



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

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Naval Construction Battalion Center, Gulfport, Mississippi

October 8, 2009

Inside this edition



NCTC Ombudsman Robyn Baca reacts to the thank you gifts passed out at the annual NCBC Ombudsman Appreciation Luncheon Sept 25. See page 3



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NMCB 1 is deployed for six months to Pacific Command. Find out what they have been working on the past few months. See pages 5, 12



Clockwise: U.S. Senator Roger Wicker and U.S. Congressman Gene Taylor joined Naval Construction Battalion Center Commanding Officer Capt. Ed Brown and staff to officially open the MWR Fitness Center, Naval Construction Training Center (NCTC's) Bachelor Enlisted Quarters and Fire Station Sept. 28. The openings are part of the final phases of the \$320 million Katrina Recapitalization Plan. (U.S. Navy photos by MC2 (SCW) Michael B. Lavender and MC2 (SCW) Gregory N. Juday/Released)

Congressman, Senator help open NCBC facilities

By Rob Mims

NCBC Public Affairs Officer

U.S. Senator Roger Wicker (R-MS) and U.S. Congressman Gene Taylor (D-MS) were on hand Sept. 28 to help officially open the renovated Fire Station, new 328 bed Bachelor Enlisted Quarters and new 57,000 square foot Fitness Center on board Naval Construction Battalion Center Gulfport. The openings bring the number of new buildings on the base to 24, encompassing more than one million square feet of new building spaces since the Hur-

ricane Katrina slammed into the Gulf Coast in August 2005.

According to Capt. Ed Brown, commanding officer of NCBC, this is a unique opportunity to fully embrace new ways of doing business and providing the family support our warfighters deserve.

Hurricane Katrina, one of the most devastating natural disasters to hit the United States, took aim at the Gulf Coast, which put NCBC in jeopardy. The more powerful eastern side of the storm's eye wall came barreling at them. The

base sustained significant damage to the many of its facilities, some of which dated to the WWII era. After the rain and winds subsided, base and Naval Facilities Engineering Command officials assessed the damage and came up with a plan. It was the Katrina Recapitalization plan. This plan focused not on just restoring what was damaged, but in building what was needed for the future. At the end of the day, the plan resulted in more capability with a smaller infrastructure footprint, better land

use, and significant opportunity for energy savings.

"We had some things that needed attention before Katrina," said Sen. Wicker. "Actually some of the buildings dated back to before World War II. And this was a good facility. Even then, the mission didn't suffer. But Katrina was an opportunity for us and there's no sense in not coming back and doing it 100 percent, first class."

Over \$400 million was set

See NEW page 18

Seabee Center readies for annual CFC kickoff

By Lt.j.g. Russ Jarvis
CFC Coordinator



This year's Combined Federal Campaign will kick-off Oct. 16 at 11:30 a.m. in front of the Colmer Galley. Everyone is welcome to come out, meet the local charities and enter the raffle to win a prize.

This year's goal is to raise over \$100,000 and provide a pledge form to every person on board NCBC. And, with a little bit of Seabee Can Do! Spirit and Enthusiasm we can raise over \$120,000 like we did last year!

For those new to the federal work force or unfamiliar with the Combined Federal Campaign here's a little history.

The Combined Federal Campaign otherwise known as the CFC, was established in 1961 by President Kennedy. The sole reason for creating the CFC was to provide a charity clearinghouse for Federal Employees. CFC ensures that thousands of legitimate charities from across the U.S. are given a fair chance and it also safeguards you from giving money to a fraudulent charity.

So, you can rest assured that your contribution is helping those in need.

Ok, you are wondering how you can give to the CFC?

First thing you should do is

find your Command Key Worker and ask for a pledge form and booklet. With over 22,000 charities to pick from I can guarantee that you will find a charity that has helped you, a shipmate or a family member. There are three ways to donate; by check, cash, or payroll deduction.

Payroll deduction is the easiest and you can spread out a large donation over 12 months. That \$120 donation might seem large, but it's only \$10 per month when spread over a year. Keep in mind that minimum payroll deduction for military is \$2 and \$1.50 for civilians.

Now that you're armed with some good info, I sincerely hope that you take five minutes to find a charity and fill out your pledge form. As Capt. Ed Brown stated in the July Skipper's log, "You influence, impact and yes, change the world for those you contact." You may not receive instant gratification but your contribution makes our world a better place.

Navy Birthday Ball Oct. 17

A Navy Birthday Ball to celebrate the 234th Navy birthday will be held Oct. 17 at the Hollywood Hotel and Casino in Bay St. Louis at 6 p.m. Guest Speaker: Congressman Gene Taylor. Tickets: \$15 for E1-E3; \$20 for E-4 - E6; \$35 for E7 and above; \$35 for GS-7 and above and \$20 for GS6 and below. Contact Lisa Klingenberger, 228-688-4171 or YN1 Godeaux, 228-688-5526 to purchase tickets no later than Oct. 15.

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.

Skipper's Log

The future

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



Capt. Ed Brown
post-disco - 80's.

Every once in a while we hear or see concerns, be it for the future of the Navy or simply for the future of our Seabees. Discussions usually end up somewhere around, "these young troops have never worked and don't know about dedication." People worry for the future of our fighting force. "We can't yell at them, they just don't care." For nearly 234 years our Navy, has been sailing the oceans. I am sure the leaders of the time looked at the new recruits and wondered how they would ever get by. They trained them, developed leaders and were replaced by those they taught.

Our Navy has evolved over the years, but we continue to recreate the historic cycle. Don't worry about the new recruits because they are not like us. Accept who they are and adapt new leadership and teaching skills to fit them. Mentor them and find the leaders. Promote them and eventually turn over the reigns to those you teach. It has been this way forever. I'm sure the Wardrooms and Chiefs messes of the late 60's and early 70's were worried whether anyone of that generation would make it. Those young recruits were our Master Chiefs and Admirals in 2000. If I remember we were pretty good at that time. We were the knuckle-heads that rolled in the doors in the

Yes we go through cycles, but our Navy remains the finest in the world. Every young troop that crosses our gates may well be Force Master Chief of the Seabees or Senior Enlisted Advisor in their own service. Every JO (junior officer), could be the Chief of Civil Engineers. In 2030 our Services will be fully led by those we train today, and they will be looking at the next group coming through the gates here in Gulfport wondering how the service will ever survive.

Our success today is measured by the task we are assigned. But maybe we should wait to congratulate each other until the generation we are training, trains their relief. If history teaches us anything it's that we will always accomplish today's mission and leave our service in better hands.

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

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The Ombudsmen of Naval Construction Battalion Center gather at the annual celebration luncheon held at the Colmer Dining Facility Sept. 25. Military and civilians came out to show their support and appreciation for the dedication that the volunteers display to the military and their families year in and year out. (U.S. Navy photo by Mass Communications Specialist 1st Class (SCW) Nicholas Ling/Released)

NCBC recognizes their Navy Ombudsmen

By MC1 (SCW) Nicholas Ling
 NMCB 11 Public Affairs

The Ombudsman of the Navy have watched over and cared for those children and spouses left behind during our Sailors deployments to the far reaches of the world. They have stood up and helped ensure the well-being of the core of every Navy family is well protected during the hardest part of any Sailors career, their time away from home.

Since the Ombudsman programs' inception by Adm. Elmo Zumwalt in 1970, this group has been one of the strongest, if not the strongest, line of communication between Sailors and their families during a deployment. They give selflessly in their pursuit to ensure every spouse and child is cared for 24 hours a day.

Naval Construction Battalion Center (NCBC) recognized their command Ombudsman during a ceremony Sept. 25 at the Colmer Dining Facility. Twenty nine Ombudsmen were recognized for their devotion to the program and for their excellent moral compass.

"The mission of the Ombudsman Program is to be a positive role model," said Capt. Ed Brown, Commanding Officer, Naval Construction Battalion Center /Commander Twentieth Seabee Readiness Group, "all of our ombudsmen do an excellent job of showing the rest of the families that you can step up to make a deployment less stressful."

Representatives from 25th Naval Construction Regiment (NCR), 22nd NCR, Naval Mobile Construction Battalions 1, 11, 74, 133 (NMCB 7 was unable to attend the luncheon); Naval Construction Training Center, Naval Operational Support Center, Naval Oceanographic Mine Warfare Center and the Naval Meteorology and Oceanographic Professional Development Center (NMPODC) were presented certificates of appreciation and gift bags for their dedication.

Cmdr. Michael Monreal, commanding officer, NMCB 11, expressed his deep gratitude for the work 11's Ombudsman did during NMCB 11's maiden deployment. "As this was our first deployment with many first-time deployers and young families, the Ombudsman provided current information and advice in order to keep the service members and their families linked. They helped families through some tough times and pointed out groups to help in their time of need. The Ombudsman, along with our Homeport liaison formed a solid team that kept our families and service members aware and linked together."

Following longstanding tradition, the Master of Ceremonies for the event, Paula Ingram closed the celebration by reciting the Ombudsmen poem "If We Could."

Ombudsman training is offered periodically at the Fleet and Family Support Center. Contact Paula Ingram at 228-871-3000 for details.

Navy Lodge Gulfport celebrates National Hospitality Week

From NCBC Public Affairs

In celebration of the outstanding work the Navy Lodge housekeeping, front desk and maintenance staffs do to keep their guests happy, Navy Lodge Gulfport participated in National Hospitality Week Sept. 21-25.

Navy Lodges worldwide held activities such as bed-making contests, appreciation luncheons, rollaway bed races and much more.

"We are excited to celebrate this year's National Hospitality Week", said Navy Lodge Manager Janice Baker. "Our staff does so much throughout the year to make sure our guests have a clean, exciting and comfortable stay in our Navy Lodge."

Navy Lodge Gulfport kicked off the celebration with an Associate Appreciation Breakfast and followed up with unique activities throughout the week including a Best Cake contest and a Best Dip contest.

The cake contest was judged by Russell Watters, operations service manager of Navy Lodge. "Best of Show" winner was Jessica Salzwimmer, "Funniest" honors went to Julie Morgan and Kate Downs took the prize for "Most Original" cake. All seven associates who entered the competition received gift cards for their participation.

"This week allows our associates to show off their house-keeping and guest service skills and have fun at the same time," said Baker.



Left: Navy Lodge Manager Janice Baker talks with staff during the Associate Appreciation Breakfast kicking off National Hospitality Week Sept.21. Below: Associates show off gift cards presented to them for participation in a national Hospitality Week event. (U.S. Navy photos MC2 (SCW) Michael B. Lavender and MC2 (SCW) Gregory N. Juday/Released)



Seabee Center bids fond farewell to federal employees



In an informal ceremony held Sept. 29, Naval Construction Battalion Center said goodbye to Bill Brazell, Sandra Carol, Dave Bethea and Linda Cooley who retired with over 100 years of combined federal service to our nation. Friends and coworkers gathered to reminisce with

them, wish them well, and perhaps, dream of the day that they will follow in their footsteps. Joe Sacco also retired, but was not present at the ceremony. We bid you Fair Winds and Following Seas. (U.S. Navy photos by Mass Communications Specialist 2nd Class Gregory N. Juday/Released)

CNO to speak at annual Salute to the Military

From NCBC Public Affairs

Adm. Gary Roughead, Chief of Naval Operations is the featured speaker at the 31st annual Salute to the Military Oct. 13 at the Mississippi Coast Coliseum Convention Center.

The event begins with a cocktail reception at 6 p.m., a ceremonial program is at 7 p.m. and dinner at 7:30 p.m. Attire is black tie or dress uniform, though business dress is acceptable.

The Mississippi Gulf Coast Chamber of Commerce has sponsored this Salute for 31 years. The CNO will join Senator Roger Wicker and Representative Gene Taylor, along with the commanders of coast military installations in presenting the chamber's annual Thomas V. Fredian Community Service Award to an outstanding enlisted service member. Music will be provided by The Band of the U.S. Air Force Reserve.

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4 The event is SOLD OUT.

National Hispanic Heritage Month

Hispanic Heritage Month is the period designated to recognize the contributions of Hispanic Americans to the United States and to celebrate Hispanic heritage and culture. "September 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. They all declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on September 16, September 18 and Sept. 21, respectively." [1] Public Law 100-402 authorizes and requests the President to issue an annual proclamation designating Sept. 15 through Oct. 15, as "Hispanic Heritage Month."

The term Hispanic refers to Spanish-speaking people of any race. In the 2000 Census, more than 35 million people identified themselves as Hispanic or Latino.

Approximately 63,000 Hispanic active duty Sailors, 9,100 Hispanic Navy civilians and 6,100 Hispanic Reserves currently serving the nation. This year's Department of Defense theme is "Embracing the fierce urgency of now."

Naval Construction Battalion Center Diversity Committee plans to sponsor a multi-cultural fair celebrating diversity at a later date.

National Geographic Explorer documents Seabees

By MC2 Michael Lindsey
NMCB 74 Public Affairs

National Geographic Explorer recently sent a video crew to document the construction and expansion of Camp Leatherneck in the Helmand Province of Afghanistan. Sept. 21 Naval Mobile Construction Battalion (NMCB) 74 escorted the crew to a perimeter expansion construction site.

Mags Miller, a producer for the documentary, said that her directive came shortly after the head of National Geographic visited Camp Leatherneck with the National Security Advisor General James Jones about two months ago. According to Miller, he was absolutely amazed by the camp.

The National Geographic crew has spent the last five weeks filming troops at Camp Leatherneck, as well as some of the surrounding forward operating bases and combat outposts within the Helmand province of Afghanistan.

"The reality is that Leatherneck is the heart of this mission in the Helmand province and the FOBs and COPs are where the heart pumps too," said Miller.

The first phase of construction for Camp Leatherneck was finished in May

2009 by NMCB-5, and now Leatherneck is home to the Marine Expeditionary Brigade - Afghanistan (MEB-A). The second phase of construction, which will triple the size of the camp, has been the responsibility of NMCB 74 since Aug. 18.

"From what I've heard and seen, it's the Seabees who physically built the berms up and did the billeting in not so secure areas," Miller said. "Without the Seabees, I don't think the Marines would be able to have a camp like Leatherneck."

Ensign Eric Julius, Leatherneck expansion project officer, NMCB 74, was interviewed on camera and answered many questions concerning the mission of the Seabees at Leatherneck. Julius showed the crew what they were doing on the expansion project. He laid out what the battalion's goals are and how they are going to accomplish them.

"Our goal is to expand Leatherneck and provide a staging area for the Marines," he told Miller. "We are helping them accomplish their mission."

The Seabees of NMCB 74 expressed gratitude for National Geographic's efforts to showcase the important work they've carried out in Helmand province.

The documentary is slated to air early next year.



Ensign Eric Julius, Camp Leatherneck Expansion Project Officer, attached to Naval Mobile Construction Battalion (NMCB) 74, Alfa Company, is interviewed by National Geographic Explorer, who were on site making a video documentary of Camp Leatherneck. NMCB-74 is deployed to Afghanistan supporting NATO's International Security Assistance Force and U.S. Forces-Afghanistan. (U.S. Navy photo by Mass Communications Specialist 2nd Class Michael Lindsey/Released)

First and Finest 'Bees of NMCB 1 partner to build schools in Timor-Leste

By EO2 Devin Patton
NMCB 1 Public Affairs

Service members with Naval Mobile Construction Battalion (NMCB) 1 recently traveled to the district of Manatuto, Timor-Leste to cut and fill a level surface in preparation for the construction of a new school. The Seabees were called upon to assist the Norwegian Refugee Council in providing a level surface to construct the new school.

The Project called for cutting and filling 200 square meters of land, including a cut in the side of a hill. EO2 Devin Patton skillfully operated the backhoe to complete the task in less than four hours. There was much excitement in the town to see the equipment in action, as remote villages in Timor-Leste, like Bahadik, rarely see more equipment than a shovel and wheelbarrow.

NRC site director, Domingos de Silva said that he was "more than happy with the results." The NRC will perform the construction and build the school for the local community during the next few months.

"The guys did a great job and quickly prepared a working area for us to begin the school's foundation," said Eliot Stephens, a local NRC Coordinator. He said he was amazed at the quick execution of the site work.

Once the Seabees completed the work in the early afternoon, they loaded up the equipment and traveled the three hours back to the Seabee camp in Dili, Timor-Leste. As the Seabees continue to partner with other agencies in Timor-Leste, the combined efforts continue to help the local children and teachers improved educational facilities and provide for a brighter future for the children of this country.



Seabees from NMCB ONE, Detail Timor-Leste level and prepare the ground surface for the construction of a new school in Behadik, Manatuto, Timor-Leste. (U.S. Navy photo courtesy of Eliot Stephens, Norwegian Refugee Council Coordinator/Released)



The local children and teachers are appreciative to the Seabees for helping with the start of construction for their new school. (U.S. Navy photo by Ensign Calvin Warren/Released)

NMCB 133 practices bridging the gap

By BU2 Gregory Nausley
NMCB 133 Public Affairs

The Runnin' Roos' of Naval Mobile Construction Battalion (NMCB) 133 deployed a 62 person bridge detachment deep into the woods of the Camp Shelby Joint Forces Training Center in support of the Battalion's Field Training Exercise / Field Evaluation Phase. The bridge DET deployed to three sites in Camp Shelby, testing the Battalion's ability to rapidly deploy and redeploy personnel and complete required tasking in a contingency environment. They successfully launched, delanded and palletized a single story, medium girder bridge at each site.

Aside from building bridges, the Kangroos successfully secured each site while battling the treacherous south Mississippi heat, a few vicious thunderstorms and various living elements of nature. Securing each site included building and manning improved fighting positions and setting out triple strand protective wire. Some of the challenges that were faced involved defending against the various attacks and scenarios the 20th Seabee Readiness Group (SRG) threw their way, such as tak-

ing indirect fire and sniper fire from insurgents, vehicle born improved explosive devices as well as personnel born IED's, dealing with local civilians and of course the infamous Naval Construction Training Center's (NCTC) Delta Company with their chemical and biological attacks. "The amount of effort to maintain a secure camp, combined with the extreme heat, really made everything a lot more challenging," said Builder 1st Class Phillip Baranowski, a squad leader for the bridge DET security team.

One of the most challenging scenarios for the detachment was handling those that involved civilian non-combatants. "It is extremely difficult to differentiate between combatants and non-combatants in civilian attire. A lot of variables and conditions have to be met in order to engage a civilian target. Needless to say there is a lot of gray area," said Chief Builder James Mason, bridge DET's assistant officer in charge. A large sense of realism was placed on the scenarios by using civilian actors from the Middle East who spoke in Arabic to the Seabees, setting the stage for deployments to Iraq or Afghanistan. All of



Construction Electrician 3rd Class Richard Rickert and Constructionman Apprentice Ciara Bartlett from Naval Mobile Construction Battalion (NMCB) 133 get ready to clean their MA2 .50 caliber machine gun after heavy rain 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 Communications Specialist Ryan C. Delcore/Released)

the scenarios were very real and based on actual events.

"All the success of the bridge DET solely belongs to the personnel on the front

lines. Their high motivation and outstanding teamwork made all the success possible," said Steelworker 1st Class Thomas Bundy, bridge

master and Quick Reaction Force team leader. The success of the bridge DET greatly contributed to NMCB 133's deployment readiness.

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NMCB 22 'Lone Star' Battalion works with Army in Afghanistan



KANDAHAR PROVINCE, Afghanistan

Builder 1st Class Russell Rea, assigned to Naval Mobile Construction Battalion (NMCB) 22, works on a construction project with the U.S. Army 4th Engineer Battalion. Seabees and Soldiers from both units are building new facilities to improve working conditions at the 4th Engineering Battalion compound. The units, under the operational control of the 30th Naval Construction Regiment, are deployed to Afghanistan supporting Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth W. Robinson/Released)



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

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

Halloween for Heroes Ride

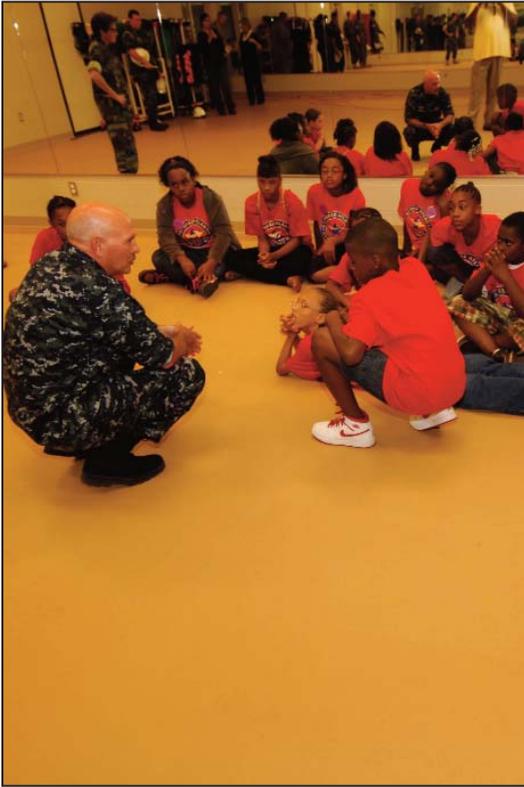
A new event to benefit our Mississippi Veterans takes place Oct. 31. The Halloween for Heroes Ride by motorcycle or car will begin at 9 a.m. with a breakfast and registration at the Long Beach VFW Post #3937 on Klondyke Road. The ride kicks off at 10 a.m. Door prizes and a raffle are also planned.

Fleece scarves and Christmas cards will be purchased for Veterans with all proceeds.

Details:
228-270-4337



NETC spends day on board Seabee Center



Rear Adm. Joseph F. Kilkenny, commander, Naval Education and Training Command, visited the Naval Construction Battalion Center (NCBC), Sept. 30. During his visit, Kilkenny watched Starbase Atlantis put on a hovercraft demonstration at the Fitness Center, where he tried out the hovercraft himself. After the demonstration, the admiral sat down and talked with the children about aviation and naval service. After the visit with the children, Kilkenny made his way to the Colmer Dining Hall and had lunch with Naval Construction Training Center (NCTC) 'A' school students. During the lunch he talked with the students about why they joined the Navy and what made them decide to be Seabees. Rear Adm. Kilkenny went on to visit the Expeditionary Combat Skills facility and check out the small-arms weapons range at Woolmarket. (U.S. Navy photos by MC 2 (SCW) Gregory N. Juday/Released)



MCPON stresses heritage in birthday message to Fleet

Special from the Master Chief Petty Officer of the Navy

In recognition of the Navy's 234th birthday on October 13th, Master Chief Petty Officer of the Navy, (MCPON) Rick D. West released the following message to the fleet:

"Very recently I had the honor of visiting Mrs. Ima Black. For those of you who don't know, she is the widow of our first Master Chief Petty Officer of the Navy, Del Black.

In honor of our 234th birthday as a service, I'd like to tell you a little bit about this amazing lady because she represents so much that is right about our Navy and her life so closely parallels our history.

Ima's eighty-eight-years old, an honorary master chief, a proud chief petty officer's wife and an amazing supporter of the American Sailor. From the minute we sat down to lunch she asked about you, about our men and women at sea and about the Sailors serving in Iraq, Afghanistan and other dangerous places around the world.

I told her that I'd never seen so many men and women in uniform with so much passion to serve, so much enthusiasm to represent our nation. We talked about today's Navy and she told me some stories

about the Navy she joined in 1943.

Mrs. Black lives in a retired community down in Florida, in a small apartment overlooking a little lake. She's surrounded by friends and is quick to point out that every once in a while a few Sailors drop by to see how she's doing. Her apartment is a tribute to our first MCPON. Pictures, uniform items, anchors...all mementos from Del Black's amazing career. But if you look closely, you'll see that it's much more. It's a living history of our Navy.

There are pictures of a young Seaman Del Black when he was aboard USS Maryland in Pearl Harbor, just before the fleet was attacked December 7th, 1941. Photo albums hold letters written from several more ships over the course of his career. One picture shows MCPON Black, Ima and Admiral Elmo Zumwalt, the Chief of Naval Operations from 1970 to 1974. Look closely at another and you'll see him at his most comfortable, surrounded by Sailors on the mess decks of a ship.

He took care of Sailors at a time when our Navy had no idea what or who a MCPON was. He went where the fight was, to Vietnam. And he went where the fleet was, to our ships at sea.

On our 234th birthday, I ask that you remember



MCPON Black and you consider that there are thousands of men and women just like his wife Ima who keep our Navy's history alive. Seek them out. Talk with them and your lives will be richer for it.

Happy birthday shipmates. You are part of a legacy that grows stronger each day due to your effort, your initiative and your willingness to serve.

HOOYAH Navy."

Homefront in Focus: Need More Input . . .

By Beth Wilson

Military Spouse Contributor

Have you seen the 80's sci-fi comedy Short Circuit starring Ally Sheedy and Steve Guttenberg and cute robot named Johnny-Five? Johnny-Five, through a chance power surge becomes sentient, escapes the lab where it was created and spends the remainder of the movie seeking "more input" (information). If you have not seen the movie, rent it this weekend - it is a fun watch for the entire family.

I feel like Johnny-Five. We have been 'selected for orders' but we don't have orders in hand. He's tentatively schedule to separate in five months but we have no dates, no details. Will he be gone six months or 14? I confessed last week that I am a control freak. I am also a 'planner'. I try to plan life to live my best life. I am researching options, assessing things and I need more info! These GSA orders don't fit the 'norm.' I need more input!

So where do I start? My Sailor is busy researching and so am I. If you are joining my journey to deployment readiness here is what I have found so far: We could receive a copy of the orders at any time but per instruction we must have orders within 60 days of transfer. While we wait there is much we can do.

If going to a traditional deploying command head to the command's website, learn all you can about the command with special attention to the "Welcome aboard" and Family Support sections. If you are like me, with GSA orders, I have a few websites for you and the first place to start is the 'IA/GSA command known as the Expeditionary Combat Readiness Command (www.ecrc.navy.mil). This site contains valuable information for you and your Sailor including downloadable handbooks for both you and your Sailor. The next informational site is NKO or Navy Knowledge Online (<https://www.nko.navy.mil>). You can establish you own login on this site which contains great info. Browse to the Navy Family Community/Individual Augmentee Family Support for information. No matter what orders you have Fleet

and Family Support Programs (www.ffsp.org); Navy Personnel Command (<http://www.npc.navy.mil/CareerInfo/Augmentation/>); Military One Source (www.militaryonesource.com), and MilitaryHomefront (www.militaryhomefront.dod.mil) has great information on deployment readiness, family support, and all things military 'life.'

Paperwork is my next action item. Now is the time to make sure I have all the passwords to our accounts, check expiration dates on vehicle decals, IDs, vehicle registration,

Powers of Attorney, updates on our Wills and our 'Family Plan.' Download one of the many available readiness checklists for a more complete list of paperwork to tackle.

There are a few conversations to begin during this time as well. One topic we may not talk about is life insurance. Many service members assume that SGLI is enough to provide for their families if, God forbid, something happens to them. But for many families SGLI will not assure family stability. Get some advice, and look at what you really need in terms of Life insurance. Sites like USAA's (www.usaa.com) offer free

life insurance calculators to help you assess your needs. This will not 'jinx' your upcoming deployment but will give both you and your service member peace of mind.

Our journey has begun, next week we'll see if we have orders yet and talk about relocation.

Questions and comments for Beth? Drop her an email at beth@homefrontinfocus.com.

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



Beth Wilson

Navy spouses help develop Motorcycle Safety Course at NAS Jacksonville

By Clark Pierce
Naval Air Station Jacksonville

The Naval Air Station (NAS) Jacksonville Safety Department hosted educators and trainers from the Motorcycle Safety Foundation (MSF) Sept. 21-24, as they tested the curriculum for their Street Rider Course.

The one-day class is aimed at novice bikers who have completed the MSF Basic Rider Course – yet lack significant street experience (less than 150 miles) on their motorcycles.

Dr. Sherry Williams, MSF director of quality assurance and research, said the new class involves assessing the students' riding skills on the driving range, interactive classroom training to expand rider perceptions and peripheral vision, and driving on public streets under the tutelage of their rider coach.

"We're learning a lot from our research at NAS Jacksonville. We came here with what we think might work and then make adjustments after we try things out with actual novice riders," said Williams. "The class will be open to any type of motorcycle owner – from Ninjas to Hogs. The feedback we've received so far shows that novice riders are very enthusiastic about having a professional rider coach guide them to a higher level of operational competence."

Williams noted that the street rider course is designed to create a more confident and safety conscious motorcyclist.

For on-the-street training, they form a pod of up to three students led by one rider coach, or a pod of four students positioned between leading and following rider coaches.

MSF Rider Coach Dave Hepburn agreed that the course is a confidence-builder that allows novice riders to enhance their motorcycle handling skills.

"For on-the-street training, we pair one rider coach with up to three students. Each student

wears earphones in their helmet so they can hear their rider coach point out potential speed and traffic hazards. We begin with a route through a low-traffic environment. Depending on how well they perform, we drive additional routes on base that progressively add more curves, intersections and parking lots," said Hepburn.

Novice rider Elizabeth Erler recently completed the MSF Basic Rider Course at NAS Jacksonville.

"My husband, a lieutenant at VP-30, is a long-time motorcycle rider who persuaded me to get my own bike about two months ago. Since then, I've ridden my Honda Shadow about half a dozen times in an abandoned neighborhood. This street rider course is just right for me in order to get more comfortable

with my riding ability and to stay safe on the highway. Coach Dave (Hepburn) has helped me with my slow-speed turns and how to keep my eyes up, scanning the road for potential traffic hazards," she said.

Novice rider Carla Barkley has been riding for about four months and is already on her second motorcycle.

"I started out on a Harley Sportster, which is pretty fast and nimble. But after completing my basic rider course, I drove my husband's Harley Heritage Softail Classic – and I just had to trade up. Now I'm riding a Softail Deluxe and loving it," said Barkley.

"Helping the MSF people develop this course is very interesting. It's a big confidence builder being out here with a rider coach. I found his feedback

on the slow-speed, parking lot type of maneuvers to be really helpful. And on the street, I liked that he validated what we were doing right as we drove along," she added.

Hepburn was pleased with the first street route. "These two ladies demonstrated excellent control, balance and lane position in the midst of real traffic with construction detours, blind driveways and pedestrians. Now we're taking off on route two that progressively adds more challenges to improve their driving skills," said Hepburn.

Williams said it would take a few months to analyze her data and observations from the street rider course test session.

"This will be the first MSF rider course that ventures beyond the driving range and onto



public streets. So far, each participant has been grateful to have a professional rider coach guiding them along the way."

MSF is a not-for-profit organization that is internationally recognized for its comprehensive, research-based, rider education courses that promote lifelong learning for motorcyclists and continuous professional development for MSF-certified rider coaches.

NMCB 1 DET Guam conducts embarkation training

By NMCB 1 DET Guam
Public Affairs

Naval Mobile Construction Battalion (NMCB) 1's DET Guam conducted Embarkation training Sept. 19 including instructions in proper procedures for loading troops, equipment, and supplies onto aircraft. The training prepared the DET for an upcoming 48-Hour Mount-Out Embarkation Exercise to test the Air DET's organization and ability to organize, prepare, and embark the Air DET for a variety of task-tailored missions that they may be required to support such as war mobilization, disaster relief and humanitarian support efforts. Throughout the 48-hours, personnel readied the civil engineer support equipment, tools, equipment, supplies, and the Air DET personnel to embark on the military aircraft needed to carry out the missions.

Alfa company leadership organized the Embarkation training into seven different stations for all personnel of DET Guam to rotate through while receiving in-depth detailed knowledge from the Embark organization's subject matter experts. The topics included Alfa Operations, Mobile Loading, Equipment Weight and Centers of Balance, Mount Out Control Center, CESE, Arrival Airfield Control Group, Departure Airfield Control Group, Palletizing, Wash Rack and Defueling procedures and the final Joint Inspection process conducted with the Air Force. The weight and balance station taught the Seabees the effects of the mass, dimensions and placement of the construction equipment can have on the transportation aircraft's ability to fly. During the Palletizing station, the Seabees learned how to properly and safely

load the pallets with equipment and supplies for air transport. The Mount Out Control Center serves as the DET's command and control hub for coordinating all information about equipment moving from station to station and ultimately inspected by the Air Force and placed on the aircraft to depart on their mission via the Departure Airfield Control Group.

"This exercise is crucial to the Battalion's operational readiness because it provides a way for the Battalion to be self-sufficient," said Chief Equipment Operator Frank Queencombe.

"The Embarkation Training was designed to keep troops better acquainted with the important procedures that must be followed to operate efficiently in the event of an actual 48-Hour Mount-Out either due to mobilization for war, humanitarian relief, or any other



Builder 1st Class (SCW) Mark Bush explains the process of palletizing and its importance during the embarkation process to members of Naval Mobile Construction Battalion (NMCB) 1 DET Guam during embarkation training Sept. 19. (U.S. Navy photo/Released)

task-tailored missions." Mount-out of the Air Det is a continual possibility in the Western Pacific given the history of natural disasters and size of the region," said Construction Mechanic 1st Class David McGowen, Embark's

leading petty officer. NMCB 1 DET Guam's Embark training provided excellent hands-on training to prepare the Battalion for both exercises and real world scenarios requiring mounting-out the Air Detachment.

Swinging trusses, just a night's work for NMCB 74

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

The Seabees of Naval Mobile Construction Battalion (NMCB) 74 recently completed placing the trusses on another Super Southwest Asia Hut (SWA-Hut) at Camp Leatherneck in Afghanistan. The SWA-Huts are being erected to provide the Combat Logistics Regiment at Leatherneck a work environment that is both efficient and comfortable.

The truss operation was executed during nighttime hours to allow the crew to escape from the heat of the day, and although scheduled for three days, was completed in only one and a half. The speed at which the trusses were put in place can be attributed to their completion of one other SWA-Hut this deployment.

Chief Steel Worker Roger Baker, Charlie Company Operations Chief, stated the fact



Builder Constructionman Woodman Fleurizard, Equipment Operator 2nd Class Chad Kissinger and Equipment Operator 3rd Class Jonathan Rust, attached to Naval Mobile Construction Battalion (NMCB) 74, rig a truss for hoisting into place on a Super Southwest Asia Hut. This truss is only one of more than 60 trusses hoisted over one-and-a-half night shifts by NMCB-74's Alfa and Charlie Companies. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released) succinctly when he said, "The crew found their battle rhythm."

Construction Mechanic 3rd Class David Prejean, Crane

Signalman and Project Safety, maintained that the crane was the centerpiece of efficiency. "A crane is worth its weight in

gold out here. Without it you do half the work in twice the time," said Prejean.

During the construction of these 32-foot by 120-foot SWA-Huts, it is standard to use a crane to place the more than 500-pound trusses. For most of the Seabees on this project it is their first time using this method and working on buildings so large. Using a crane also makes the job a joint company operation utilizing expertise from NMCB-74's Alfa and Charlie companies.

"The integration went really well. We tried a few different things as far as rigging, and we all agreed on what was safest for them up in the rafters bracing the trusses," said Equipment Operator 1st Class Robert Gargus, Crane Crew Supervisor.

Builder 3rd Class Daniel Cindric, Crew Leader, expressed positive feelings toward the

company integration as well. "Communication was key, letting everyone know what needed to be done and working as a team," said Cindric. Baker added, "These guys have to be working together and they have to be communicating."

Safety is always of primary importance during any construction project, and the use of a crane to hoist the trusses into place on the roof saves the energy of the crew and therefore results in less physical injuries. There are still safety concerns when operating with a crane; however, and those concerns are brought before the crew at the start of each day at the safety brief.

"Be aware of tripping hazards, if you don't have to be inside the envelope, don't, and

See NIGHT page 17

22nd NCR makes move to new home

By MC3 Michael Wright
22NCR Public Affairs

The 22nd Naval Construction Regiment moved into their new building (447) during the week of Sept. 21. The two story building is located on Marvin Shields Boulevard, right behind building 60.

Personnel from the 22nd NCR have been anticipating the completion of their new building for more than two and a half years, and are pleased to see the building finally finished. Lee McGarrh, 22nd NCR Deputy Operations Officer, has been involved with the construction of the new building since its original concept.

"All the months that we took to look at drawings and blue prints, it's hard to get a strong visual of how the building will look, said Lee. The first time I walked into the building I was amazed."

The new structure was created to accommodate almost every need that the 22nd NCR could have. Furnished with top of the line equipment, furniture, locker rooms, and spacious offices, this building is a definite morale builder.

Construction Electrician Construction Apprentice Nicholas Rudy said that he was very excited to be moving into the new building. "I'm excited to come to the job and not only see my department at work, but now I actually see the rest of my command on a daily basis," said Rudy.

Information Technology Specialist Pat Virgilio a civilian employee here at the 22nd NCR is extremely happy about the commands new change of location. "It really just makes communication a lot simpler, now that everyone is under the same roof," explained Virgilio. The new building is beautiful, everyone including myself is

really happy about the move."

When the building was undergoing the final stages of construction, civilian contractors were working anywhere from 40 to 50 hours per week, trying to meet certification requirements and deadlines. Elevator Technician Justin Scherer was one of three civilian elevator technicians working on elevator systems at the new building. Scherer and his team of civilian contractors put in long hours to meet a late July deadline.

"Everything had to be tight, and everything had to be perfect, said Scherer. You don't ever want to have to come back for extra servicing on a job, it must be right the first time. It's a lot of pressure for us trying to meet specific deadlines, and then making sure that the elevator system gets certified when it's supposed to. We just don't come to work to come to work, we



Lt. Jason Christensen, the 22nd Naval Construction Regiment Assistant Operations Officer, manages to crack a smile in his new office space, during an intense work day. The 22nd NCR personnel started moving into the building Sept. 21. The move took a week to complete and the 22nd NCR quarterdeck was officially manned in Bldg 447 Sept. 29. (U.S. Navy photo by Mass Communication Specialist 3rd Class Michael D. Wright/Released)

put a lot of heart and soul into creating this building."

Now that the Regiment has changed locations, morale is at an all time high here at the

command. Personnel are very appreciative for all the hard work that went into constructing the new and improved building.

Navy opens new Logistic Specialist "A" school in Meridian

By Penny Randall
Naval Air Station Meridian
Public Affairs

Naval Air Station Meridian welcomed 150 Sailors and guests to a ribbon cutting ceremony for the Logistics Specialist (LS) School at Naval Technical Training Center (NTTC) Oct. 1.

Logistic Specialist Seaman Recruit Edward Temme and his sister, Logistic Specialist Seaman Apprentice Jesselyn Temme, who joined the Navy together, attended the ceremony and will be among the first to graduate with the Navy's new LS rating.

The LS rating is a result of a merger of the storekeeper (SK) and postal clerk (PC) ratings.

"I think the merger is a great idea," said Edward Temme. "I'm looking forward to learning more before I get to my next duty station in Japan."

Jesselyn Temme had a different thought on the merger.

"I think the Navy is thinking about more efficiency," said Jesselyn Temme. "It will give Sailors in the LS rating more job experience."

Capt. Bernard Dunn, commanding officer, Center for Service Support, Newport, R.I., and Capt. Scott Bailey, Naval Supply Systems Command, Millington, Tenn., attended the ceremony.

Both captains held an all hands call with LS students to answer questions about the merger.

"No matter if you're going to a shore-based command or a deployed squadron, they cannot be squared away without a squared-away supply department," Bailey said. "You should go out and set the pace for your ship or department - every job has its opportunities. Take the information you have

learned here and apply it. Use this merger as an opportunity to learn."

Dunn said the LS curriculum combines the SK and PC job responsibilities.

"The merger takes the different and important aspects of each rating and gives the Sailors more intense training," Dunn told the audience. "As with all job training, it is always changing to meet what the fleet units need. Besides the computer-based individual training, more hands-on training may be added in the future - anything is possible."

NTTC, commanded by Cmdr. Christopher Bownds, is the Navy's only school for the LS rating and was commissioned April 17, 1974.

"I believe the Navy is becoming more streamlined and creating more well-rounded

See SPECIALIST page 16



Both Officers and Enlisted personnel assigned to Fleet and Industrial Supply Center, Gulfport Detachment and the Naval Construction Battalion Center celebrate during a cake cutting ceremony to welcome the newest rate in the Navy, "Logistics Specialist." Military and civilians celebrated the Postal Clerk/Storekeeper rating merger at the Operational Expeditionary Logistics Facility (OELF) Oct 1. A new Logistics Specialist school at Naval Technical Training Center (NTTC) Meridian, Miss. will serve as the training site for future Logistics Specialists. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Terry Spain/Released)

October 8, 2009

Seabee Courier



Beehive

Come to the Beehive and enjoy Monday Night Football with your friends and take advantage of special prices on cold beverages during the game. Every Wednesday is Ladies Night where ladies get 10 percent off their bill. Don't forget to get your ticket for the "Burn Your Own Steak" Oct. 24. See bartender for details. The Beehive is located across the grinder from McDonalds.

A&E

Come to Anchors & Eagles E-7 and up club, located in bldg 303 by Pass Road gate and enjoy football on Monday nights with your friends. Every Thursday is the Social from 3 - 5 p.m. with snacks provided. And don't forget Right Hand Man Social on the first Tuesday of every month. Also, we now accept credit cards!

The Grill

Located in the Pine Bayou Club House, the Grill is your best stop for a quick meal at an honest price. It is open Monday-Friday 6:30 a.m.-2 p.m. and

weekends from 7:30 a.m.-1:30 p.m. Also, you can call ahead for carryout by calling 228-871-2494. We accept credit cards.

Pizza Brothers

In the mood for the best pizza on base? Then you have to try Pizza Brothers. We are located in the Silver Diner next to the grinder. We offer salads, wedgers and other items in addition to pizza. For carryout or delivery, please call 228-224-1146. WE NOW ACCEPT CREDIT CARDS!

Theater

In the mood for a great movie; but, tired of the high prices? Then look no further, the base theater is your ticket. We offer free movies Tuesdays and Thursday thru Sunday. And, that is not the only deal you get. The prices at the snack bar will make you think you gone back in time. We are located inside the Training Hall Bldg 446 directly east of McDonalds. Call 228-871-3299 for the latest movie schedule and come enjoy a movie on us!

Vehicle Storage

Deployment Special - Free storage for first vehicle and 50 percent off each additional vehicle. This includes all RV's, for all deploying troops. You must present a letter of deployment from your command.

For more information please contact your MWR Auto Hobby Shop at 871-2804.

Auto Hobby Shop Special

October. Free tire pressure check Wednesday - Friday from 10 a.m.-4 p.m. Saturday 9 a.m.-1 p.m. Please contact your MWR Auto Hobby Shop at 871-2804 to make your reservations today.

CBC Lake Pavilion Special:

10 percent off all large pavilion rentals for the month of October. All small pavilions are on a first come first served basis. Contact the MWR Outdoor Rental Center for more information at 228-871-2804.

MWR Vehicle Resale Lot

Have a Vehicle, Motorcycle, RV, Boat or Utility Trailer you want to sell? Put it in the MWR Vehicle Resale Lot located on 5th Street. Location is in a high visibility area and is lighted for extra security. For more information please contact your MWR Auto Hobby Shop today at 871-2804.

Car Wash

MWR has upgraded the car wash with the installation of new vacuums. The vacuums have high suction power, stain remover, shampooer and fragrance selections. The MWR car wash is located off Marvin Shields Blvd. and Rodgers Ave. MWR also has new shade structures on order for those car enthusiasts who like to wax their vehicles out of the HOT sun. For more information, contact your MWR Auto Hobby Shop at 228-871-2804.

Liberty Center

There's a lot to do with Liberty during the month of October. We'll be taking trips off base to concerts, local festivals, haunted houses and so much more! Kick off the month with a great concert by Styx at the Hard Rock Casino for only \$40, Oct.9! If you simply want to take a trip over to the mall then we've got you covered Oct.11 by getting a FREE trip over to Edgewater Mall for the afternoon. Or join us on Friday, Oct.16 as we

MWR Text Marketing Grand Prize Winners



MWR announces it's Grand Prize winners of the Text Marketing Contest Oct. 1. The winners are Storekeeper 2nd Class and Mrs Timothy Bourassa of CBC Gulfport who won a 4-Day Cruise for two on Carnival Cruise lines. The package includes an interior stateroom, all on-board meals, snacks, complimentary 24-hour room service, and more. Mrs. Bourassa was very excited and giggled the entire time, even teasing that her husband would not be accompanying her, but her mother would instead. This texting program has attracted over 300 participants who are interested in receiving information on Fitness, Liberty, or other MWR activities. The program has allowed MWR to reach its sailors and patrons that are on the go, instantaneously. The lucky winners will be able to go anywhere Carnival Cruise line travels between now and March of 2011. CONGRATS!

(U.S. Navy photo by Nicole Dunn/Released)

catch a movie at the Cinemark Theater at the Crossroads Shopping Center for only \$7! For more information please contact the Liberty Center at 228-871-4684.

Of course there are lots of great fall festivals to enjoy as well! Join us Oct. 10 for the Mid-Autumn Festival in Biloxi that's completely FREE, just sign up in the Liberty Center; or venture to Gautier with us for the Gautier Mullet Festival complete with Mullet Tossing Contest Oct. 18 and pay nothing! We will be taking part in a great fall tradition by taking numerous trips to the Jackson County Fair Oct. 19, 21 & 23, also a free event. Care for something a little more bone-chilling? Get scared with us on the Saucier Haunted Trail Oct. 17 for \$7 at the gate or the Trail of Terror Oct. 24 for \$8 at the gate- either time is guaranteed to be

frightfully good! For more information please contact the Liberty Center at 228-871-4684.

Fitness Center

New Aerobics Schedule! Now offering free group classes. **Monday & Wednesday Classes:** Bosu Strength Class at 9 a.m.; Cycling Class at 9 a.m. and 5 p.m.

Total Body Class at 11 a.m. **Tuesday & Thursday Classes:** Silver Slipper Class for Seniors at 8:30 a.m.; Aqua Aerobics Class at 10:15 a.m.; Abs & Push-Ups Class at 11:15 a.m. and 6 p.m.; Cardio kick boxing at 5 p.m.

First 4 Fun

"First for Fun" is a trip and event schedule coordinated between ITT, Outdoor Recreation, and Liberty programs for all eligible NCBC Gulfport patrons. Upcoming trips

See MWR page 20

At the Movies . . .

FREE movies, now playing at the Training Hall Movie Theater

- Oct. 8: Land of the Lost - PG13, 5:30 p.m., Ice Age: Dawn of the Dinosaurs - PG, 7:30 p.m.
- Oct. 9: Transformers: Revenge - PG13, 6:30 p.m.
- Oct. 10: Terminator: Salvation - PG13, 1 p.m., The Proposal - PG13, 3:30 p.m., Drag Me to Hell - PG13, 6 p.m.
- Oct. 11: Up - PG, 2 p.m., Terminator Salvation - PG13, 4 p.m., Land of the Lost - PG13, 6:30 p.m.
- Oct. 13: Terminator: Salvation - PG13, 6:30 p.m.
- Oct. 15: Up - PG, 6:30 p.m.
- Oct. 16: Drag Me to Hell - PG13, 5:30 p.m., Ice Age: Dawn of the Dinosaurs - PG, 7:30 p.m.
- Oct. 17: I Love You Beth Cooper - PG13, 1 p.m., Transformers: Revenge - PG13, 3 p.m., Terminator: Salvation - PG13, 6 p.m.
- Oct. 18: Land of the Lost - PG13, 2 p.m., The Secret of Moonacre - NR, 4 p.m., The Proposal - PG13, 6 p.m.
- Oct. 20: Up - PG, 6:30 p.m.

NAVFAC Southeast Environmental News You Can Use

Household hazardous waste disposal sites available for residents of Mississippi Gulf Coast

By Sue Brink
NAVFAC SE Public Affairs

The Mississippi Department of Environmental Quality provides grant funding to each county to conduct Household Hazardous Waste Disposal days for all people living in the county.

"Your participation in programs such as the Household Hazardous Waste Disposal program will truly enhance the installations environmental program, showing that we are

all good stewards of the environment," said Gary Broom, Naval Construction Battalion Center Gulfport environmental specialist.

The county contracts with licensed EPA disposal firms and develops a location in the county to conduct the Household Hazardous Waste Pickup day. All families living in the county are eligible to bring their non usable hazardous and non hazardous materials to the announced location. Examples of hazardous materials

include: paints, fluorescent bulbs, batteries, pesticides, used petroleum materials, and acids. Examples of non hazardous materials include: tires, cardboard, and other, items.

"There are many advantages for using the household hazardous waste disposal program," said Broom. "No cost is incurred when using the program and it provides for a safe, convenient and simple way to get rid of household hazardous waste."

The next scheduled drop off

date for Harrison County is Oct. 10 from 8 a.m. until noon at the Power Plant on 10076 Lorraine Road in Gulfport. A drop off will occur in Jackson County Nov. 14 with time and location to be determined. Hancock County information will so be determined at a later date.

Broom advises everyone to use the program stating, "It is an environmentally friendly means to dispose of unwanted waste."

Watch for specific drop off

points in the local paper. For more information on solid waste assistance contact Louis Murillo or Denise Wilson at 601-961-5171.



Saving energy - make it personal

By Rob Mims
NCBC Public Affairs Officer

Yesterday, Seabees gave someone the ability to turn a light on when it gets dark out. A week ago, a construction battalion gave a village fresh drinking water for the first time in their lives. A few months ago, dirt Sailors enabled 60,000 people to get to markets year round by foot or mule. While these humanitarian projects give a people a better life, these are things most people take for granted daily. But, what if that was not the case.

Most people know that if they leave a light on in a room that it

is wasting electricity. There are a lot of people who know that when the water is left running for long periods of time, it is a waste. And, there are plenty of people who know they could walk the two blocks instead of drive to get to their destination.

Seabees leave their families for months at a time to give people of a less fortunate nature the very things that are wasted in wealthy countries on a daily basis. Maybe it is time to stand in solidarity with the people the Seabees help daily around the world and be better stewards of those precious commodities others hold so dear.

During October, the Depart-

ment of the Navy (DoN) is participating in National Energy Awareness month and is aligning its energy awareness theme with the Department of Energy's: A Sustainable Energy Future; We're Putting All the Pieces Together.

Naval Construction Battalion Center Gulfport is striving to become the best base in the Navy; however, that means everyone must pull together and be the best in every area and in every aspect, including saving energy and precious resources.

To learn some of the best ways to help save energy in everyday life, visit <http://www.aceee.org/consumerguide/>

What can I do?

This Week

Visit the hardware store. Buy a water-heater blanket, low-flow showerheads, faucet aerators, and compact fluorescents, as needed. If you can't find compact fluorescents locally, check out ENERGY guide or Energy Federation Incorporated.

Rope caulk leaky windows.

This Month

Insulate your hot water pipes to prevent heat loss.

Insulate heating ducts in unheated areas, such as attics and crawlspaces. Keeping ducts in good repair can prevent heat loss of up to 60 percent at the registers.

Install a clock thermostat to set your thermostat back automatically at night.

Schedule an energy audit (ask your utility company or state energy office) for more expert advice on your home as a whole. Learn more about home energy audits.

This Year

Replace aging, inefficient appliances. Even if the appliance has a few useful years left, replacing it with a top-efficiency model is generally a good investment. Especially check the age and condition of your refrigerator.

Reduce your air conditioning costs by planting shade trees and shrubs around your house—especially on the west side. Know that you are making a difference!

Recycling Reminder

If there is a wheeled recycling bin in your building please be aware that we all share responsibility for taking the bin to the curb when it has reached its capacity. Please take the time to wheel it to the curb Thursday mornings by 8 a.m. and return it after it has been emptied. You will be doing yourself, your building and your environment a favor. Questions on Recycling? Call CBC recycling at 228-871-4738.

Recycling Saves, Recycling Pays

Shred Day can help in the fight against identify theft

The Better Business Bureau is sponsoring Shred Day, Oct. 17 from 9 a.m. until 2 p.m. at the D'Iberville Wal-Mart on Sangani Boulevard.

Consumers may bring up to three boxes or bags of paper documents that contain names and addresses to the site and they will be shredded for free on the spot.

Sweet Land of Liberty: Guide to Military Travel



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

By Erica I. Pena-Vest
Military Spouse Contributor

I remember hearing once that the start of the fall and winter season bring on depression in some people. The colder weather, the lack of sunlight and the end of our summer fun makes some people dread this time of year. Well, I am the opposite. Maybe it's the traveler in me but the fall season represents one very important thing to me: off-peak season in travel! That's right. If you were holding back on your summer vacation because of crowds and/or money, now is the perfect time to reconsider your options. September brings massive discount in the travel industry. Hotels offer off-peak rates, airlines offer deep discounts and you can actually ride the Tower of Terror at Walt Disney World without waiting for hours (or what seems to be hours). If you visit my website (www.guidetomilitarytravel.com) you will find that most discounts and promotions are

available until the end of 2009. You can have all the fun that was waiting for you this summer but without the crowds!

When my husband and I were stationed in Jacksonville, we use to love to visit the amusement parks in Orlando in the fall because the crowds are less, the weather is near perfect and discounts are plentiful as area hotels want to keep up their room occupancy throughout the 'slower' seasons. What better time to take advantage of the free and discounted tickets offered by Sea World, Universal Orlando and Walt Disney World.

Want to hit the beach but are afraid of the cooling temperatures? Visit the beaches in Southern Texas or Southern Florida. They stay warmer longer since they don't see much in terms of winter.

If planned correctly, a fall vacation for those of you without school age children can prove to be extremely affordable, enjoyable and quite relaxing. If you do have school age children, consider taking an edu-

cational trip to Washington DC, Boston or San Antonio. Get your child's school to allow it for extra credit. If that doesn't work, use the 'military' card. You know - the one where you say - "We have to take vacations at inconvenient times because we are slaves to our (military person's) schedule." That always works (hey, it's not like you're lying).

Try getting away this fall season. Avoid seasonal depression by getting out, finding some sun, having fun and saving money. If you need advice on where to go, email me at Erica@guidetomilitarytravel.com. I'll help you find somewhere near, cheep and fun to cure those fall and winter blues.

Editors Note:

Erica Pena-Vest is a 13-year veteran of the travel industry as well as a military spouse. Her travel columns will appear in the Seabee Courier on a monthly basis and are a welcomed addition to the Courier.

From **SPECIALIST** page 13

Sailors - thus creating more opportunities for Sailors," said Bowns.

On average, NTTC has graduated 1,500 Sailors a year from its SK school. This total will

rise by about 125 Sailors a year when the Navy's PC "A" School, currently housed at Fort Jackson, S.C., is consolidated with the SK "A" School at NTTC.

"This new rating will translate to the real world much

better when Sailors leave the Navy and transition to the civilian job force," said Cmdr. Rick Fabby, manager of the Supply Enlisted Community, Bureau of Personnel, Millington, Tenn., who was also in attendance at the ceremony.

Seat belts save

lives . . .

Buckle up

for safety

EVERY time!

A Reminder from NCBC Safety . . .



Motorcycle Safety Training is mandatory

for all Sailors who ride motorcycles. Sign up on line at: <http://www.navy-motorcyclerider.com> or call NCBC Safety at (228) 871-4343 if you have questions.

In order to improve the skills and knowledge of motorcyclists, it's **mandatory for all Sailors** who are motorcycle riders to attend motorcycle safety training courses. Courses are available at no cost. There are three types of courses:

Basic Rider Course (BRC): A two day course required for all military who ride motorcycles. Then depending on the type of motorcycle owned, the next class is either:

Experienced Rider Course (ERC): A one day course for standard cruiser or touring motorcycle greater than 500cc. Must complete no later than three years following BRC.

Military Sport Bike Rider Course (MSRC): A one day course required for all sport/touring bike riders. Must complete no later than 60 days following BRC.

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if you don't have to be under the load, walk around," Prejean instructed the crew.

To further increase safety on the project, Prejean keeps an eye on the rigging crew at all times during rigging and stays in direct radio contact with the

Crane Operator. Once the truss moves up and over the building, he walks inside to monitor the operation from there, while Gargus oversees the riggers outside.

The Seabees of NMCB-74 have two Super SWA-Huts in progress now and one more to

erect for this project, and everyone involved expresses confidently that they will complete the job early. In fact, Baker communicated nothing but the highest confidence in the abilities of the Seabees on the project.

"These guys are awesome! I

can't put it into words how proud I am of them, how much they have picked up in the amount of time since we have turned over with NMCB-5, and then making their small adjustments to make it work for them to make them excel the way they do," said Baker.

aside to give the Seabees and their supporters the facilities they needed to accomplish the mission. The plan included not only the three newly opened facilities, but an Armory, Naval Construction Training Center Training Complex with a Disaster Recovery Training Complex, Public Safety Department, Command Headquarters, Vehicle Maintenance Facility, Tactical Training Facility with a state of the art weapon and Combat Convoy Simulators, and a Naval Meteorology Professional Development Center. The entire logistics infrastructure was rebuilt by incorporating an Operational Expeditionary Logistics Facility (OELF) which consolidated logistics functions from a number of old facilities, and provides a state of the art facility to support expeditionary logistics requirements.

“Our Seabee mission support has always been second to none,” said, “but now we serve Sailors, Army and Air Force, and are quickly becoming the premiere expeditionary base in the Navy.”

The packages also included upgrades in the quality of life for Seabees and their families. These included a Bachelor Enlisted Quarters, a new Navy Exchange, Training Hall with 600 seat auditorium and Seabee Heritage Center, a commercial gate which includes three inbound and outbound lanes, x-ray technology, direct access to the OELF and warehouses, a new main gate with a Welcome Center with a housing office and pass and ID and a new secondary gate. More than 210 new base housing units are also being constructed; bringing the number of houses on base to more than 575.

“This is not the sleepy little base in South Mississippi from 15 years ago where the sidewalks roll up at 5 p.m.,” said Brown. “This is the New Gulfport.”

Tops in Blue headed to Biloxi

Tops in Blue presents a free performance, 7 p.m., Oct 25 at the Mississippi Coast Coliseum in Biloxi. Tops in Blue is an all active-duty Air Force special unit made up of talented amateur vocalists, musicians, dancers, comedians, dramatists and magicians who travel world-wide as goodwill ambassadors to perform for military and community audiences.



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 han-sonkl54@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 BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood night, the remaining Fridays are Steak night. Breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. 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.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport

See COMMUNITY page 20



CFC Kickoff - - The official kickoff for the Combined Federal Campaign is Oct. 16 at 11:30 a.m. in front of the Colmer Dining Facility. Everyone is invited to come out, meet the local charities and enter the raffle to win a prize! See you there!

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include: Larry the Cable Guy Oct. 9. Offering 2 show times . . . you pick either 7 p.m. or 9 p.m. Only \$65/person for ticket to show and transportation. To sign up just contact Outdoor Recreation at 228-871-2804.

Trail of Terror, Oct. 10 at 6 p.m. \$10/adults and \$8/children under 8. May not be suitable for young children.

New Orleans Day Trip Oct. 11. All the fun you can have in one day. \$2 gets you to New Orleans for the whole day (9 a.m.- 9 p.m.) Saucier Haunted Trail on Sat., Oct. 17. Departing at 7 p.m. \$8/adults and \$6/children 10 & under

Aquatics

Swim Lesson Registration is ongoing. The Aquatics Program at the new Fitness Center is now offering swimming lessons. Be one of the first people to take a splash in the new pool. Be sure to review a brief description of all levels to ensure the correct placement of your child into a swim class. For more information contact Dana Dawson, Pool Coordinator, at 228-822-5103.

Stroke Refinement . . . is free for Active Duty and happening now from 7 a.m. - 7:30 a.m. Monday - Thursday. See a lifeguard for details.

ITT

Our **new** hours are 9 a.m. - 5:30 p.m. Monday - Friday; closed Saturday, Sunday & Holidays. There's still time to sign up for the Orlando trip (Columbus Day Weekend)! Depart CBC approximately 5 p.m. Oct. 9 and return approximately 7:30 p.m., Oct. 12.

It's a great way for all current and prior military to take advantage of their FREE theme park admissions and the special LOW ticket prices for your family & friends! Or if you still have left over days from a prior trip, this is a great way to use them before the program expires at the end of the year! Pricing includes three nights' accommodations at the Radisson World Gate Resort and round trip deluxe motorcoach transportation. Tickets, if needed, are additional. So bring your family, bring a friend, bring your sweetheart or come alone, just join us! Call ITT at 228-871-2231/2126 for super low pricing or stop by our office in Bldg 352. Students, you are eligible also . . . see Liberty for details and pricing!

Once again ITT has partnered with Vision Tours in Ocean Springs to offer to you the opportunity to experience NASCAR at Talladega Speedway Nov. 1. Cost is \$160 per person and includes round trip transportation, race ticket and post-race BBQ. The bus will pick you up at Crossroads Mall by Barnes & Noble at approximately 3 a.m. and return at approximately midnight. For more info or to sign up, stop by ITT, Bldg 352, or call 228-871-2231/2126! December 5: ITT Base-Wide Quarterly Yard Sale - Come on out to the yard sale and display your treasures! Cost is \$10 per booth and this includes two tables and two chairs. It's not too early to sign up! For more info, stop by ITT, Bldg 352, or call 228-871-2231/2126!

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in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://nmcb62alumni.org> for more information. The website also contains links to hundreds of Seabee military historical sites as well as reunion 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. Contact the museum through the web address at www.seabeemuseumstore.org/shop/index.php

Academic Achievement



Builder 3rd Class Vasti Plaza-Velez of Naval Mobile Construction Battalion (NMCB) 11 accepts her associate of arts degree in Construction Technology from Navy College Office Director Alex Carter. (U.S. Navy photo by Mass Communications Specialist (SW) Terry Spain/Released)

**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 their guess is the winner Oct. 30.

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

Cake donations for the cake walk will be gladly accepted!!

Oct. 12: Columbus Day, Of-

fice will be closed.

Oct. 14: Women's Night, Ladies its your night. Meet with other women in the community to enjoy a little pampering from a local Cosmetology College. Refreshment will be provided. More information to come !!

Oct. 20-23: Teen Read Week,

Teens stop by the office this week and exchange books with other teenagers in the community.

Oct. 21: Pumpkin Face Painting. Residents meet up at the pool house to enjoy a movie under the stars and some pumpkin face painting and

crafts. Be ready for plenty of SPOOKtacular fun with family, neighbors, and friends!!





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**