a wreath and a simple bench inscribed to honor the memory of the 2,993 victims who perished during the attacks. (U.S. Navy photo by Mass Communication Specialist 3rd Class Michael Wright/Released)

CNIC offers one-stop shopping for H1N1/Flu information

From Commander, Navy Installations Command Public Affairs

The Navy Installations Command website is the U.S. Navy's go-to site for information about seasonal flu and H1N1. This site is unique in that it is standardized across the Navy Installations Command enterprise and has 89 'front pages' representing the headquarters, 11 Regions and 77 Installations. You can get to the Operation Prepare button on all front pages.

"In an effort to reach our total Navy family, we are using the Navy Installations Command website's Operation Prepare capability to provide current, relevant and meaningful information about seasonal flu and H1N1 to our Fleet, Fighters, Families and our local communities where we reside, says VADM Mike Vitale, Commander, Navy Installations Command. "It is important to everyone to prepare for this flu season and this site should assist with getting the right information to the right folks today."

The Navy Installations Command website has been expanded to include updated

information for both seasonal flu and the H1N1 flu virus. Visitors to the site can get a quick understanding of how the current H1N1 pandemic relates to and differs from the familiar seasonal flu experienced each year. There is information on how the viruses are transmitted, their symptoms and treatments, and, most importantly, how to protect yourself and family.

This new addition will also offer links to and updates from Navy Medicine, the Center for Disease Control (CDC), and the Department of Health and Human Services (HHS) to help the Navy community stay informed on any H1N1/Flu developments.

The site will provide live, breaking H1N1 news feeds via RSS from the Center for Disease Control (CDC) and the Department of Health and Human Services (HHS). Links to CDC and HHS websites are also provided.

To view the CNIC H1N1/Flu website, visit https://www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/FluInformation/index.htm.

LifeWorks October schedule of Events

October: Count the Tootsie Rolls in the Ghost Contest – Residents can stop by the office all month long to count the Tootsie Rolls, and see if

your guess is the winner on Oct. 30.

Oct. 10: Northpointe Fall Festival – Residents are invited to attend Northpointe Preserve's 1st annual Fall Festival. Lots of food and fun for the whole family to enjoy. Hope to see you there!!
Oct. 12: Columbus Day – Cake donations for the cake

walk will be gladly accepted!!
Oct. 12: Columbus Day – Office will be closed.



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Editor's Note: Local immunization schedules and information from the Naval Branch Health Clinic (NBHC) Gulfport will be relayed via NCBC email and website postings as soon as they are available.



Attention Motorcycle Riders

In June 2008, Navy policy added the requirement for all motorcycle riders to complete the refresher training every three years. Due to the significant number of riders, the Naval Safety Center authorized a waiver through Sept. 30 to allow riders over the three year time frame to complete the course. If it has been three or more years since your last class, you must complete refresher training before the end of the month. Sign up on line at <http://www.navymotorcyclerider.com> or call NCBC Safety at (228) 871-4343 for more information.



Something new . . .

'Bees of 133 take fresh approach with FEX

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

Naval Mobile Construction Battalion (NMCB) 133 recently conducted a Field Training Exercise (FEX) unlike any they had done before.

Their recent FTX was set up to simulate conditions that today's battalions are working in while on deployments to Afghanistan and Iraq.

The geography that Seabees are fighting in during the war on terrorism has changed drastically from the jungle and beaches that Seabees experienced in World War II and Vietnam. The 20th Seabee Readiness Group (SRG) decided to make a change for NMCB 133's FTX by having them set up their main command and control post on a camp similar to one they might see in the CENTCOM Area of Responsibility. Training is evolving to encompass aspects of today's real world operations that Seabees didn't see in their field exercises from years past.

"Today's Seabees are very dynamic and able to support numerous operations from one centralized command post," said Chief Builder Joshua Kolenda. Dynamic operations require dynamic training and the 20th SRG chose the Runnin' Roos' to take on their new regime.

The Roos' set up their main command post on a pre-built camp called a Contingency Operating Location at Camp Shelby. The COL was surrounded by concertina wire and had a main entry control point that was guarded by NMCB 133, 24 hours a day for the duration of the FTX. All required equipment, vehicles, repair parts, technicians and supplies needed by the battalion to complete all assigned

tasks were located at the COL.

Arabic speaking role players made the training very realistic. The team who stood watch over the ECP encountered these actors playing the roles of angry civilians who complained about property damage by U.S. convoys and other military actions. Other actors played characters with the hostile intentions of utilizing improvised explosive devices planted in vehicles and under clothing to cause harm to the ECP team. The ECP team had to be careful by staying under cover, away from sniper fire, as much as possible. The team learned how to safely deal with such disturbances while putting themselves in harms way as little as possible.

NMCB 133 had as many as five different detachments or details out at once. The battalion had a bridge detail whose mission was to assemble a pre-fabricated high-strength bridge used to get vehicles and equipment across large ditches



Seabees from Naval Mobile Construction Battalion (NMCB) 133 saw timber for a timber tower at Camp Shelby, Miss. during NMCB 133's Field Training Exercise where the battalion was trained and evaluated on all aspects of defensive operations and completing construction projects in a tactical environment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore)

and ravines. A forward operating base was set up to secure a strategic location for the battalion's operations. FOB 1 personnel dug very impressive fighting positions that looked like natural scenery with hand planted weeds and tall grasses that concealed any sign of personnel or weapons. FOB 1 also demonstrated the versatility of the battalion when they welded steel safety trim over the jagged openings in connex boxes located at their sight.

Another detail that went by

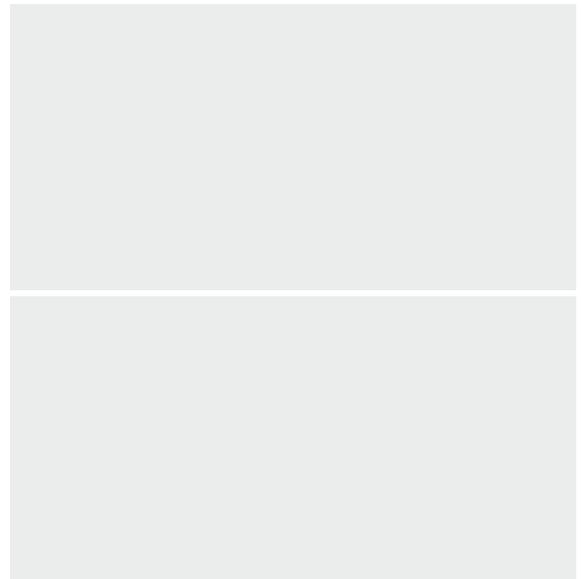
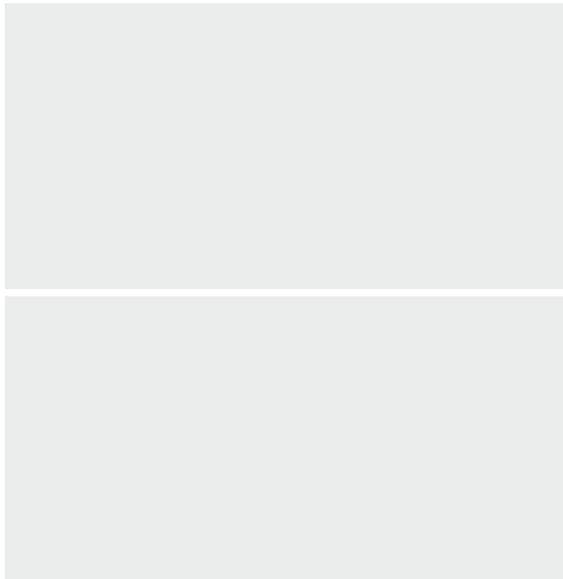
the name of "Village DET" completed the construction of a wooden building called a Southwest Asia hut after securing another location with fighting positions and concertina wire around their perimeter.

Air DETs are tasked by each battalion with being capable of deploying to any location in the world with all their personnel and gear within a 48-hour period. NMCB 133's Air DET completed their assigned mission by transporting all of

their gear and personnel to an airfield and preparing it for a tactical re-deployment within 48 hours. The Air DET then proceeded to another location where they constructed a timber tower out of heavy wood beams and telephone poles that stood over 35 feet tall that could be used as an observation tower.

The 20th SRG tested the bat-

See *FRESH* page 23
talion's airfield damage repair





NCBC congratulates new Chiefs

The newest Chief Petty Officers from Naval Construction Battalion Center (NCBC), proudly display their anchors at the joint Chief Pinning Ceremony at the Training Hall Sept. 16. Forty Chief Petty Officers were pinned during the ceremony along with one Air Force Master Sergeant and one Marine Corps Gunnery Sergeant. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Gregory N. Juday/Released)

NMCB 1 builds sport complex for Sailors in Chinhae

By MCC (SEL) Athena Blain
NMCB 1 Public Affairs

For many years, the mere thought of a tour of duty in Korea struck fear in the hearts of many service members. Often, an assignment in Korea meant leaving family behind, and living in a culture that is vastly different from America. That perception is slowly changing. One of the main priorities for Army Gen. Walter Sharp, commander, U.S. Forces Korea, is to wipe those views from the minds of service men and women.

With his "tour normalization" initiative he is actively trying to let service members know that Korea can be a family-friendly assignment, especially by paying special attention to quality of life issues. One such issue is the availability of family-friendly facilities on bases around the Peninsula. This is where the Seabees of Naval Mobile Construction Battalion (NMCB) 1 come in.

The Gulfport based battalion recently began a normal six-month deployment to Okinawa, Japan. A small contingent of the battalion arrived at Commander, Fleet Activities Chinhae (CFAC) in early August, and the biggest project they have for their six month deployment is building a brand new start of the art sport complex for the base population of approximately 100 Sailors the their families.

"When you have deployed Sailors, when you have people that PCS overseas, it's important to have a place for families to spend time together," said Senior Chief Builder (SCW) Todd Poage, NMCB 1 Chinhae DET officer in charge. "It boosts the morale overall for the folks on the base."

Plans for the sports complex began before the DET arrived. The previous DET, NMCB 40,



Steelworker 2nd Class James Branstietter briefs Commander, U.S. Naval Forces Korea Rear Adm. Thomas S. Rowden on the progress being made on the new sports complex being built by Naval Mobile Construction Battalion (NMCB) 1 DET Chinhae during the battalion's six-month deployment to Okinawa. (U.S. Navy photo by EA3 Joshua Harvey/Released)

broke ground and leveled the area and left with 13 percent of the project complete. NMCB 1 will make the complex into a reality. The project is scheduled to be finished the same month the deployment ends, but NMCB 1 is only scheduled to complete up to 97 percent of the project.

"The sports center is estimated at 1,677 man-days and my goal is to finish the project before we go back to Gulfport," said Poage. This may mean additional effort by the crew working on the complex, but Poage is confident that his 26 Seabees can work miracles.

The hardest part of the project which will include a volleyball and tennis court, is the area it is being built. With CFAC located on a mountain, leveling an area without causing mudslides or landslides, and building the structures may become a little dangerous.

"When you dig into the side of a mountain, you have to look at shoring and how much earth you can actually move at one time in order to keep the

hill from sliding," said Poage.

Add in language barriers and the project can get even more complicated.

"In the United States, you have prime vendors where you can give them a list of materials and they have systems in place to get them for you. Here, the language barrier is something we have to overcome. For example, a 2x4 is not necessarily a 2x4 to the local nationals."

Poage maintains that the project is a win-win situation for all involved. "The base gets a new facility, local vendors get additional revenue and the Seabees of NMCB 1 get much-needed experience." He finished by saying, "We are here also to gain training for our young Seabees so that they can hone their construction skills. So when they get the call to go to Iraq or Afghanistan, they have the skills needed to go over there and do what we were designed to do."

That training will definitely benefit the population of Chinhae Naval Base.

Stratman relieves Borowy, Again . . .

By MC2 (SCW) Jeffrey R. Militzer
25 NCR Public Affairs

Capt. Jeffrey T. Borowy was relieved as Commander, 25th Naval Construction Regiment (25NCR) by Capt. Allen M. Stratman, during a change of command ceremony Sept. 4 at Naval Construction Battalion Center (NCBC).

Rear Adm. Richard E. Cellon, Commander, 1st Naval Construction Division was the presiding officer at the ceremony.

Capt. Borowy was the first commanding officer of the newly re-commissioned 25NCR, which occurred back in September of 2007. Capt. Borowy leaves 25NCR for Naval Facilities Command Europe/Southwest Asia, Naples, Italy, as the Commanding Officer.

This change of command ends a very successful tour for Capt. Borowy. During February 2009, 25NCR deployed to

Kandahar, Afghanistan for six months. While deployed, Capt. Borowy was responsible for 2,600 Seabees, Airmen, Soldiers, and Marines assigned from eight battalions and squadrons. He oversaw the beginning of 556 projects, valued at \$784 million, taking place all over Southern Afghanistan. The combat construction workers under the command of Capt. Borowy constructed 62 headquarters facilities or Tactical Operation Centers as they are known, with 283,000 square feet of space divided among all of them. They laid down 4.8 million square feet of expeditionary airfields. The workers also placed 1.3 million cubic yards of aggregate and 104 miles of berms. Berthing for 27,547 personnel was constructed as well.

Capt. Stratman is not unaccustomed to relieving Capt. Borowy of command. In May of 2005, Capt. Stratman relieved Capt. Borowy as Commander, Naval Mobile Construction Battalion 133. In June of 2007, Capt. Stratman was assigned to the staff of the Chief of Naval Operations, Director Fleet Readiness Division (N43) as Branch Head for Expeditionary Readiness (N434).



Command Master Chief (SCW) Sean B. Libby receives the 25NCR Colors from Capt. Allen M. Stratman, now Commodore of the 25th Naval Construction Regiment, during a Change of Command Ceremony held on the Naval Construction Battalion Center, Gulfport, Miss. Capt. Borowy is being relieved by Capt. Allen M. Stratman. This is the third time Stratman has relieved Borowy as commanding officer of a command. (U.S. Navy photo by MC2 (SCW) Jeffrey R. Militzer/Released)

22 Naval Construction Regiment continues to lead Atlantic Fleet Seabees both at home and abroad

By MC3 Michael Wright
22 NCR Public Affairs

Since their original commissioning in the mid 20th century, the 22nd Naval Construction Regiment has always taken the lead in maintaining and enhancing Seabee battalions performance. Once battalions return home from their deployments overseas, the 22nd requires that these battalions enhance their training and prepare for their next deployment. During their time at home, these Seabees are tested on their tactical skills, construction skills, and their overall "Can Do" attitude.

Homeport projects give battalion personnel an excellent avenue to hone their construction skills. Homeport projects are varied from constructing buildings and homes on base, to the construction of the Hancock County's firing range or the City of Gulfport's beautiful Lighthouse, once located on Ship Island. By requiring battalions to maintain and enhance their skills at home, the 22nd inevitably uses homeport projects as

a tool to set the tone for deployments and show the battalions ability to plan and execute their mission.

22nd (NCR) Command Master Chief Joseph Perrone said the goal of Seabee homeport projects is to help the bees maintain the technical skills of troops E5 and below while making sure they are engaged in project management. "With a six and twelve rotation, we don't get enough time to hone our skills," said Perrone.

Since the early 1960's, the 22nd NCR or as it was known as then, "Seabee Lant," had an active role in preparing battalions for deployments through homeport activities. In the 1960's, Seabees constructed the Navy Lodge's head facility next to the chapel on base, they also constructed sidewalks and ponds that are still used onboard Naval Construction Battalion Center (NCBC), today. The homeport projects that these Seabees were involved in while on board CBC, maintained and enhanced their skills. These projects

also harvested and implanted the overall "Can Do" attitude throughout the ranks, which allowed for successful deployments throughout the many global areas of responsibility.

On August 29, 2005, Hurricane Katrina made landfall, taking more than 1,836 lives and causing over \$100 billion in damage. It was the most catastrophic natural disaster to hit the Gulf Coast region since the 1928 Okeechobee Hurricane ravaged the area. During this time, the Seabees deployed over 3,000 troops, making it the largest peacetime deployment for Seabees in the United States.

The 22nd NCR took the position and title of 1 Naval Construction Division Forward, or 1NCD Forward. This allowed for the 22nd to have operational control of all battalions deployed to the area. When it was all said and done, these battalions successfully completed more than 800 missions. These included the clearing out of more than 800 miles of roads and



Builder Constructionman Kincaid, Steel Worker Petty Officer Third Class Hudson, and Builder Constructionman Messina of Naval Mobile Construction Battalion (NMCB 7), are shown here clearing the path for the new sidewalk and fence at Stennis Space Center. (U.S. Navy Photo by MC3 Michael Wright/Released)

removing more than 25,000 tons of debris. Seabees also repaired 74 schools serving over 47,000 students, and delivered more than 250,000 gallons of water and fuel to relief and emergency response facilities.

"The training that our Seabees

gained here in Gulfport, prepared our troops for Katrina," said NCBC Command Master Chief James Fairbanks. During the time of Hurricane Katrina in 2005, Fairbanks was the 22nd NCR's com-

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NMCB 7 Seabees train in the field

By MC2 (SCW) Michael B. Lavender
NMCB 7 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 trained for their battalion specialty organizations in the field instead of a classroom for three days.

The hands-on training further enhances the training the Seabees received during courses previously taken during their homeport schedule.

"This field training is to familiarize our personnel with conducting sweeps, patrols, digging fighting positions, setting up concertina wire and other situations they may encounter on their graded field exercise," said Chief Steelworker (SCW) Leslie Morgan, NMCB 7 air detachment's operations chief. "At first, we had a few hiccups due to some of our personnel's lack of experience, but as we train, they're getting better. Some of our guys are brand new to the Seabees, so they don't know what they're doing or what to expect either on FEX or on a contingency deployment. As we train, they feel

like part of our team."

A combined total of more than 120 personnel were in the field for three specialty organizations.

"We have our CSE teams, Bridge Detachment and Air Detachment out here, honing their skills," said Morgan. "The Air Det's mission is to mount out in 48 hours with 89 personnel and deploy to any contingency area, anywhere in the world. We managed to get 65 of our guys out here to train with us and the effort has yielded great results."

This special training period allowed NMCB 7's special organizations to prepare for deployment and their graded field exercise without the stress associated with them.

"This better prepares us for the tasks that lay ahead in the coming months," said Morgan. "With this training, our FEX will go magnificently better and it also allows us to iron the kinks out with our newer personnel so they gain that tactical mind-set needed during deployment and our FEX."

"A battalion's Bridge Det is a smaller de-

tachment with only 63 personnel assigned to it," explained Ens. Brian Mack, NMCB 7's bridge detachment officer in charge. "We punch out to an area and are responsible for setting up our own security complete with defensive positions. We're basically a miniature det site for a battalion that builds a bridge. We focus mainly on training with the medium girder bridge, which has typical set-up times of 45 minutes to 90 minutes. We also have our CSE teams conducting convoy training, like immediate action drills and various scenarios they may encounter."

Working together allowed the individual units to build up their confidence and learn from each others' mistakes.

"It made more sense to come out here and train together," said Mack. "There's a lot of training needed and during this period of our homeport, our organizations can be taxed for people. Doing this in the field and with all three of our specialty organizations

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Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 dig a crew served weapon fighting position during unit-driven training at Camp Shelby, Miss. (U.S. Navy photo by MC2 Michael B. Lavender/Released)

Swarm of Seabees descend upon Biloxi National Cemetery

*Courtesy of
Biloxi National Cemetery*

Chief Petty Officer Selectees from Naval Construction Battalion Center (NCBC) Gulfport assisted the grounds crew of the Biloxi National Cemetery Aug. 25. As part of the Chief Selects' community service outreach program, twenty-five soon-to-be Chiefs from the Seabee base pitched in and helped the crew complete many projects.

"With all the global demands on the military, it is nice for them take time out to honor those that served our country and help make our cemetery a National Shrine," said Greg Lee, the director of the Biloxi National Cemetery. "When approached about the prospect of the Seabees helping us out, our staff was very excited and honored."

The cemetery crew was energized working with the young Chief Selectees. Milton (Mac) McClain, a retired Seabee Chief Petty Officer, said "It felt good to see them working so hard and being honored to be doing this work for us and our veterans."

Jim O'Dell, the 'genuine' Chief that helped coordinate the selectees' efforts, worked closely with Mr. Lee and Gene Pope, the Cemetery Foreman. They narrowed the project list to include the placement of a concrete ramp into the pump-house, installation of security fencing fabric around the maintenance shop, and several landscaping projects. The cemetery purchased all the materials and the Chief Selectees provided the labor.

"The Chief Selectees chose to do their community service project at the Biloxi National Cemetery because they naturally feel a sense of connection to the place" said

O'Dell. "It was their chance to support the community and pay their respects to fallen service members and their families."

The Chief Selectees were very motivated and made quick work of the projects, and they even assisted the cemetery staff in other beautification projects. They took great interest in the notable persons buried in Biloxi National by asking about where and when they were buried. Mr. Lee stated "If their effort is indicative of what can be expected from these Chief Se-

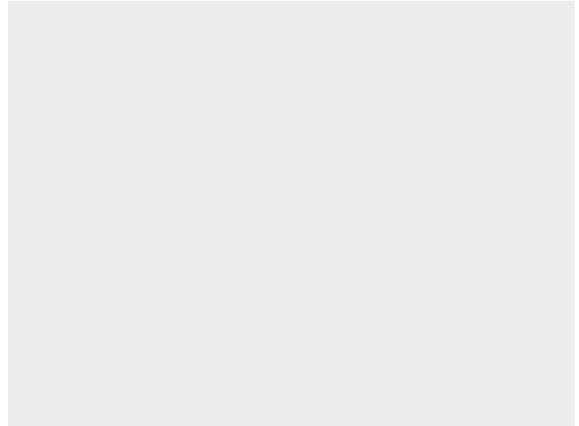
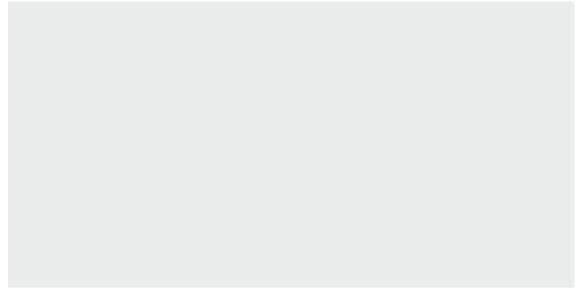
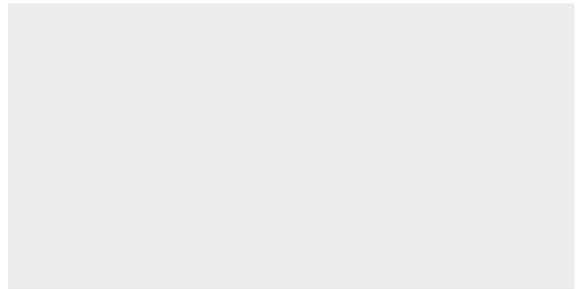
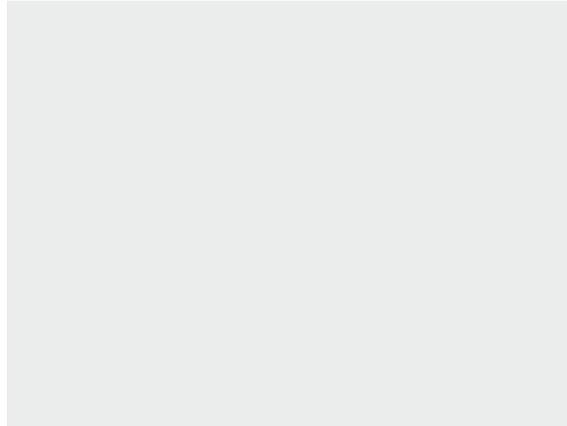
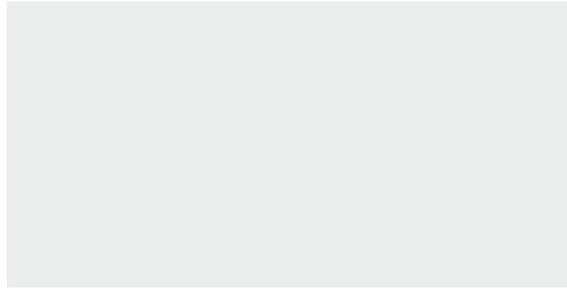
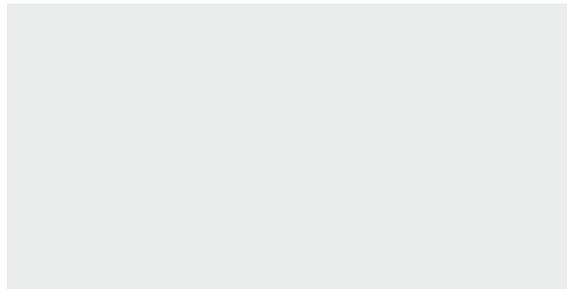
lectees, then the Navy must be proud to include them into the ranks of the Chief Petty Officers."

The projects accomplished by the Seabees saved the cemetery an estimated \$10,000 in man hours and greatly lessened the load on a superb cemetery staff. The partnership between the Cemetery and the Chief Selectees was a huge success and hopefully can continue each year the selectees are being trained to wear their Anchors with pride.

Ooh-Rah!



Pictured with cemetery Foreman Gene Pope (left) and Biloxi National Cemetery Director Greg Lee (right), are Chief Petty Officer Selects from Naval Construction Battalion Center (NCBC). The 25 service men and women provided assistance with a number of projects Aug. 25 as part of a community service outreach program.



Preparing Sailors for the road ahead

By MC2 (SCW) Gregory N. Juday
NCBC Public Affairs

The Navy's mission of providing Individual Augmentees to units directly supporting contingency operations worldwide has brought with it new challenges. Are their page two record's of emergency data up to date, do they have the proper uniforms? Do they know the cultural differences of the places to which they will be deployed? Have they had the proper immunizations and medical screenings? This is where the Navy Mobilization Processing Site, Gulfport, known as the MOB BEES, comes into action.

"We supply them with training, uniforms and immunizations prior to detaching to their training command," said Chief

Storekeeper Alan Wood. "We have Reservists and Active Duty personnel getting ready to deploy to Afghanistan, Iraq, Horn of Africa and Cuba. They all have specific needs that need to be met to prepare them for their journey and we are here to make sure that it goes as smoothly as possible."

With over 300 personnel coming through at a given time, there is no time to sit behind a desk and catch up on paper work.

"We have to lead from the front," said Wood. "When we have 300 plus people coming through, we constantly have to make sure that these Sailors are taken care of, and take care of any issues that may arise."

As with any customer service

job, it is not possible to please everyone, although every effort is made to do so.

"Customer service is a huge part of my job," said Wood. "We have to supply them with berthing, make sure they are able to eat at the galley, and that they have transportation; anything and everything to make their transition as smooth as possible. When we load them on the buses to head out, it is my goal to make sure complaints are minimal."

The NMPS mission is to provide rapid, ready, professional manpower support to deploy and redeploy active and Reserve components called in support of contingency operations worldwide. Making sure they have the right Sailor for the right job.



More than 300 active duty and Reserve Sailors process for Individual Augmentee assignments at the Naval Mobilization Processing Site (NMPS) on board NCBC, Sept. 21. NMPS is responsible for screening and preparing Sailors in support of contingency operations. The Mob Bees motto is 'Right Sailor, Right job.' (U.S. Navy Photo by MC2 (SCW) Gregory N. Juday/Released)

Seven ways to observe National Suicide Prevention month

By Lt. Cmdr. Bonnie Chavez
Office of Personal and Family Readiness

The Navy considers suicide prevention an all hands evolution all the time. Still, September is recognized as Suicide Prevention Month. Here are seven actions that individuals, families, work centers or commands can take to contribute to suicide prevention any time of year.

1. You make a difference - Pass it on! Small seeds of hope or a sense of effectiveness and belonging can grow to form the threads that sustain us through tough times.

Make the effort to let three people in your life know that they make a difference to you. Be specific about how and why you appreciate who they are and what they do that makes a difference in your life. Ask that they pass it on by honoring three people in their lives this way.

2. Run a "fire" drill. Most of us do not necessarily expect to be in a fire but we go through drills about what to do if we find ourselves in a fire or other disaster. If we ever need it, we know the escape routes - even if they are hard to see because of smoke or darkness.

3. Consider what you would do

in a personal crisis within yourself or someone else. Run a drill to practice your plan. It may feel awkward to practice saying "I am so upset, I am thinking of hurting myself," "I have so many problems piled up and am so overwhelmed that I am desperate and need to talk so I can think straight," or "I am feeling suicidal and need help" but, it

also feels awkward doing CPR on a mannequin, bracing for shock during a general quarters drill or jumping into a sawdust pit to learn how to land properly for a parachute jump.

For commands, this is a good time to test your crisis response plan. Have someone call the duty office and have the duty section practice going through

their plan to talk, gather information, and access support. Practice the plan to assist someone on board who is at acute risk. Check the safety considerations. Update the recall roster.

For emergency responders or medical commands, run a drill to practice protocols for suicide risk and response.

3. Do a self-assessment.

Stress affects us all and health problems like sleep difficulties, depression, and anxiety are extremely common. For example, one in five people will have at least one episode of Major Depression. Sometimes wear and tear or illness creeps up on us slowly like a cancer and we

See PREVENTION page 21

Expeditionary Combat Skills course closes fiscal year with personnel shift

By CEC Billy Hieb
ECS Center For Security Forces Learning Site Gulfport

When Center for Security Forces stood up Learning Site Gulfport to provide the Expeditionary Combat Skills for all NECC personnel, manning was accomplished by U. S. Navy Reservists serving on Active Duty for Special Work orders and contractor personnel. It takes years to secure active duty billets and put into place a complete support staff and equipment to make things run smooth. There have been many growing pains, but along with it, many improvements.

Today, CSF LS Gulfport provides training for an annual throughput of approximately 2,400 students with a projected shift next fiscal year to 3,000. To make this happen, a staff of 50 contracted instructors, nine contracted support personnel and a military staff of 13 Reservists operate about 50 hour work weeks to keep the course flowing. Now with the end of fiscal year 09 nearing, all but four of the Reservists will depart and return to their employers and parent units. The four remaining will carry the school through the turnover transition as new personnel on ADSW arrive to continue the course for another year. During fiscal year 10, permanent active personnel will begin arriving along with some newly hired permanent personnel. Bill Sloan was hired as Assistant Site Director in July and recruitment for a Civilian Training Officer is underway. The prospect of ECS continuing looks very promising and more units are seeking this type of training already.

The ESC training course is military lead, contractor supported, and is designed to provide eligible personnel with basic expeditionary combat



The Expeditionary Combat Skills Center for Security Forces Learning Site Gulfport is lead by Site Director, Capt. Alan Hollingsworth and Assistant Site Director, Bill Sloan. With a projected 2010 student throughput of 3,000 students, the ECS staff of retired Seabee's, Army Rangers, Navy Seals, SWIC Operators, Green Berets, Special Ops Air Force and Medics, SWAT Team and Law Enforcement members expect to remain fully engaged. (U.S. Navy photo courtesy of ECS/Released)

skills training necessary to professionally and safely perform high risk security operations when assigned to Navy Expeditionary Combat Command (NECC) organizations. The Expeditionary Combat Skills course is lead by Capt. Alan Hollingsworth (Site Director) and Sloan.

All personnel who receive orders to ECS, including civilian instructors, must complete the exact ECS training as the assigned students. In order to perform the ECS training services, the contractor instructor cadre have to possess a minimum of two years documented tactical military operational experience. The training cadre consists of retired Seabee's, Army Rangers, Navy Seals, SWIC Operators, Green Berets, Special Ops Air Force and Medics, SWAT Team members and Law Enforcement.

The ECS training course is four weeks long and gives NECC sailors their basic indi-

vidual combat training on Chemical, Biological, & Radiological so they can perform safely in a CBR environment. Students receive training in basic Land Navigation, basic radio communications procedures and reporting, counter-improvised explosive devices operations, extensive live-fire combat shooting and combat simulation training. The First Aid training is considered some of the best, and emphasizes self and buddy aid while under fire in battlefield conditions.

The ECS course allows personnel to demonstrate, qualify and become comfortable with both primary and secondary weapons. The students have become so familiar with M-9 Beretta Pistol and M-4 Combat 5.56 Assault Rifle that the qualifying rate is 99 percent. Of the 2,800 students firing for qualification, only 28 did not qualify marksman or higher. Each student will shoot over 2,000 rounds with the majority

of those rounds focused on combat shooting. This is definitely not your typical "marksmanship" shooting.

Additionally, students perform basic movement while engaging targets, transition from the primary (M4) to secondary (M9) weapon, execute vehicle emergency egress procedures and conduct live-fire exercises in a controlled environment. During Judgment-Based Engagement Training, students become familiar with the physiological effects induced during deadly force or life threatening confrontations and learn measures to effectively maximize the impact on engagement decision making.

ECS is the baseline standard for "Dirt Sailors" heading to NECC and their subordinate units, and could not be accomplished without the support of the Naval Construction Battalion Center (NCBC) Gulfport team including CBC, 20th SRG and NCTC.

HOO-RAH Seabees!

NCBC speed limit is 25 mph unless designated otherwise.



Hello everyone, it's that time of year again for Sparky to come out and drive home the message about Fire Safety - "Stay Fire Smart! Don't Get Burned!"

Fire Prevention Week is Oct. 5 - 9, and Sparky will be bring the new Fire Safety House to various locations on base for the children and parents. The Fire Department will be open to the public for tours and the Fire Prevention Branch will be offering fire extinguisher training for all who are interested during the month of October.

Please call 228-871-3345 for any questions or to schedule fire extinguisher/prevention training or schedule a tour of the new fire department.

Navy
Seabee
Veterans
of
America

63rd
National
Convention and
All Seabee
Reunion
Oct. 12-16
Gulfport, Miss.

Sponsored by the Gulfport, Miss.

Island X1 Navy Seabee
Veterans of America
Visit our website

at:

www.NSVAGulfport.org

or email

questions to:

allseabeereunion@cablone.net

Seabee Center Crime Patrol

A summary of Security Department activity Aug. 24 - Sept. 13

2,177 vehicles were inspected during 225 Random Antiterrorism Measure (RAMS)

Responded to 5 Minor vehicle accidents, 34 Security Alarms, 13 Fire Alarms, 10 Medical Emergencies, 4 Domestic Assault Complaints 1 Animal Complaint, 4 Gas leaks, 2 Auto Theft with Recovery, 10 Destruction of Government/Personal Property Investigations and 1 DUI; 8 persons were detained.

Issued 14 Non-Moving (Parking) citations

- 2 - No Proof of Insurance
- 3 - Cell phone
- 15 - Parked in area not specifically designated as a parking space
- 1 - Parked on grass
- 6 - Expired Tag
- 2 - Parked in Handicapped Area
- 5 - Expired Registration
- 6 - Abandoned Vehicles

Issued 10 Moving Citations:

- 6 - Speeding (19 mph in a 10 mph zone; 20 mph in a 10 mph zone; 34 mph in a 25 mph zone; 39 mph in a 25 mph zone; 35 mph in a 25 mph zone; 43 mph in a 35 mph zone)

- 1 - Evading a Command Directive Vehicle Inspection
- 2 - Failure to Obey Stop Sign
- 1 - Careless Driving



McGruff the Crime Dog reminders:

If you are caught drinking and driving and it is a First Offense, the punishment could carry a \$250 to \$1,000 fine, up to 48 hours in jail and a driver's license suspension for up to 90 days. In addition, your Installation driving privileges will be suspended for one year. Zero tolerance for underage drinking and driving. You are Guilty of DUI if you are under the age of 21 with a Breath Alcohol Content of .02 percent or greater. "You Drink & Drive, You Lose."

In accordance with Navy Regulations, an Installation Commander may authorize appropriate personnel to inspect persons of the property of persons upon entry or exit of the installation. The primary purpose of this type of inspection is to ensure the security, military fitness and good order and discipline. By definition, the inspection includes an examination to locate and confiscate unlawful weapons and other contraband. Refusing to allow your vehicle to be inspected can result in debarment and the revocation of driving privileges.

Air Force Changes Command

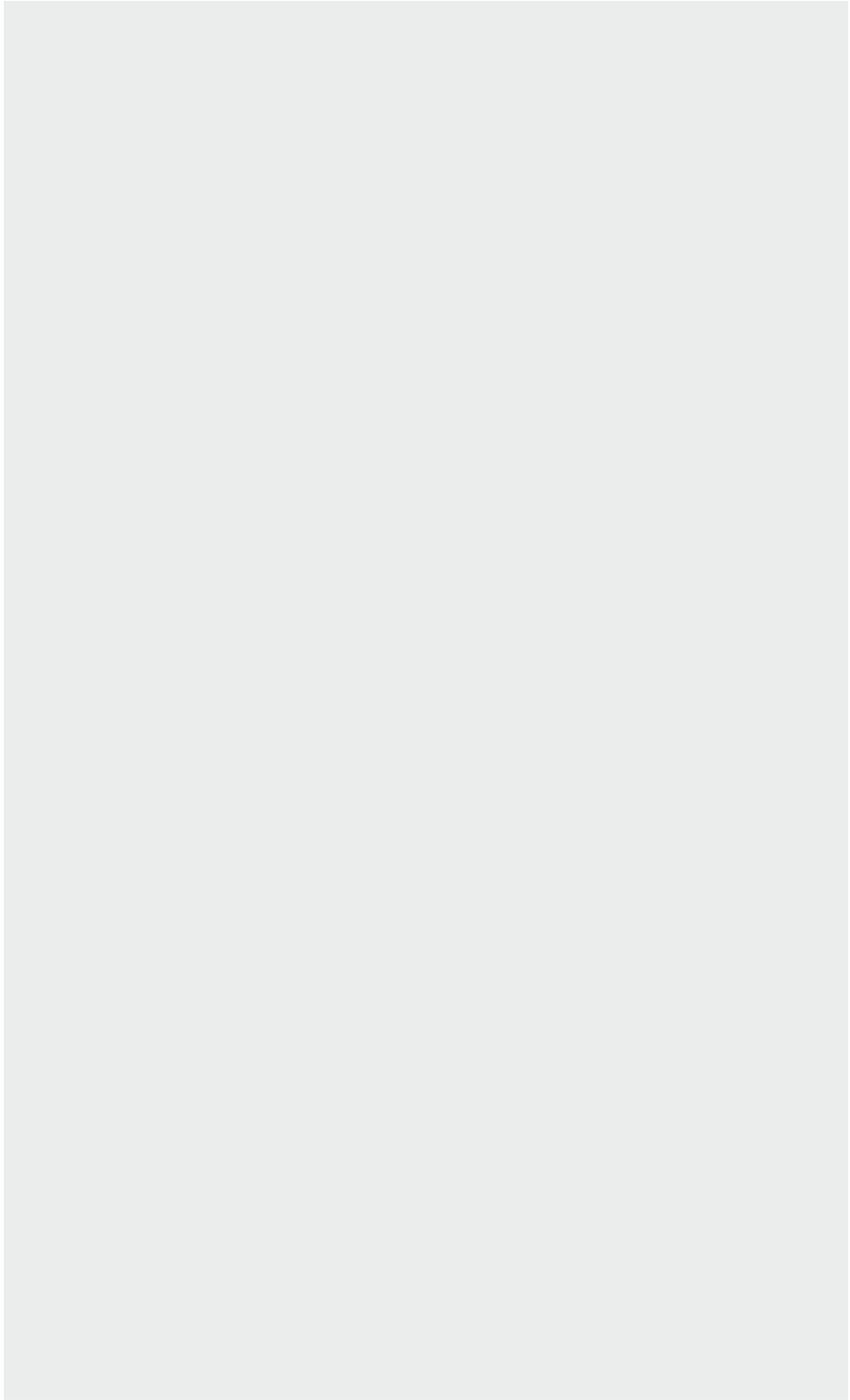
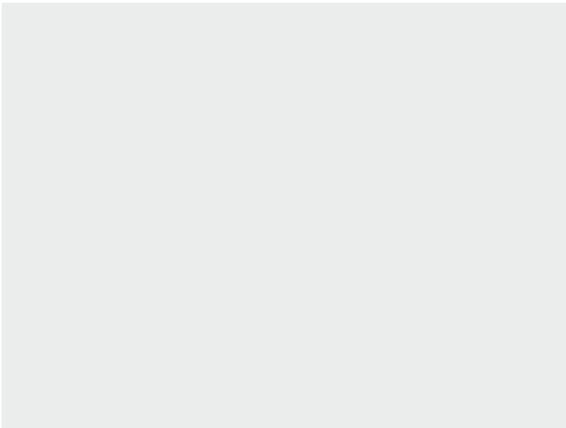
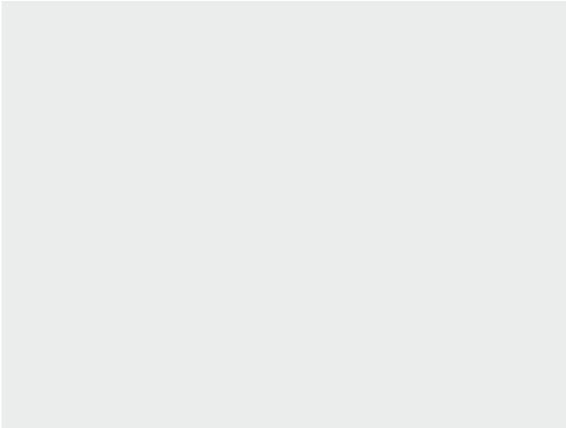
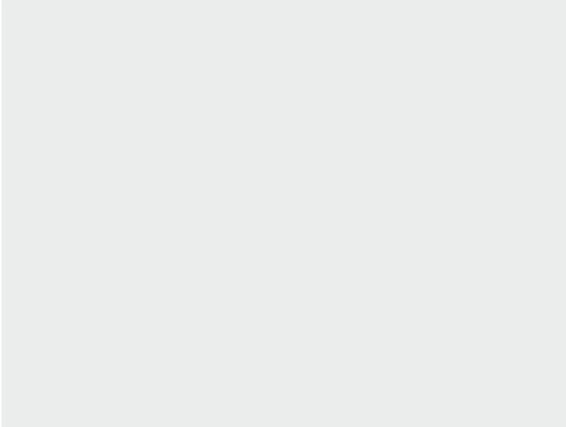


Col. Tony Pounds, Commander 782nd Training Group, transfers the command guide on to Maj. David Hargy, 366th Training Squadron Detachment 6 Commander, during a change of command at the Training Hall on board NCBC, Sept. 2. Maj. Hargy relieved Lt. Col. Walter Graves as commander of the 366th Training Squadron Det 6 and is looking forward to training the best and brightest of the Air Force Engineering students at the Naval Construction Training Center. (U.S. Navy photo by Mass Communications Specialist Gregory N. Juday/Released)

*NCBC Fitness Center,
NCTC Barracks and NCBC Fire
Station Ribbon Cutting Ceremony,
Sept. 28 at 2 p.m.
All are invited!*



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



Focus on Education

Navy Knowledge Online Library is an educational tool for children, teens and anyone seeking knowledge and entertainment. Available 24 hours a day/7 days a week you can log on at www.nko.navy.mil and register. You will be able to download audio books, eBooks, music titles and videos compatible with IPOD, Kindle and Sony Readers. Use the free CLEP Practice Tests, access Peterson study guides. Prepare for GED and AP Exams. Children will enjoy the Tumble Talking Books and videos. Check out the Family College Planning Center to compare schools and find the money to pay for college. All this and so much more is available FREE. Contact your School Liaison Officer at 228-871-2117 for more information.

Academic Achievers



Construction Mechanic 1st Class Kevin Dumas accepts his Coastline Community College Associate of Arts degree from Dr. David Drye, Coastline Community College representative. Dumas is assigned to 20TH Seabee Readiness Group. (U.S. Navy photo/Released)

Personnel Specialist 1st Class (SW/AW) Geoffrey Maynard accepts his Coastline Community College Associate of Arts degree from Dr. David Drye, Coastline Community College representative. Maynard is assigned to 22ND Naval Construction Regiment. (U.S. Navy photo/Released)



Jerome Richard, Vice-President of the Southern Company in Atlanta, Ga., discusses career options with the Executive Retirement Course attendees during the Fleet and Family Support Center's inaugural course Aug. 25 - 27. (U.S. Navy photo courtesy of Fleet and Family Support Center/Released)

FFSC hosts Executive Retirement Course

From Fleet and Family Support Center, Gulfport

On Aug. 25-27, the CBC Support Center (FFSC) hosted its first-ever "Executive Retirement Course" for senior enlisted and officers preparing for retirement. Transition Assistance Program Manager Jeff Isabell initiated and coordinated the event.

Dr. John Kelly, the Gulfport City Administrator – and former Director of the CBC FFSC discussed specific plans about what is ahead for the city in both development and a surprising number of future positions to be filled. Jerome Richard, Vice President of the Southern Company, traveled from Atlanta to speak about

career opportunities for executives within the Southern Company. Gary Tidwell, Vice President of the Financial Regulatory Agency (FINRA) spoke about financial planning, and several guest speakers taught job search skills and techniques. Other speakers discussed benefits and entitlements to retirees.

"Although our monthly Transition Assistance Program is one of the best in the Navy and provides similar information," Isabell stated, "this course is particularly geared to those who are comfortable in the management role and have more options for post-military career opportunities. We plan to repeat this successful course next August."

2009 SEABEE MUD RUN

Photos by: Rob Mims, MC1(SW) Terry Spain and MC2(SCW) Gregory N. Juday



More than 600 runners of all ages and services participated in the 14th Annual Seabee Volkslauf Mud Run held Sept 12, at Naval Construction Battalion Center. The NCBC community and the Gulf Coast Running Club worked to make the event a success. Volkslauf is a 4 mile mud run that has challenging obstacles for all participants, not including the non-stop rain that fell during the entire event.







you've got to sign up and pay by Sept. 25 to reserve your spot. Either trip has plenty of excitement to offer so sign up for one today!

Not interested in spending that kind of money? We still have trips for you to enjoy! Join Liberty on Sept. 28 Grill out Night where you provide the main course to grill yourself and we will provide the sides. Still not interested? Join us for a brainstorming lunch Sept. 30 and help us plan activities for the next few months! As we go into October keep your eyes and ears open for all that's happening such as a trip to the Cajun, Country Swamp Pop Festival Oct. 2 at 5:45 p.m. for only \$10 at the gate. Or join us as we head down to Rockin' at the Shed at 6 p.m. Oct. 8 for FREE concerts and great atmosphere. Keep checking the Liberty calendar for activities that get you off base and offer tons of fun!

The Beehive
MNF (Monday Night Football): Come show your team spirit and get 10 percent off your bill. Also, Wii tournaments every Tuesday and Thursday. Come

out and take your shot at winning some free pizza! Coming soon: Ladies Night - Every Wednesday! Ladies will be receive 10 percent off their bill.

Pizza Brothers
Pizza Brothers delivers! That's right, your local base pizza place delivers hot, fresh pizza. Also, stop by and enjoy the food available Monday through Friday 10:30 a.m.- 1:30 p.m. and 5 - 8 p.m. Show your team spirit by wearing your favorite team's jersey and get 10% off your entire bill for the evening.

The Grill
The Grill at Pine Bayou Golf Course is open seven days a week for your dining pleasure. The hours of operation are Monday through Friday 6:30 a.m.- 2 p.m. and weekends 7:30 a.m. - 1:30 p.m. Call 228-871-2494 for take out.

Information Ticket and Tours (ITT)
Still have days left on your Orlando theme park Military Salute tickets or are you looking for an opportunity to finally use them for the first time? Well, come with ITT on Columbus Day Weekend, Oct. 9 - 12 and have some fun, Fun, FUN! Bring your spouse, bring a friend, bring your family, just come on along! Bus departs CBC at 5 p.m. on Oct. 9 and returns approximately 7:30 p.m. Oct. 13. Cost includes three nights' hotel accommodations and round trip transportation. Tickets (if needed) are additional. Everyone is welcome! A layaway plan is available. Sign-up deadline is Oct. 1 with final payment due by Oct. 8. For more info or for pricing, stop by the ITT Office, Bldg 352, or call 228-871-2231/2126.

Once again, ITT has partnered with Vision Tours in Ocean Springs to go to the Talladega Race Nov. 1.

New Fitness Center Opens



The new NCBC Fitness Center is now open for business. The official Ribbon Cutting takes place Sept. 28 at 2 p.m. Everyone is invited to come out and see what a fantastic new facility was built for all to enjoy. (U.S. Navy photo by Rob Mims/Released)

Liberty Center

Can't figure out what to do for Columbus Day Weekend? Have we got choices for you! You can choose to join ITT for a weekend of fun at Disney World Oct 9-12. Sign up through Liberty by Oct. 1 for discounted prices that start at \$84 for a quad room and range up to \$200 for a single room! Enjoy your round trip transportation to Orlando, 3 nights accommodation at Radisson World Gate Resort in Kissimmee, and use your Military Salute pass to enjoy all five parks that Disney has to offer! If that doesn't seem appealing, then sign up for another exciting overnight stay in New Orleans! Liberty will be taking an additional trip for a one night-excursion to the Ramada Inn on Bourbon Street for only \$55/person for a double room. Enjoy the sights and sounds of one of the most exciting cities in America but

Cost is \$160 per person and includes round trip transportation, race ticket and post race BBQ. Bus will pick up by Barnes & Noble in Crossroads Mall at 3 a.m. and return at approx. midnight. For more info or to sign up, stop by ITT or call 228-871-2231/2126.

Mark your calendars for May 28, 2010 and Dust off your steel drums, ITT is taking you on a three-day group cruise on Royal Caribbean Cruise Lines to the Bahamas! Ship departs from Port Canaveral on May 28 at 4 p.m. and returns on May 31 at 8 a.m. Trip cost will include round trip transportation to Port Canaveral, Fla. We will depart CBC at 11 p.m. May 27 and return approximately 9 p.m. May 31. Layaway plan available! For more info, stop by the ITT Office, Bldg 352, or call 228-871-2231/2126.

Outdoor Recreation
Join us Oct. 3 at 5 p.m. at Keesler Air Force Base Marina as we depart for a sunset dinner and wine tasting cruise. The cost is \$60/person or \$110/couple. The deadline to sign up and pay is Sept. 25 at noon. For more information contact 228-871-2804 or 228-224-3516. Must be 21 to attend!

Texting Program

There is still time to Text to Win a 4-Day Vacation for two on Carnival Cruise Lines. Included in the package is your stay in the interior stateroom, all on-board meals, snacks, complimentary 24 hour room service, and more. Just text CBCFun, CBCFitness, and CBCMWR to enter to win the grand prize along with a daily prize. The winner will receive a text Oct. 1 stating they are the grand prize winner.

Youth Activities

Center
Lights On After-School Open House-The Youth Activities Center will host an open house event with food, fun and entertainment Oct. 22 from 5:30 p.m. - 8:30 p.m. Come and experience first hand what fantastic programs the Youth Activities Center after-school and recreation programs are providing the youth and teens of NCBC Gulfport.

Spookfest Haunted House at the West Ball Field near the Gym Oct. 30 from 6:30 - 9:30 p.m.! This night is guaranteed to be frightfully fun for the whole family. Costume contests, games for kids, haunted trail and so much more! FREE

At the Movies . . .

FREE movies, now playing at the Training Hall Movie Theater

- Sept. 24:** Adventureland - R, 6:30 p.m.
- Sept. 25:** Night at the Museum: Smithsonian - PG, 7 p.m.
- Sept. 26:** Imagine That - PG13, 1 p.m., Battle for Terra - PG13, 3:15 p.m., My Life in Ruins - PG, 5:15 p.m., Dance Flick - PG13, 7 p.m.
- Sept. 27:** Angels and Demons - PG13, 1 p.m.
- Sept. 29:** Year One - PG13, 6:30 p.m.
- Oct. 1:** Terminator: Salvation - PG13, 6:30 p.m.
- Oct. 2:** Transformers: Revenge - PG13, 6:30 p.m.
- Oct. 3:** Up - PG, 1 p.m., The Secret of Moonacre - NR, 3 p.m., Ice Age: Dawn of the Dinosaurs - PG, 5 p.m.
- Oct. 4:** My Sisters Keeper - PG13, 1 p.m., The Proposal - PG13, 3:30 p.m., Land of the Lost - PG13, 6 p.m.
- Oct. 6:** Up - PG, 5:30 p.m., I love You Beth Cooper - PG13, 7:30 p.m.

Community Notes

SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a 6:30 p.m. meeting. Children are welcome and baby sitting is provided during deployment. For more information, contact FRG President Angela Sourwine, (228) 323-0036 or FRG Vice President Rashelle Geddis, (228) 224-1475 or e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes friends and family members to attend FRG meetings the third Monday of each month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. To receive FRG information, send an e-mail to nmcb7frg@gmail.com or contact FRG President Deanna Salter at (228) 206-0377.

NMCB 74 FRG welcomes all friends and family members to join the NMCB 74 FRG. Meetings are the third Monday of every month at 5:30 p.m. at the Fleet and Family Support Center. Bring a covered dish to take part in a potluck dinner. For more information, contact FRG President Torell Coquet at torellcoquet@yahoo.com or Vice President Annie Gundy at aniegundy@gmail.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

NMCB 11 FRG welcomes all friends and family members to attend FRG meetings the second Tuesday of every month at 6:30 p.m. in the Navy Operational Support Center (NOSC), building 113.

For more information contact FRG President Liz Stocking at (717) 491-2900 or Vice President Sarah Edwards at (336) 215-2211 or email nmcb11frg@gmail.com. Visit the ombudsman and FRG website at <http://nmcb11.webs.com>.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at (727) 504-4408 or e-mail hansonkl54@yahoo.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb133fsg/>.

Naval Officer's Spouse Club

The Naval Officer's Spouse Club meets the fourth Monday of every month at 6 p.m. in the Youth Center. Children are welcome and child care is provided. For more info, e-mail noscgulfport@yahoo.com or contact NOSC President Dawn Spies at (228) 343-3623. Visit NOSCGulfport.org for more information.

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. 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 obtain information about becoming a part of the NMCRS volunteer team!

Gamblers Anonymous

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

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month.

The course and child care are FREE! Contact Kim at (228) 832-5343 or Amanda at (228) 328-1352 to sign up.

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

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call MC1 Terry Spain at 871-3663 for more information.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood night, the remaining Fridays are Steak night.

Breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. For more information contact Post Commander Bill North at (228) 863-8602.

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

HERITAGE

The Seabee Gift Store is in the new Training Hall, building 446 and is open Monday - Friday, 10 a.m. to 4 p.m., phone (228) 871-4779. The shop has several command exhibits, as well as a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Hueneme, Calif. The Web address is www.seabeesmuseumstore.org/shop/index.php

Local Sailors, family members earn top honors at New Orleans Martial Arts competition

By Gareth E. Barber
Special Contributor

In early July, Hospital Corpsman 2nd Class Adrian Riley of Naval Mobile Construction Battalion (NMCB) 7 and Operations Specialist 2nd Class Alecia Ransom, a Reserve Sailor who is working as a civilian employee at Naval Construction Battalion Center (NCBC) Public Safety competed and placed first in multiple events at the World Championship Martial Arts tournament sponsored by the United States Karate Alliance.

Also competing and winning World Championship titles at the competition were David and Arthur Rouser, sons of Lt. (Chaplain) Leticia Rouser; Kevin Chu, son of Candice Lee, a Medical Assistant at Naval Branch Health Clinic (NBHC) Gulfport, and Gabriel Barber and Alexis Morris, children of Rick Barber an employee of NBHC as well as the head instructor of Rick Barber's School of Martial Arts.

The Gulfport school's 41 students finished the competition with the distinction of being one of the most successful teams to compete in the event. Their instructor Rick Barber, a 9th Degree Black Belt has taken students to this event for over 12 years. Barber was also inducted into the Master's Martial Arts Hall of Fame in 2008.

Note from a proud parent: "When I go to class on Tuesday and Thursday, it is just like being on the Seabee base, because our family members are present and a part of the services that he provides. I am proud to say my child did not want to go to karate, but he won three medals, a plaque, and a trophy almost as tall as I am. Being a part of the school has helped my sons, their self confidence in their studies, and continues to aid my son's status as an honor student this year".

Lt. Leticia Rouser
CBC Chapel



Students of the Barber School of Martial Arts competed recently at the World Championship Martial Arts tournament in New Orleans. The competitors included several area Sailors and family members. Photo courtesy of the Barber School of Martial Arts.

Editors note: Story content does not reflect endorsement by the Department of Defense or Naval Construction Battalion Center, Gulfport.

The Champs!



Capt. Ed Brown (center), Commanding Officer Naval Construction Battalion Center (NCBC)/Commander 20th Seabee Readiness Group (20 SRG), is surrounded by "The Fleet" - winners of NCBC's 3 on 3 intramural basketball league which wrapped up Aug. 31. The games were played at MWR's fitness center, where "The Fleet" boasted an 8 - 2 record. (U.S. Navy Photo By Mass Communication Specialist 2nd Class (SCW) Gregory N. Juday / Released)

Off Limit Locations

Biloxi

Boulevard Club, Blue Note Lounge,
Henry Beck Park

(Henry Beck is off-limits except during daylight hours or during official organized or sponsored fraternal, charitable, religious, educational, civic or federal events.)

Pascagoula

Carver Village, Bunksmall Apartments,
and H&H Hideaway

Moss Point

Tony's Club

Homefront in Focus: Got Orders?

By Beth Wilson
Military Spouse Contributor

Got Orders? We do. Have you noticed that Navy spouses seem to be lived in cycles; sea duty – shore duty and repeat. I love shore duty. Sea duty; not so much.

May I ramble about orders? There will be a point at the end, I promise. As the window for orders approaches 'it starts; that wrestling with the unknown that impacts our life. I start anticipating and assessing the possible options. Will we be able to stay here? Will it be a good opportunity for my husband? Will it be a career enhancer or career killer? Will he love his next billet or one that he endures, counting down the days till our next 'window'? Will we be moving? I love my house, will I find a house I enjoy as much as this one. Where will these orders send us, down the road or across country? What about my job, my career? What about the kids, what about family, what about friends? Arghhh! The mental gyrations can be dizzying yet I put myself through it every time! "Hello, my name is Beth and I'm a control freak."

So we have orders. My husband just informed me that he was orders to HoA otherwise referred to as Horn of Africa. He has GSA orders for a year in Djibouti, Africa. One Year. Boots on the Ground. Africa.

Many of you may know that my husband just battled kidney cancer, and won. He is home recuperating from surgery to remove the cancerous tumor from his kidney. We are so blessed. They got it all! Can I tell you that during this time I prayed? I prayed fervently. I prayed dangerously. "Lord, thank you for revealing this cancer so early that it has the best possible prognosis. Please let them get it all!" Lord, please let him be ap-

proved to reenlist." "Lord, 'You' decide where his next orders should take him, you know his career desires, put him in the best place for Scott – just let him be able to reenlist!"

Did I really pray that? Okay, Lord – when I said "You decide" what I meant was "You decide the orders that would I want...while still being the best place for him." I mis-spoke God. Can we have a 'redo'?

So, we have orders. After my initial pity party I found my big girl panties, changed my attitude and set about the

task of readying myself for GSA orders. I loved; let me repeat that, I REALLY LOVED shore duty, so much so that I forgot much about deployment readiness. Orders in hand means I need to get my ducks lined up so my Sailor can deploy assured that I'm 'good to go'. Where are those birth certificates? My Power of Attorney expired WHEN? Not another horrid photo ID, valid for another three years? I know I have a checklist somewhere...or did I throw it away in the bliss of shore duty?

Got orders? Are you head-



Beth Wilson

ing back to sea duty?

Perhaps your hubby is like my man, heading out on GSA orders (by the way I under-

stand IA/GSA training at Fort Jackson is known for developing skilled IA/GSAs and some great Abs – I'm just saying ...)

The point is, orders change everything. Will you join me on my journey from shore duty to sea duty/deployment ... walking with friends always makes the journey so much easier.

Email Beth with comments and questions at beth@homefrontinfocus.com.

Be sure to check out Navy Homefront Talk!, Beth's internet talk show for spouses at www.blogtalkradio.com/nht.

don't feel quite right but really don't understand that anything is wrong until it really takes a toll. The link, www.military-mentalhealth.org leads to an anonymous online self-assessment tool. Take a few minutes and see where you are. Commands can go through the check list in OPNAVINST 1720.4A and see how they are doing in implementing a suicide prevention program.

Early proactive resources include:

- o Military OneSource: 800-342-9647 or www.militaryone-source.com

- o Chaplains at www.chaplain-care.navy.mil

- o Fleet and Family Support Center: 800-372-5463 or www.cnic.navy.mil/CNIC_HQ_Site/FleetandFamilyReadiness/FamilyReadiness/Fleet-FamilySupport.

- o Tricare (now offering remote and Web-based counseling in CONUS): 800-600-9332 (CONUS) or www.tricareonline.com.

- o National Suicide Prevention Lifeline: 800-273-TALK

4. Connect with the community.

Suicide affects every state, community, and demographic group. Don't go it alone. There are many organizations and opportunities in your community.

5. Engage in fellowship, meditation, or prayer. Work with your local chaplain, faith group, or friends to hold a breakfast or lunch in which suicide warning signs, risks and protective factors are discussed. Set aside time for meditation or prayer on behalf of those struggling in the darkness of a personal crisis in which they may

be contemplating taking their life.

6. Good grief. Survey's show that upwards of half of our personnel knew someone personally who lost a struggle to suicide. The pain caused by suicide loss does not heal quickly or easily and some studies estimate that the effects of suicide on a family last for generations. If you are grieving a loss or putting off even thinking about it for years, make some time to sort things out and facilitate healing.

For families who have lost a service member for any reason, Tragedy Assistance Program for Survivors (TAPS) at www.taps.org or 800-959-TAPS, can be a helpful resource.

7. Share your story. Every day, people find hope and strength amidst adversity and reach out to help one another. If you have overcome a personal crisis, we invite you to email us with your story to share with others (no names will be included). Please share what helped you. If you helped someone through a crisis and assisted in saving a life, we also invite you to share your experience. We will share them throughout the year (with no names or identifiers) at www.suicide.navy.mil. If your command has done something in your suicide prevention program that you consider a practice worth sharing, we welcome your stories also.

Send your emails to: suicide-prevention@navy.mil.

For more information on Navy Suicide Prevention, go to www.suicide.navy.mil.

NMCB 22 comes together for pre-deployment Family Day

By MC2 Ron Kuzlik
NMCB 22 Public Affairs

Nearly 1,500 Seabees, family and friends from Naval Mobile Construction Battalion (NMCB) 22 gathered at Keesler Air Force Base for a pre-deployment Family Day Aug. 29.

Sponsored by the NMCB 22 Family Readiness Group (FRG), the day was dedicated to the Seabees, families and friends of the "Lone Star Battalion", as NMCB 22 is called, as the battalion prepares for deployment to Southwest Asia beginning in September.

There was food and drink, sports, and games throughout the day, face painting for the kids by Miss Mississippi Junior Teen McKenzie Irish, and a static display of a ladder truck by the Keesler AFB Fire Department.

Care packages containing toiletries, a mini-Camelbak-style canteen, a phone card, and assorted sundries were distributed by the USO Gulf Coast at Naval Construction Battalion Center (NCBC) Gulfport to the deploying Seabees.

"This is a great opportunity to bring our entire 'Lone Star' family together - our Seabees, families and friends - before we deploy," NMCB 22 Commanding Officer Cmdr. Ernst K. Walge said. "It's also important to give the families and friends a sense of understanding of what to expect during our deployment."

It took three months of planning by members of the FRG, along with fundraising by the



Seabees, family and friends of Naval Mobile Construction Battalion (NMCB) 22 got together for fun and games at NMCB 22's Pre-Deployment Family Day Aug. 29. NMCB 22 is currently mobilized and preparing for deployment to Southwest Asia. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ron Kuzlik/Released)

First Class Petty Officers Association, the Chief's Mess, and the Wardroom to make the Family Day such a success.

According to FRG President Veronica Warwick, the day was a result of the assistance and dedication from spouses and family members, and sponsorship by the USO of Gulfport, Fleet and Family Services, the American Legion, and volunteers from the AT&T Pioneers, an organization of employees and retirees of the world's largest communications holding company who work to enhance the communities where they work and live.

"This just wouldn't have been possible without the help from all the volunteers and organizations who gave of their time and talents to make it happen," Warwick said. "In the end, it was a great way for

our family and friends to show how much they support and care for our Seabees."

Michelle Pinker, girlfriend of Lt j.g. Mark Klaerner, Air Detachment assistant officer in charge, came in from Dallas for the event.

"It's amazing to see so much support and be able to meet so many wonderful people," Pinker said. "When these Seabees deploy, they're going to have lots of love and tons of blessings with them when they go forward."

NMCB 22 is based at Joint Reserve Base NAS Fort Worth, Texas, with nine detachments at Navy Operational Support Centers in Texas and Oklahoma. Its mission is to train for mobilization readiness and construction operations in support of Commander, First Naval Construction Division.

Naval Mobile Construction Battalion 62 Alumni Group . . .

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmc62alumni.org> for more information. The website also contains links to hundreds of Seabee military historical sites as well as reunion information.



Fire Warden Training is conducted the last Thursday of each month at the Fire Department, Building 321 from 2 - 3 p.m. As seating is limited advanced reservations are required. Seating will be on a first call, first serve basis. Call 228-871-3082/3083 to reserve your training seat today!

From MCPON page 1

tions and the status of individual augment (IA) assignments in the Navy seemed to be the most pressing concerns of the troops as MCPON West opened the floor for questions.

According to West, there are currently 13,000 to 14,000 Sailors imbedded and on the ground in the 5th Fleet area of responsibility, and IAs will be continued.

"As a Navy we will have IAs probably for many, many years," said West.

The plan for warfare qualifications to be mandatory is to be fully implemented by the end of the year, according to West, and not only for E-5 and above, but for every Sailor entering the Navy.

"When I look on a uniform and see someone with a warfare qualification on their chest, I know they

are able to step up at the right time to save ship, shipmate, and self," said West. He then went on to say, "I would also like to make it mandatory when going up for Perform to Serve (PTS)." "Right now Surface and Air Warfare are only mandatory for E-5 and above, I want it for every Sailor that walks into the Navy, and it's not about how it looks on your chest or advancement points. It's about being able to do the right thing at the right time."

Before concluding the town hall meeting, MCPON West encouraged troops to take college classes, but also reminded them that they have a job to do, and rather than trying to be full time students to take a class each semester to "naturally" arrive at a degree by the time of retirement. He also thanked the Navy and Marine

Corps service men and women for the world changing work they are doing in Afghanistan.

"Thank you for your service, to our Navy and to our Marine Corps. You are absolutely making a difference every single day," said West.

Before his departure, MCPON West stopped by the Camp Natasha Barber Shop to get his hair cut, and Culinary Specialist 2nd Class Ruben Cepeda was on duty for the impromptu visit.

"The only part I was a bit nervous about was whether I would do a good job or not, because I am still new at cutting hair," said Cepeda.

At the end of the day, all the troops at Camp Leatherneck were excited to have spent some time with MCPON West and appreciative of his visit.

From CELL PHONE page 2

specific format of the request is necessary, it is best to make it in writing and at least 60 days before the date you wish the termination or suspension to take effect. Keep a copy of all correspondence with the contractor.

As the SCRA is federal law, it would trump state law. Check the appropriate state law on this topic to see if it is more favorable to the servicemember.

Florida law, for example, allows termination in the event of a deployment of at least 60 days, rather than 90 days. However, Florida Statute 364.195 only addresses termination of contracts and not suspension, and does not have the same "shall" language for the contractor to grant relief. Rather, it merely states that the servicemember "may" terminate.

One goal of the SCRA is to

prevent servicemembers from facing financial burdens due to their military service. Given the popularity of cell phones, the deployment rate of our forces, and the frequency of PCS moves, Section 535a is definitely a helpful and much appreciated law.

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.

From TRAIN page 7

made this training easier to conduct."

This field training is an experience that has allowed the battalion's specialty organizations to put their classroom and small-unit training to use with practical application.

"I think that classes and our small training sessions helps and gives an idea of what to expect out there," said Mack. "But once out here, many don't have the ex-

perience doing it. So seeing and doing it first-hand gives them the experience they need so when the time comes when it counts, it'll be second-hand nature to them. By coming out into the field, staying tactical like our FEX with our gear on and weapons in hand, our guys gain the mind-set they need to be successful in the future."

"I know that in the end, this training is worth it," said Builder 3rd Class (SCW) Jacob Bronson, a Seabee assigned to NMCB 7. "I've

learned a lot so far just in the past day. Learning it on paper and learning it in actual life is two completely different ways of experiencing the training. You see it in the handbook and think, 'Hey, I can do that.' But when you get out here and work together, you realize it's much more difficult. Until you do something in the field, you really don't understand how it works. This hands-on training has helped me and many others understand it."

NMCB 1 DET East Timor



Ensign Calvin Warren Naval Mobile Construction Battalion (NMCB) 1 DET Timor Leste poses with local children after playing a quick match of soccer out at the rural village of Raebutikeon, Timor Leste during a site visit. (U.S. Navy photo by Lt. J. Doug Herrin/Released)

From **FRESH** page 4

team by tasking them to repair large craters similar to those caused by indirect fire on a simulated main supply route.

NMCB 133 many supplies and pieces of equipment to transport through simulated hot spots where they were repeatedly attacked by small enemy groups with light machine guns. NMCB 133 had few simulated casualties during their many convoys due to the battalion's convoy security element who provided manned Humvees and Mine Resistant Ambush Protected Vehicles armed with M240-B and MA2 .50 caliber machine guns. The CSE attended training during the month of June where they learned the proper procedures for providing security for convoys in order to prepare for a successful FTX and deployment. Getting the kinks out earlier in the summer helped them work as a close-knit team and hone their skills during FTX.

The 20th SRG worked the battalion's chemical, biological and radiological response team as well. The battalion wore their gas mask carriers and were within five minutes walking dis-

tance to their CBR protective suits at all times during the FTX. The whole battalion would put on their protective masks, suits and gloves each time the CBR alarm sounded. A survey team would conduct a sweep for any contaminants each time in order to make sure it was safe to remove the protective gear.

The medical team was able to provide first aid and treat massive amounts of casualties during mock attacks by categorizing the injuries and taking care of them according to their severity. Many combat life saver qualified personnel stepped up to lend a hand each time the battalion's corpsman needed it. The battalion proved it could control bleeding, treat shock and stabilize broken bones while under attack.

"Despite all the challenges that the new FTX concept had to throw at us and the fact that we were the first battalion to go through such training, we were able to succeed because of all the planning that went into the different aspects of the FTX and all the time spent working together as a team," said Lt. Andrew Wong, NMCB 133's communications officer and principal watch officer.

NMCB 74 builds super SWA huts

By MC2 Michael T. Lindsey
NMCB 74 Public Affairs

mand master chief and he recalls the relief effort put forth by the Seabees, as simply phenomenal. "What we did was a perfect example of teamwork at its best; we were prepared with tools at hand and that's what the Seabees are all about," said Fairbanks. I especially remember all the good things that we did for the community, we cleared out massive amounts of wood that had fell and blocked off a church parking lot. It was a lot of work, but we finished the job before that Sunday, so that the members could attend mass."

The leadership of 1 NCD led Seabees to successfully fulfill their obligation to country, duty, and the belief in the "Can Do" attitude. Without a doubt, battalions who were in homeport during Katrina and post Katrina, received an amazing amount of hands-on training. This in return, undoubtedly prepared these troops for future deployments to countries like Haiti and Africa, where damage on cities and homes, mimic that of the after effects of Hurricane Katrina on the Gulf Coast.

Currently the 22 NCR has tasked Seabees from Naval Mobile Construction Battalion (NMCB) 7 to build a sidewalk and fence for the Naval Small Craft Instruction and Tactical Training School (NAVS-CIATTS), located at John C. Stennis Space Center, Miss. Junior troops from the battalion have been assigned with successfully completing the construction on time. Steelworker 3rd Class Corey Hudson with NMCB 7, believes that homeport projects like the NAVS-CIATTS fence at Stennis, refresh troops' construction skills, and reminds them what a Seabee job is supposed to be.

Since its commissioning, the 22 NCR has contributed to the positive growth and enhanced skill sets of Seabees for more than 50 years. Without a doubt, members of the 22nd have consistently completed their obligation to the troops by demanding that battalions prepare for future deployments by remaining active in homeport and constantly training.

Naval Mobile Construction Battalion (NMCB) 74's Charlie Company is doing what they do best: building from the ground up. Their project aboard Camp Leatherneck in the Helmand Province, Afghanistan calls for six Super South West Asia Huts which will be the permanent working space for the U.S. Marine's Combat Logistic Regiment (CLR).

Each Super SWA-Hut measures 120 feet in length by 32 feet in width, contains multiple rooms and has a reinforced roof to withstand high wind speeds. There are 58 Seabees working on the project divided into two crews of 26 and a safety team of 12.

Naval Mobile Construction Battalion (NMCB) 5 began the project in July, together with about 15 Soldiers from the 655th Asphalt/Concrete Detachment, whom are still on the project. The SWA-Huts were turned over to NMCB-74's advanced

party in August about two weeks after their arrival.

"The turnover that we got with NMCB-5 was awesome," said Builder 2nd Class Steven Leguillow, a crew leader, "They taught us how they were doing things to get the same quality but quicker."

Charlie Company begins working at sunset, and works through the night to avoid the extreme temperatures of the desert heat.

"We're able to move a lot faster at night because it is much cooler," Leguillow explained, "once the temperature drops here we will begin working days."

For many Seabees on the site, this is their first deployment, and for some it is their first construction project outside of training. Many of these Seabees are giving and receiving on the job training while they work.

"There is a little bit of a learning curve as far as knowing the standards and how an actual job is run," Leguillow said, "this



Naval Mobile Construction Battalion (NMCB) 74 Builder 3rd Class Daniel Garrido (left), Builder 3rd Class Joanna Ra Ra (middle), and Builder Constructionman Christopher Mercure (right) prepare to install plywood as part of the ceiling in the SWA-Hut project on Camp Leatherneck, Afghanistan. (U.S. Navy Photo by Mass Communications Specialist 2nd Class Michael Lindsey/Released)

transition period for a young Seabee is normal and to be expected."

It is very common for Seabees in rates such as Construction Electrician or Utilitiesman to find themselves doing work typical for the rate of Builder .

Construction Electrician Constructionman Apprentice Joanna Garcia explained that there is only so much electrical work to be done on a project like this. "We have to be flexible," Garcia

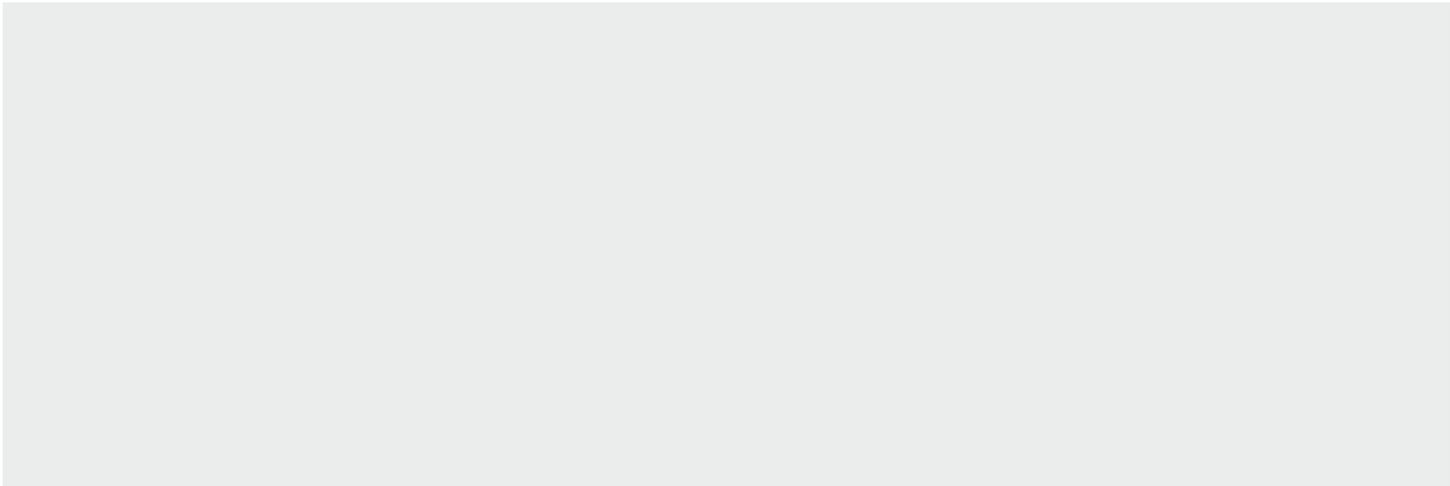
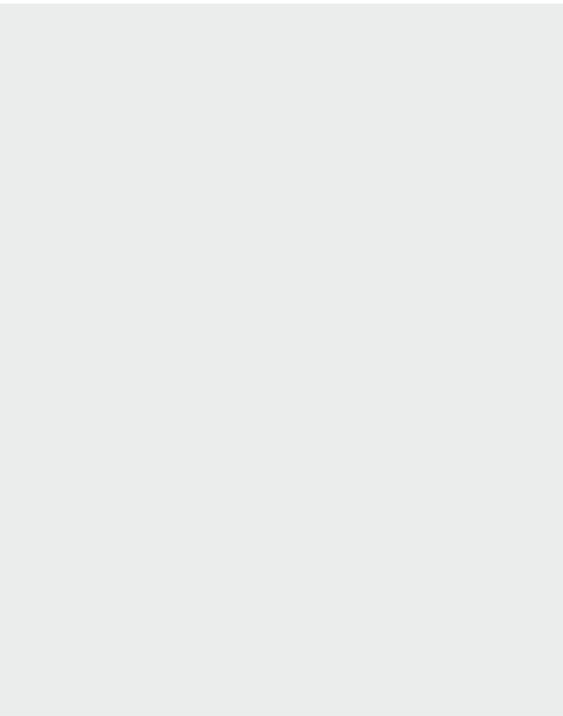
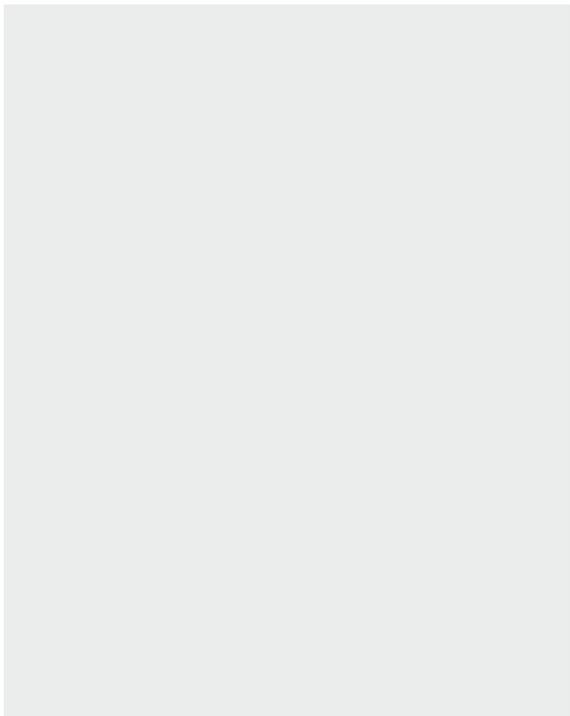
See HUTS page28

Buckle Up - Every Time!



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NMCB 74 stays fit in Afghanistan



Construction Mechanic 3rd Class Anthony Szymanski and Construction Electrician 2nd Class Alicia Morgan, attached to Naval Mobile Construction Battalion (NMCB) 74, flip MTR tires behind the gym at Camp Natasha. For the Seabee battalion, maintaining physical fitness is essential to readiness. NMCB-74 is deployed to Afghanistan supporting the NATO International Security Assistance Force and is one of the Navy Expeditionary Combat Command warfighting support elements providing construction support. (U.S. Navy Photo by Mass Communications Specialist 1st Class Ryan G. Wilber/Released)

From HUTS page 24

said "when we are finished we help the Builders carry wood or hammer nails."

Utilitiesman Constructionman Apprentice Akini Alexander found himself using a saw to cut wood for the first time after installing his portion of the Heating, Ventilating and Air Conditioning system.

"It wasn't too hard to learn how to make good cuts with the wood saw," Alexander said, "after a few days I was moving very fast."

"We have got an awesome crew and awesome crew leaders," said Leguillow, "all of the younger guys want to learn and they're just soaking all this up so that when they get to the next building they can just go, go, go!"

The project was originally projected to be finished late November, but crew leader Leguillow feels confident that at the rate things are going they should be finished ahead of schedule.



Seabee Memorial Chapel

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 - Friday, 11:35 a.m.,
Daily Mass**

Gospel Service: Sunday, 8 a.m.

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**