

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 47 No. 6

Naval Construction Battalion Center, Gulfport, Mississippi

March 25, 2010

Seabees of NMCB 133 armor-up!



Seabees from Naval Mobile Construction Battalion (NMCB) 133 help each other put on their armored modular tactical vests during vehicle egress training in Kandahar, Afghanistan. NMCB 133 is currently in the Central Command's area of operation while on deployment in Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Ryan C. Delcore/Released)

Navy seeks to eliminate sexual assault in its ranks

From Navy Personnel Command Public Affairs

The Navy released its first quarterly Sexual Assault Prevention and Response (SAPR) program update, NAVADMIN 096/10, to update Sailors with the information necessary to positively impact their environment and lead the Navy toward its goal of eliminating sexual assault from its ranks.

"Sexual assault is an assault against unit cohesion, readiness and Navy's core values," said Rear Adm. Dan Holloway, director of personnel, plans and policy. "It is a Department of the Navy (DoN) goal to eliminate sexual assault incidents that impact DoN personnel and their family members."

In 2009, the Navy renamed the Sexual Assault Victim Intervention program to SAPR to align with the mission of the program, highlighting the importance of both prevention and response. Since then, Navy SAPR coordinators have focused on the development and implementation of a comprehensive and effective prevention and response strategy.

Navy leaders are making sexual

assault prevention a top priority. Prevention efforts are focused on non-stranger and alcohol-facilitated sexual assaults. In the Navy's 2009 Annual Report of Sexual Assaults in the Military, more than half of the reports involved military subjects committing offenses against military victims.

Fleet organizers held the first waterfront SAPR workshop in February at Naval Station Norfolk. It was attended by more than 170 command leaders and 150 first responders. Future workshops in other fleet concentration areas are planned. The training focuses on increasing awareness, defining expectations and identifying resources available to commands.

In March, the fleet also began a peer-to-peer prevention training pilot program aimed at developing effective bystander intervention skills.

"This pilot training, tailored to Sailors and deckplate leaders who are critical to the success of sexual assault prevention, is designed to discover the best way to implement and sustain cultural change

See **ELIMINATE** page 12

NMCB 1 Philippine Update

pg 6

Stethem Award Honoree

pg 7

NMCB 7 - On the Move

pgs 7, 15 and 16

NCBC/20SRG
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 MC2 (SCW) Gregory N. Juday

22 NCR Commander
 Capt. Louis V. Cariello
Public Affairs Officer
 MCC(SCW) Jeffrey J. Pierce
Mass Comm. Specialist
 MC3 Michael Wright

25 NCR Commander
 Capt. Allen M. Stratman
Public Affairs Officer
 MCCM (SW/AW) Lynn Levins

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Public Affairs Officer
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Public Affairs Officer
 Lt.j.g. Margaret Hansen
Mass Comm. Specialist
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Commanding Officer
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Commanding Officer
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Public Affairs Officer
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2010 Census counts Sailors at home and away

From Chief of Naval Personnel Public Affairs

Military personnel and civilians located on vessels Apr. 1 will retain their right to ensure proper Congressional representation and their community's federal funding through participation in the shipboard enumeration phase of the Census, which includes all vessels assigned to a homeport in the United States and Puerto Rico.

Each ship received Census enumeration materials from the Census Bureau enabling them to conduct a complete enumeration of personnel assigned to each ship, even during at-sea periods such as deployment or work-ups.

"Congress and the Census Bureau understand the importance of, and the high operational tempo of naval forces and are committed to ensuring Sailors and Navy civilians and contractors have the opportunity to be counted, even when executing missions at sea," said Tom Yavorski, Navy's Representative at the Joint Census Working Group. "Therefore they have provided two opportunities for deployed members to complete this year's census."

Sailors who maintain an on-shore residence will receive both the standard Census questionnaire at their home address as well as a Shipboard Census Report on board the ship. The completion of both forms is required to ensure appropriate representation. When completing the SCR, Sailors should include the full address of their primary on-shore residence.

In addition to counting deployed Sailors and civilians, the Census remains focused on counting members serving closer to home. Naval personnel who reside in an apartment off base or family housing on base will receive Census questionnaires through the U.S. Postal Service beginning Mar. 15. Completed forms should be returned in the envelope provided.

Sailors residing in group quarters will be contacted by their Census Project Manager to complete the Military Census Report, a sub-set of the standard Census questionnaire.

The 2010 Military Census Report and Shipboard Census Report contains six questions and takes less than five minutes to complete.

Skipper's Log

Our Friends, Our Families

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

Many people work hard in this community to ensure our Expeditionary Forces, our Seabees, Soldiers and Airmen can protect and defend the Constitution of the United States. You guard our gates, support our training, equip us, house us, heal us, feed us and sometimes just say thank you at an unexpected time. You are inside and outside the gate. You are Civil Servants, families, residents and business leaders in our local communities. Your dedication and support, in many ways, may go unnoticed to some; however, you are what makes this place so special. Your pride is unequalled.

I had the opportunity to talk to a class of our Navy Gateway Inns and Suites personnel this week. They were working on how they could better support their Soldiers, Sailors and Airmen. I was honored to tell them what our Seabees are doing, how we are requested, and how we continue to take



Capt. Ed Brown

our reputation and heritage to new levels. Looking out at the crowd, their eyes were glowing. Their passion for supporting their Seabees was evident.

I saw one person in the room; probably a friend or a spouse, with a tear in her eye. I'll never know whether the tear was due to missing her Seabee or pride in her Seabee, but the dedication, and emotion in the room by all was literally channeled through this person. My day was made; my week was made, by the pride in that room. It's an honor to get to see this every day on this base.

Uniform Shift occurs April 5 in Southeast Region . . . The uniform shift to summer Uniform of the Day for all stations and ships present within Mississippi, Alabama, Florida, Georgia, South Carolina, Texas and Louisiana is 0001, April 5. Prescribed uniform of the day for Officers and chief petty officers is Service Dress White, Service Khaki. The prescribed uniform of the day for all E1 to E6 personnel is Service Dress White. The alternate uniform is Navy Service Uniform.

Correction . . . The "Seabees Have Heart" story on page 7 of the March 11 edition of the Seabee Courier incorrectly identified Utilitiesman Ariane Makell.

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.

Women's History Month



In 1972, Chief of Naval Operations Adm. Elmo R. Zumwalt Jr. announced that female Naval personnel would be granted entry into all Navy ratings. That same year Constructionman Carmella J. Jones had her request to cross-rate approved and subsequently became the first female Seabee. Many more would follow her, and by the 1990s women had become common in the ranks of the Seabees. Jones is pictured receiving instruction from a chief petty officer as she learns how to operate a large crane in November 1972.

This year marks the 23rd observance of Women's History Month in the United States. In 1987, Congress declared the month of March Women's History Month to recognize and promote the teaching of women's history. During March, the Navy celebrates the contributions of women to the Navy and nation. This year's national theme "Writing Women Back into History," pays tribute to military and civilian women serving in the Navy. Today, 120,000 active duty, reserve and civilian women serve in the Navy today. The Navy plans to increase the number of enlisted women from 15.8 percent to approximately 25 percent by 2037. (U.S. Navy photo by PH3 Paul Mansfield/Released)



Mass Communication Specialist 1st Class Terry Spain, assigned to Naval Construction Battalion Center (NCBC), Gulfport, discusses media relations and operational security with Mass Communication Specialist 1st Class Nicholas Lingo, assigned to Naval Mobile Construction Battalion (NMCB) 11, during the battalion's three-week field training exercise at Camp Shelby, March 16. NCBC public affairs is conducting a media exercise to test the battalion's OPSEC in a contingency environment. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon/Released)

Evaluators administer OPSEC training at Camp Shelby

By MC1 (SCW) Demetrius Kennon
NCBC Public Affairs

Seabees assigned to Naval Construction Battalion Center (NCBC), Gulfport, Public Affairs office, assessed Naval Mobile Construction Battalion (NMCB) 11's operational security [OPSEC] and media relation parameters during the battalion's field training exercise at Camp Shelby, Miss., March 16.

A three-person media team from NCBC played the role of a local-national television news crew inquiring about why the U.S. Navy Seabees were in their country.

"Basically, we were there to help get leadership prepared for interactions with media while in a contingency environment," said Mass Communication Specialist 1st Class Terry Spain, the NCBC public affairs leading petty officer.

The job of a construction battalion's public affairs officer is mainly to tell the story of the Seabees.

However, when members of the unit are approached by outside media, it is the PAO's job to provide training beforehand to eliminate any breach of OPSEC.

"It [OPSEC] is critical, because we move a lot," said Cmdr. Michael Monreal, the commanding officer of NMCB 11. "In order to keep our

personnel, our movements and our numbers safe, we have to really be sharp in what we can and cannot say. It's for our own protection, as well as for the protection of our strategic communication with U.S. combatant commanders."

OPSEC is not just the responsibility of personnel in the upper chain of command. It also lies in the hands of those junior troops guarding and maintaining camp.

"Everyone from the top down should know the proper procedures of protocol when it comes to Public Affairs," said Spain. "A lot of times reporters will ask casual questions that are 'off the record.' No question is off the record."

Just as important as OPSEC is the Seabee story, and relaying this message to a global audience often shines a positive light on the Seabees and their accomplishments.

"I've done several expeditionary deployments where I was talking to the international press. People just want to know what we're doing, so this [exercise] was good practice," said Monreal. "Being in construction—digging water wells, building clinics, and hospitals and schools—makes good news stories. For us to be able to communicate that is a good thing for the Navy and the United States."

Left Behind: Families practice a variety of coping strategies during deployments

By EO3 Mikayla Mondragon
NCBC Public Affairs

Service members have to say “goodbye” to families and loved ones for months on end while deployed to contingency environments in areas of responsibility, but they are not the only ones supporting the mission. The families they leave behind play a significant role by managing the home front while their loved ones are deployed.

Military families face a unique set of challenges when their spouses deploy. For many families these challenges are amplified by going from a two-parent household to a one-parent household.

“I am definitely missing my extra two hands,” said Jessica, a Seabee wife who recently said her goodbyes.

During deployment, spouses are left to take on a plethora of responsibilities around the home. It can be daunting at times, yet thera-

peutic.

“The more you keep active and productive, the less time you will have to miss and mope,” said Hillary, a Seabee wife, whose husband recently deployed.

Spouses also use communication as a way to cope with deployment, by keeping family and friends informed about their spouse’s deployment.

“Be sure to talk to them every day, whether it is on the phone or through e-mail, and make sure that you keep the lines of communication open,” said Porsha, another Seabee wife. “I make sure to spend time with my family before deployments and try to do something fun before he leaves. This helps take the edge off, and we are going into the deployment refreshed and happy, not stressed.”

While deployments are difficult on families, they continue to support their loved

ones. There are also other outlets for spouses, such as the Fleet and Family Support Center (FFSC), FOCUS (Families Overcoming Under Stress), and Military One Source.

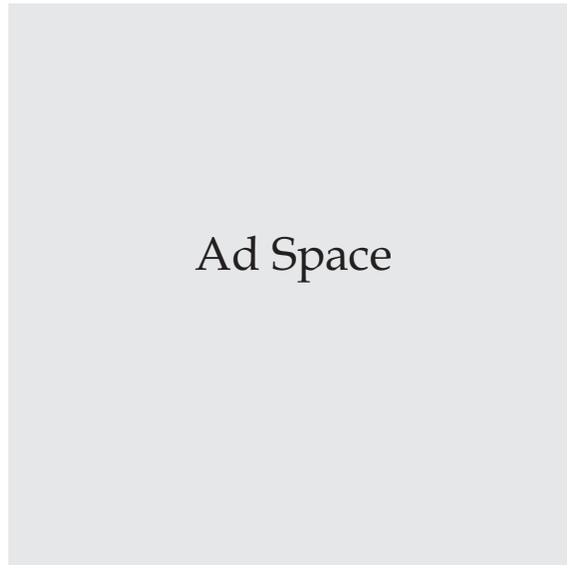
“Keep busy and take it one day at a time,” said Jerrica, who is awaiting her Seabee’s return, “Remember that every day that passes is one day closer until they return home.”

FFSC will have a table at the Morale, Welfare, and Recreation Easter Egg Hunt on April 3 from 10 a.m. to 12 p.m. They will provide bags filled with relaxation and deployment support for both spouses and children. Additionally, a counselor will be present to talk to anyone who wants to discuss stress management and deployment.

Contact Fleet and Family Support Center at (228) 871-3000 if you have questions or are in need of assistance.



A Seabee assigned to Naval Mobile Construction Battalion (NMCB) 133, shares one last embrace with his daughter before his deployment. NMCB 133 is currently deployed to CENTCOM in support of the current mission of the Seabees. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)



Thrift Shop “Egg” Stravaganza . . .

The Navy-Marine Corps Relief Society Thrift Shop will have an “Egg” Stravaganza March 30 at the base Thrift Shop, building 29. The special sale event, from 9 a.m. to 1 p.m., will include a visit and pictures with the Easter Bunny, Easter Egg Drawing for Special Discounts, and light refreshments. Additionally, the 2010 Active Duty Fund Drive Committee will be selling hot dogs for lunch.





CPO's 117th Birthday

Come out and celebrate!

April 1,
1 p.m.

Training Hall
(E-1 and up)

Khaki
reception
at A&E

Getting Your Word Heard . . .

On March 25, from 4 to 5:15 p.m. the FOCUS Program is offering "Getting Your Word Heard" for adults and school-aged children (4 years and older).

The Group will learn practical and effective communication and listening skills, strategies for increasing understanding of others, the power of appreciation, and how to hold a family meeting. Call 228-871-2810, extension 263 for more information on FOCUS services available.



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

Ad Space

Ad Space



A Seabee assigned to Joint Special Operations Task Force-Philippines, gives a "high-five" to a young girl at a ribbon-cutting ceremony for two school buildings at the Lanao Agricultural College at Barangay (community) Lumbatan in the Lanao Del Sur municipality. The JSOTF-P Navy Seabees partnered with local officials, contractors and the Armed Forces of the Philippines to celebrate the official turnover of the classrooms to college administrators. (U.S. Marine Corps photo by Sgt. Jose Castellon/Released)

Hundreds celebrate school buildings built by Seabees and Filipino contractors

By Lt.j.g. Theresa Donnelly
Joint Special Operations Task Force-Philippines Public Affairs

Symbolizing a new beginning and the commitment to provide quality facilities for undergraduates in Lanao Del Sur, more than 500 educators, local residents and the U.S. and Philippine forces celebrated the dedication of two reconstructed school facilities at Lanao Agricultural College March 1.

More than 800 students attend the high school and college on campus and many of the facilities are in need of renovations. Due to limited funding at the college, facilities are run down and often in need of repairs, according to School Assistant Superintendent Paino C. Alib.

"We are so grateful for this project and all those who came together to build this for us. The

children here just love it. The AFP, the PNP [Philippine National Police] and U.S. forces, we just thank all of you for this building," said Mamintal G. Razuman, mayor of Lumbatan City.

U.S. Navy Construction Electrician 1st Class Michael Kelley of Naval Mobile Construction Battalion (NMCB) 1 led a team of 15 Seabees, assigned to Joint Special Operations Task Force (JSOTF)-Philippines, which partnered with the Armed Forces of the Philippines and school officials to build the classrooms.

The project took six months to complete and was made possible through the cooperative efforts of the U.S. Navy Seabees, School Superintendent Arimao S. Asum, soldiers from the Philippines 103rd Infantry Army Brigade that provided convoy security and local contractors who put up the roof-

The seven-million-peso project includes the college's main 5,800 square-foot building and a 1,000 square-foot science building. The buildings contain eight white-and-brown classrooms already in use since December.

The structures include a septic system, electrical power distribution, lighting, fans and a generator. There is also a separate comfort room (bathroom) and prayer room, as many of the students are Muslim and wanted a room for daily prayers.

"This ceremony is an example of what can happen when individuals from all of these different groups and organizations come together with one final purpose; it is truly an amazing happening. It is exciting for all of us involved. This really means that anything is possible," said a U.S. Army Spe-

See NMCB 1 page 23

NMCRS Fund Drive



Cmdr. Michael Brown, lead chaplain of Naval Construction Battalion Center (NCBC) Seabee Memorial Chapel, donates a \$500 check from the Seabee Memorial Chapel to Chief Hospital Corpsman Joseph Puckett, assigned to the 20th Seabee Readiness Group (SRG), for the Navy-Marine Corps Relief Society (NMCRS) fundraising kick off, held at Colmer Galley on board NCBC Gulfport, March 5. The check is intended to help raise money to support Sailors and Marines around the world. (U.S. Navy photo by Equipment Operator 3rd Class Elizabeth Saranto/Released)

CNO celebrates Seabee, CEC, NAVFAC anniversaries

By Mason Lowery

Naval Facilities Engineering Command Public Affairs

The Navy's highest ranking Sailor was the guest of honor and speaker March 13 at the 2010 Naval Facilities Engineering Command (NAVFAC), Civil Engineering Corps (CEC) and Seabee Anniversary Ball in Arlington, Va.

Chief of Naval Operations Adm. Gary Roughead praised the Navy's premier construction force for its current contributions to the Maritime Strategy and illustrious history - 168 years for NAVFAC, 143 for CEC and 68 for the Seabees, respectively.

"As we are here tonight, enjoying this wonderful evening, 3,000 of your shipmates are deployed. And they are deployed in six combatant command areas of operations, so you are global. You are the global force that has such an impact. You build bases in Iraq, in Afghanistan. The performance of your shipmates is absolutely legendary in the fights we are in today, and they are continuing the terrific history of the Seabees from the days of the past," said Roughead.

Rear Adm. Greg Shear, NAVFAC commander and chief of civil engineers, and retired Rear Adm. Benjamin F. Montoya, chairman of CEC-Seabee Historical Foundation, presented the Steelworker 2nd Class Robert D. Stethem and Rear Adm. Lewis B. Combs Awards to two Seabees during an awards ceremony.

Aletha Akins accepted the Stethem Award for her husband, Chief Construction Mechanic (SCW) David B. Akins, who is currently deployed in Afghanistan with Naval Mobile Construction Battalion 74. Lt. Christo-

See ANNIVERSARY page 19

NMCB 74 Seabee honored with Stethem Award

By MCI Ryan G. Wilber
NMCB 74 Public Affairs

Chief Construction Mechanic David Akins, assigned to Naval Mobile Construction Battalion (NMCB) 74, Alfa Company, was recently announced as the 2009 Robert Stethem award winner. Akins, currently deployed to Afghanistan supporting Operation Enduring Freedom, received the command's nomination for his exceptional work ethic and leadership in both homeport and contingency environments.

According to the Civil Engineer Corp/Seabee Historical Foundation, The Steelworker 2nd Class Robert D. Stethem Award recognizes outstanding individual moral courage in support of the traditions of the Seabees while in the course of actual operations. Naval Construction Force (NCF) officers and enlisted are both eligible for the award. In addition to outstanding daily performance, Akins got the opportunity to demonstrate his moral courage while leading a crew outside the wire, working on a mission critical project directly in harm's way. Akins demonstrated a feeling of

humility for being placed in the same category as past award winners, and a spirit of gratitude to the command for putting trust in him to successfully lead some of the battalion's most important missions.

"I feel humbled really. I'm a pretty quiet person. I don't think anything that I do is any more special than anything anybody else does. I just try to do the best I can, make things better on a daily basis and try to learn something every day. It is definitely an honor. I know a few of the past Stethem award winners, and to be put into the same category as one of these guys who has received it in the past is a big honor. I really respect a lot of these guys who have received it in the past," said Akins. "I am extremely proud to have the command's confidence to put me in the positions they put me in that allow me to do my job, to help the command and the guys that work for me."

The announcement came via a telephone call from Chief of Civil Engineers Rear Adm. Wayne Shear, to NMCB 74's Commanding Officer Cmdr. Bruce Nevel. Directly following the conversation, Nevel called

Akins over to the command's Tactical Operations Center to deliver the good news.

"His performance has really stood out, because he did one of the few projects outside the wire. The Gypsum Road Project was really the highlight of his performance here. That was a very successful detail, with high visibility. Not only was it outside the wire, which made it dangerous, but it was also critical to the mission for MEB (Marine Expeditionary Brigade), the Marines," said Nevel. "I am very pleased with his performance."

Akins, who was born in Dalton, Ga., but grew up in Cohutta, Ga., joined the Navy at 19 just out of High School. Now married with six children, he has served in the Seabees for just under 17 years, and recalls happily his decision to join the NCF.

"I've always seemed to have a Seabee mind - set without knowing what a Seabee was. I kind of grew up with that "can do," get it done, fix it, make it work kind of attitude. I'm definitely glad I chose the way I went. I've had a tremendous amount of fun and good experiences



Chief Construction Mechanic David Akins, from Cohutta, Ga., assigned to Naval Mobile Construction Battalion (NMCB) 74, Alfa Company, stands in the Mine Resistant Ambush Protected (MRAP) section of the Alfa Yard at Camp Krutke. Akins, on deployment to Afghanistan supporting Operation Enduring Freedom, was recently selected as the 2009 Stethem Award winner. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

since I've been in the Seabees," said Akins. "You couldn't ask for a better organization to work for, or a better group of guys and girls to work with."

Akins will complete an historic Afghanistan deployment and return to the battalion's homeport in Gulfport, Miss., as Alfa Company's 2nd Platoon Chief.

NMCB 7 deploys Det to Ouagadougou, Burkina Faso

By MCC (AW/SW) Yan Kennon
NMCB 7 Public Affairs

Naval Mobile Construction Battalion (NMCB) 7 deployed a 22-person detachment March 3 from Rota to Ouagadougou, Burkina for approximately two-and-a-half months.

The primary mission of the detachment will be to support various operational units training with African nations.

"Our main project will consist of upgrading an existing Joint Command Center (JCC) that will be utilized during the upcoming exercise," said Ensign Brian Mack, the detachment officer in charge. "One of our biggest challenges will be to cope with the extreme temperatures."

On average, during this time of year, high temperatures average around 103 degrees Fahrenheit.

Other projects that are slated for

the detachment include routine camp maintenance and general engineering support.

Seabees from NMCB 7 recently deployed from Gulfport, Miss., to various locations throughout Europe and Africa as part of the battalion's regularly scheduled 2010 deployment, with the main body of the battalion operating from Camp Mitchell at Naval Station Rota. Nearly a month prior to its scheduled deployment, the battalion deployed an air detachment of approximately 80 Seabees to assist in Operation Unified Response, in response to the 7.0 earthquake that struck the country of Haiti on Jan. 12, 2010.

NMCB 7, often referred to as the "Magnificent Seven," is one of the original 10 Seabee battalions authorized by the Chief of the Navy's Bureau of Yards and Docks, in 1942. The battalion is



Burkina Faso, Africa is one of the many locations throughout Europe and Africa that Naval Mobile Construction Battalion (NMCB) 7 is currently deployed to. (Map courtesy of nationsonline.org)

homeported in Gulfport, Miss. and is comprised of approximately 600 highly skilled warfighters; ready to serve our nation at a moments notice.

VIP on board NCTC



Maj. Gen. Mary Kay Hertog, Commander, 2nd Air Force, Keesler Air Force Base and Command Chief Master Sgt. Linus Jordan, the 2nd Air Force Command Chief recently visited the 366th Training Squadron, Det. 6 at Naval Construction Training Center (NCTC) on board Naval Construction Battalion Center (NCBC). The tour included on the job training in both drywall repair and sheet metal fabrication. Several Airmen in training provided detailed instruction on duct fabrication to the visitors resulting in the completion of a rectangular duct section. The tour also included a stop at the student dormitories, as well as a windshield tour of the Seabee Center by Capt. Ed Brown, commanding officer of NCBC and CBC command master chief CMDCM(SCW) Pete Grundy. The visit ended with lunch at Colmer Galley with 11 Airmen in training and leadership. (U.S. Navy photo/Released)

Commissaries kick off 'Your Pet, Your family' campaign

By Tammy L. Moody
DeCA Marketing

Whether you feel a distinct comfort when Fido greets you at the door with full-body wagging, or laugh hilariously when playing laser light chase with Socks, or marvel at Petey's ability to mimic sounds as he makes you answer a non-ringing phone, you believe your furry and feathered friends are family.

The Defense Commissary Agency agrees with you as it kicks off its "Your Pet, Your Family" campaign March 27, at Randolph Air Force Base in San Antonio, Texas. This campaign recognizes that in many military families, pets are thought of as family members and need as much care as the adults and children in the family.

"Our military community is made up of a variety of people, many of whom treasure the comfort of companion animals in their lives," said DeCA Director and CEO Philip E. Sakowitz Jr. "We want our customers to know that not only do we support them and their family members, but also the

pets in their family."

The "Your Pet, Your Family" campaign emphasizes that the 30 percent or more customers save

on grocery purchases at their commissary extends to all kinds of pet foods as well, from the new "fresh refrigerated" items most commis-

saries carry, to the more high-end name brands for pets.

"Pets are wonderful additions to households, as they bring a lot of joy to our lives," said Linda

Callery, a pet category buyer. "They're a great form of compan-

See **PET** page 10

Ad Space

Ad Space

Ad Space

Ad Space

Ad Space

Destinations



This is an excellent view of Sao Tome from the equator. Sao Tome is the second smallest country in population in Africa. The island is known for cocoa and coffee. (U.S. Navy photo by Mass Communication Specialist 1st Class Terry Spain/Released)

Sao Tome and Principe

By MC1 (SW) Terry Spain
CBC Public Affairs

The Democratic Republic of Sao Tome and Principe, an island nation in the Gulf of Guinea, is two islands off the western equatorial coast of Africa. It's considered the second-smallest African country in terms of population (the Seychelles being the smallest). They are known for Cocoa and coffee thanks to the rich volcanic soil.

While traveling in Sao Tome, I had a chance to interact with the Santomean people and they embraced me with open arms. One of the unique things about the island is that there are no ATM's on the island, so if you are planning to visit please bring Euro or cash in which you can exchange your money in one of the six banks on the island.

Additionally, this island is near the equator, and yes, I climbed through the Jungle to reach it. If you're up for the challenge, it's worth the adventure. Remember to bring water and bug repellent. Once you've completed the hike, you can purchase souvenirs from the local vendors at the end.

There are a few hotels on the island that are fairly reasonable in price, and each view is breathtaking. If you want to dance or gamble, there is a popular nightclub/casino combo called The Beach Club.

I really enjoyed my trip to Sao Tome. If you plan to visit, please

Population: 212,679
Language: Portuguese
Currency: Dobra

keep an open mind, and remember the internet is often slow. I recommend you buying a phone that has a chip, and you can buy both from a local store.

Remember, you need a visa to visit, and the cost of obtaining one is approximately \$50.

If I could sum up both islands in two words it would be "Hidden Paradise."



SEABEE DAY 2010



FREE

Naval Construction Battalion Center
Gulfport, Mississippi

FREE

Food

Exhibits

Games

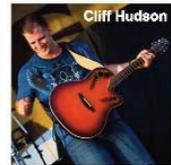
Saturday
May 8, 2010
9 a.m. to 4 p.m.

Free Community Event
Open to the Public

Fun for the whole family!

Join us for Entertainment, Food, Car Show,
Kids Play Area, Petting Zoo and More!

Music by Ment2B, Cliff Hudson and Jennifer Donovan!



Free Parking

Enter the base via the Pass Road Gate and follow the signs to free parking.



Ad Space

Ad Space

ionship for many people, so selecting the right mix of pet products is an essential part of my responsibility for DeCA.”

Callery also understands how pets deserve treats now and then, so customers can find a variety of those in commissary pet aisles, as well as pet toys – all at great commissary savings.

Shopping at the commissary can also help customers with their battle against fleas and ticks on pets, as DeCA stocks high-end pet health products specially developed to keep bugs away from furry family members.

The “Your Pet, Your Family” campaign will help customers think of the commissary the next time they’re looking to provide for their family pets,” said Sallie Cauthers, DeCA’s chief of marketing.

“So, if you bristle a bit when someone says your pet is ‘just a pet,’ remember the commissary knows they are never ‘just a pet,’ ” Cauthers added. “We know your pets are your family, so look for pet promotions throughout the year in your commissary, as part of our commitment to your companions.”

GSA Training Conference & Expo

Be part of the Action / Orlando, Fla.,

May 4 - 6



Free CLP-Certified Training, Network with Federal

Experts, Meet with FSA Contract Vendors

Free Meeting Space Free to Attend!

Register Online! expo.gsa.gov

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Need Tax Help? Active duty service members and their families may contact VITA at 228-871-4264/4257 to schedule an appointment for FREE tax preparation assistance.

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come to our event

**Spring Fling 2 mile Circuit
Family Fun Day
Community Softball Tournament**

Saturday, March 27, 2010
2mile circuit starts at 10:30am

Donations and Proceeds from this event will be donated to the Hearts for Haiti Foundation. Any type of donations will be gladly accepted!

The run will begin at the track. Following the race everyone is invited to enjoy some family fun with food, DJ, and a community softball tournament will follow. Any teams interested in participating can sign up.

For more information on this event please
Contact Addie Bradshaw
at abradshaw@bbcgrp.com or
call 228-863-0424

Hope to see you there!!

LifeWorks
© Better Beatz Communities

in our Navy," said Paul Finch, Commander, Navy Installations Command SAPR program manager. "The overall goal is to create a culture of respect that requires that we all see ourselves as part of the solution, and to intervene to prevent sexual assault within our Navy environment."

The bystander intervention program teaches Sailors how to intervene in cases of sexual violence before, during and after incidents occur. This peer-to-peer program, using the Mentors in Violence Prevention model, will be tested within different training environments in Norfolk, Hawaii, Pensacola and Bahrain. "After the project is complete," according to Finch, "we will know what works best for Sailors so we can implement effective bystander training Navywide."

This year, the Navy again included SAPR training in annual general military training requirements for all Sailors and will add sexual assault awareness questions to Navywide advancement exams in 2011. Navy Criminal Investigative Service, Bureau of Medicine, Navy Judge Advocate General's Corps and other key stakeholders have also focused on improving their response to sexual assault.

"We have the obligation and power to intervene and prevent sexual assault. We must continue our efforts to eliminate this crime from our ranks," said Holloway.

For more information on the Navy's SAPR program, read NAVADMIN 096/10 and visit <http://www.sapr.mil/>.

Navy-Marine Corps Relief Society Golf Tournament . . .

A NMCRS 4-man best ball Scramble Golf Tournament is scheduled for April 16, with an 8:30 a.m. shotgun start at the Pine Bayou Golf Course on board NCBC Gulfport. Registration is \$40, \$10 Mulligan, \$1 Birdie String (10 feet Max). Lunch at 1 p.m. For more information call AGC Enrique Acosta at 228-688-5288 or e-mail him at enrique.acosta@navy.mil.

Eco-logic

Remember to pick up after your pets



Do you pick up after your pets? You should!

Animal waste contributes both phosphorus and harmful bacteria to local waters. According to recent research, non-human waste represents a significant source of bacterial contamination in urban watersheds. These bacteria can pose health risks to humans and other animals, and result in the spread of disease.

What can I do?

- 0 When going for dog walks, take a half-dozen plastic sandwich bags and a larger zip-lock bag. When doggie makes a deposit, turn a baggie inside out over your hand and use it as a glove to pick up the waste.
- 0 Transfer to zip-lock bag and either flush or deposit in the trash when you get home.
- 0 Take a poop-scoop with you to pick up the waste and deposit the waste in a proper disposal location.
- 0 Train your cat to use a cat box even if it is an outdoor cat.

Ad
Space

Ad
Space

Buzz on the Street



By EO3 (SCW)
Elizabeth Saranto

**What is the best thing
about your rate?**



"I just love building things. I like to start something and then see the finished product."

BUCA John Clark
NMCB 74

Hometown: Clarksville, Tenn.



"Everyone looks up to you fleet-wise."

BM2 (SW) J. J. Moss
20th SRG

Hometown: Mobile, Ala.



"You have everyone [who] wants to be your friend and we have a lot of good billets."

LS2 (SW) Di So
CBC

Hometown: Brooklyn, N.Y.



Navy Seabee Frederick T. Weaver welds below the Seabee mascot at the entrance to Camp Faulkner in Da Nang, Vietnam, in 1966. When he returned to Naval Construction Battalion Center in Gulfport, he made the first mascot for the Seabee base. The kangaroo on the left is the mascot for Naval Mobile Construction Battalion 133. (Photo courtesy of the Weaver family)

Seabee leaves mascot legacy

By KAT BERGERON
kbergeron@sunherald.com
Republished from March 25
Sun Herald

Chief Frederick T. Weaver didn't tell his children the stories behind his many Navy medals and commendations, but "Chief" was openly proud of his role in creating the first Seabee mascot for Naval Construction Battalion Center in Gulfport.

The iconic steel mascot, welded in the summer of 1967 between Weaver's two Vietnam tours, still graces the parade field. Weaver's handiwork was the precursor to a later version of this militarized bee seen in local parades and Seabee promotions.

"When his battalion was at Camp Faulkner in Da Nang, Vietnam, he made one for the entrance to the camp," said his daughter, Lorry J. Weaver, a Gulfport accountant.

"On one side of the arch there was a kangaroo, the symbol of NMCB 133. On the other side was the Seabee. When the battalion returned to Gulfport, they asked him to make one for the

base."

Weaver died March 10 at age 77; he will be buried Friday with full military honors at Northern Nevada Veterans Memorial Cemetery. He moved from the Coast in 1980 when he was assigned to Guam, but four of his children live here. At Agana, Guam, he built another Seabee.

"When we were young, he taught us about patriotism and morals," his daughter said. "We did not even know all that our dad had accomplished until we started going through his military service record after he died."

Among his military recognitions are the National Defense Service Medal, six awards of the Vietnam Campaign Medal, one individual and one unit Republic of Vietnam Cross of Gallantry with a Bronze Star, a Civic Action Ribbon and three Navy Unit Commendation medals.

At 17, Weaver became a Navy airman, and explored the world before returning to civilian life. He trained as a welder at the American Smelting Company in



Frederick T. Weaver

Baltimore, a construction trade that worked well when he re-joined the Navy and became a Seabee. He did steel work for Naval Mobile Construction Battalions 133, 74 and 62.

Weaver bought a family house in Long Beach in 1964, before he began tours in Vietnam and elsewhere. He was home in 1969 when Hurricane Camille devastated the Mississippi Coast. Weaver and fellow Seabees removed debris, saved lives and recovered bodies.

Not until his death did his children realize some of the medals were for that grueling work.

Obituary



Frederick Thomas Weaver,
United States Navy, (Retired), 77

Passed away March 10, 2010 in Reno, Nev. He served in the U.S. Navy for 25 years, first as an Airman at Great Lakes, Ill., and Naval Air Station North Island, San Diego, Calif., and later as a Seabee steelworker with Naval Mobile Construction Battalions' (NMCBs) 133, 74 and 62 at Gulfport, Miss., and Naval Air Station, Guam. After retiring from the Navy, he served as an OSHA inspector for the state of Nevada for 14 years.

He is survived by his wife of 30 years, Juanita Maria Borja Rosario Weaver (Nganga) of Reno, Nev., nine children: Lorry Weaver of Long Beach, Miss., Caroline (Hugo) Caingat of Bonny Lake, Wash., Thomas (Marianne) Weaver of Long Beach, Miss., Jeanith Mesa of Naval Communication Station, Guam.; Thomas McClard of Fremont, Calif., Myrtie (Timothy) Levesque of Nashua, N.H., Donna McMurphy of Gulfport, Miss., Arthur (Krystal) Weaver of Gulfport, Miss., Andrea (Leo) Poggione of Reno, Nev., along with 20 grandchildren and 18 great grandchildren, nieces and nephews. He is preceded in death by his parents, a brother, sister and two sons (Woodland II and Frederick Jr.) Graveside memorial with military honors will be held at Northern Nevada Veterans Memorial cemetery in Fernley, Nev., March 26 at 11 a.m.



This is the first Seabee mascot built for Naval Construction Battalion Center Gulfport.

March 25, 2010

Seabee Courier

Focus on Education



Engineering Aid 1st Class Keith Casey, assigned to the 20th Seabee Readiness Group (SRG), fills out questionnaires for the University of Southern Mississippi and Tulane University at the Education Fair on board Naval Construction Battalion Center, March 17. The Education Fair hosted 25 different schools, allowing service members to see the options available to them for continuing their education. (U.S. Navy photo by Mass Communication Specialist 2nd Class Gregory N. Juday/Released)

Seabees hear latest on distance learning at Center Education Fair

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

The Naval Construction Battalion Center, Gulfport, Navy College Office held an Education Fair at the Naval Reserve building, providing Seabees with information on their opportunities for distance learning, March 17.

The fair brought 25 colleges and universities together at a central location and gave service members and their families a chance to learn more about the educational opportunities available at NCBC. The educational institutions offered program information, accepted applications and conducted interviews with the Seabees, to help guide them through the process.

"I was surprised to see some of the schools here," said Hospital Corpsman 3rd Class Cynthia Britt. "I went to Dallas County Community College prior to joining the Navy, and I think it is awesome that I found them here at the fair and can continue my education through their school."

In today's economy, it is important to stand out from the competition. Having a degree is one way to stand out when competing for a job or promotion.

"Getting your degree is very important in today's economy," said Engineering Aid 1st Class Keith Casey. "Whether you are looking at staying in the Navy or getting out, it will make you more competitive no matter which path you

choose."

The Navy College Office provides Sailors with the information they need to get started on their degrees and help guide them through the process.

"Education provides individuals with opportunities," said Dr. Alex Carter, Navy College director. "It is always better to have opportunities and not need them, than to need opportunities and not have them."

Many individuals are not aware of the credits they have earned towards a degree through the schools attended through the Navy. For more information on developing a path towards your degree and continuing your education, call the Navy College Office at 228-871-2785.

Scholarship Opportunities

From Kevin Byrd, NCBC School Liaison Officer

Children of Military Heroes . . . Those who defend our freedom know all too well the costs and sacrifices associated with serving in the United States Armed Forces. To show gratitude on behalf of the American people, Freedom Alliance is proud to offer aid to the children of these heroes in the form of college scholarships. If you or someone you know is the son or daughter of a service member who has sacrificed life or limb, then the Freedom Alliance Scholarship Fund is available to help alleviate the costs of college. Eligible applicants must be the dependent son or daughter of a U.S. soldier, sailor, airman, Marine or Guardsman who has been killed or permanently disabled (100% VA disability rating) in an operational mission or training accident, or who is currently classified as a Prisoner of War (POW) or Missing in Action (MIA). They must also be a high school senior or registered as a full time undergraduate student and under the age of 26. The application deadline is July 31, 2010. To learn more about the Freedom Alliance Scholarship Fund and/or to apply please visit <http://www.fascholarship.com/> or call 800-475-6620.

NOSC to award two academic scholarships . . . The Naval Officer Spouses Club (NOSC) is an organization dedicated to members of the Naval Community. NOSC has established a scholarship award program which awards two scholarships in the amount of \$500 to Naval dependents who are graduating high school seniors with a cumulative G.P.A. of 2.8 or higher. Applicants must be dependents of a United States Navy active, retired or deceased service member with plans to attend a community college, technical school or a university on a full-time basis. Applications may be picked up at the Navy Marine Corps Relief Society office located inside the Fleet and Family Support Center, Building 30. Completed applications must be dropped off at the Navy Marine Corps Relief Society office no later than April 16, 2010. The scholarship package must also contain a copy of the applicant's transcript and two letters of recommendation. Winners will be notified by telephone and with a confirming letter no later than the second week of May. The scholarship will be awarded during an awards banquet sponsored by the NOSC in May.

Navy Offers Four-Year NROTC Scholarships to Winners of Cyber Challenge . . . The Navy is establishing five annual four-year college Naval Reserve Officers Training Corps (NROTC) scholarships for U.S. high school and college students who demonstrate advanced cyber security skills. The new cyber-option NROTC scholarships are a key part of a comprehensive Navy strategy to attract, recruit and develop elite cyber professionals needed to operate securely and effectively in cyber space. Read more at http://www.navy.mil/search/display.asp?story_id=51745

For more scholarship availabilities, visit: Scholarshipamerica.org; Collegescholarships.org; Students.gov and Studentaide2.ed.gov

NCBC School Liaison Officer is located at Building 352, and may be contacted at (228) 871-2117 or kevin.r.byrd@navy.mil

NMCB 7 deployment for training heads to Senegal

By MC2 Michael B. Lavender
NMCB 7 Public Affairs

Seabees from Naval Mobile Construction Battalion 7 departed Rota, Spain, to their Deployment For Training site in Senegal.

The DFT's mission will be to improve military training locations supporting the West African Training Cruise, African Partnership Station Initiative, and the African Contingency Operations Training Assistance Program.

"This mission provides a great opportunity for our detachment to build on existing relations established between [U.S. Africa Command] and supporting Naval Construction Forces," said Chief Warrant Officer Antoine Stephens, DFT Senegal's officer in charge.

DFT Senegal will be complet-

ing four projects while detached from the battalion's main body. "We'll be building a Military Operations in Urban Terrain facility, a container berm and catwalk for a small arms firing range, a contingency operating location, and refurbishing two abandoned warehouses for reuse by the Senegalese army," said Petty Officer 1st Class Jason Read, steelworker, DFT Senegal's projects supervisor.

"This will be the first deployment for some of our Seabees," said Petty Officer 1st Class Thomas Wilhorn, utilitiesman, the detachment's safety and quality control representative. "Homeport preparations and pre-deployment training will overcome many of our challenges. Our detachment has planned a positive course of action to properly prepare and handle any obstacles we are

faced with."

Some of the challenges the detachment may face, however, will be outside of their control.

"Weather conditions in Senegal will be a constant risk for us. By using the proper preventative measures, that we have been trained to do, such as hydrating and monitoring our work-rest cycle, we will be able to prevent or deter heat related casualties," explained Wilhorn.

For some of the Seabees, the mission will provide an once-in-a-lifetime opportunity.

"This mission has great promise and I feel that our detachment is a very hard-working, strong-willed and inspirational group," said Petty Officer 2nd Class Brenton Heisserer, steelworker, a Seabee assigned to DFT Senegal. "I also feel that this is a

promising and essential mission that we are excited to participate in."

Seabees from NMCB 7 recently deployed from Gulfport, Miss., to various locations throughout Europe and Africa as part of the battalion's regularly scheduled 2010 deployment, with the main body of the battalion operating from Camp Mitchell at Naval Station Rota. Nearly a month prior to its scheduled deployment, the battalion deployed an air detachment of 85 Seabees to assist in Operation Unified Response, in response to the 7.0 earthquake that struck the country of Haiti, Jan. 12.

NMCB 7, often referred to as the "Magnificent Seven", is one of the original 10 Seabee battalions authorized by the Chief of the Navy's Bureau of Yards and Docks, in 1942.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 use tag lines to steady a 20,000 pound load during a crane lift to load cargo onto a tractor trailer for Detachment Senegal's departure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael B. Lavender/Released)

Seabee bash crosses borders in Philippines

By Lt. Matthew Mattivi
Officer in Charge NMCB1
Balikatan 2010

Naval Mobile Construction Battalion (NMCB) 1 Detachment Balikatan 2010 (BK '10) along with the 25th Naval Construction Regiment (25NCR) and other members of the Joint Civil Military Operations Task Force (JCMOTF) came together on their off-day to indulge in the opportunity to share a rare experience with the 2nd Naval Construction Battalion of the Filipino Navy. Seabees crossed international borders in a melding of the "Can Do" spirit to celebrate the 68th Seabee birthday at the D' Coral Resort in Currimao, Ilocos Norte, Philippines.

NMCB 1 and Filipino Seabees continue to make enormous progress on the Engineering Civic Action Project (ENCAP), and the

celebration was just another element of the group's success as they push forward to complete the two classroom facilities for elementary school students in Teppeng, PI. They continued the unity by sharing important memories of those Seabees that came before them in addition to those that continue to fight and build in dangerous and unforgiving environments to this day.

Commodore of 25 Naval Construction Regiment (NCR), Capt. Allan Stratman, started the event by welcoming everyone to the wonderful beach location and helped focus everyone on its importance.

"As the service of choice to keep the pressure on our enemies, we need to remember our brothers and sisters still prosecuting the fight; to include NMCB 22, NMCB 74, NMCB 133, and

NMCB 4, who are all in Afghanistan supporting the President's plan for further build up."

The birthday celebration included several games of volleyball, great pizza from a local Filipino pizzeria, and the traditional cake cutting by the youngest and oldest Seabees at the event.

"I feel today was such a great experience, because not only can we come together as a team to execute a successful project, but we also have a strong enough bond to where we can share our anniversary while continuing to learn about each other's culture and construction methods. I feel that NMCB 1 Det. BK' 10 and the Filipino Seabees are both extremely honored and proud to be able to make history in such a unique way," said Builder 2nd Class Michael High, assigned to NMCB 1.

Ensign Alvin Narvadez said, "We are having so much fun participating in this exercise and receiving the benefit of building such great experience with these U.S. Navy Seabees."

Ensign Narvadez is the officer-in-charge for the Filipino detachment, who worked shoulder-to-shoulder with NMCB 1's Lt. Matthew Mattivi and Chief Builder Nick Hoffmann to complete the school building in less than 30 days.

Celebrating the birthday with Seabees of another country may not be duplicated anytime soon, but everyone present had a special part in remembering the historic and important history of the Seabees.

The sunset on the beach was a capstone to the evening, but the sun continues to rise on the future of the Naval Construction Force.

16 Annual
Retired Seabee
Reunion
Gulfport, Miss.
May 1
5 p.m. - midnight
Donal Snyder
Community
Center

Capt. Ed Brown,
CEC, USN
Guest Speaker

Everybody come
for a weekend of
fun!

Contact Bob
Smith,
228-424-1185 or
Dan Huffman,
228-
545-8176 for
details

NMCB 7 conducts Hotel Montana search, recovery effort in Haiti

By MC2 Kim Williams
Navy Public Affairs Support
Element, Norfolk

Naval Mobile Construction Battalion (NMCB) 7 relieved Construction Battalion Maintenance Unit 202, and joined Naval Facilities Engineering Command and several international agencies in ongoing efforts to recover the remains of several Americans, Canadians and other citizens trapped beneath the rubble of the Hotel Montana in Haiti.

Considered one of the premiere tourist locations in the hills of Port Au Prince, Hotel Montana was destroyed Jan. 12 in the 7.0 magnitude earthquake.

"No matter what I heard,

nothing could have prepared me for what I saw when we arrived," said Builder 2nd Class Thomas Camara, NMCB 7 Detachment Haiti. "The hotel is now a large pile of rubble, but we are determined to recover our fellow Americans and other comrades."

Fifteen Americans perished in the hotel, including Air Force Major Kenneth Bourland, who was in Haiti to meet with Haitian security officials. While officials recovered Bourland's body Feb. 7, they are working to find all of those still trapped in the ruins of the hotel.

"The fact that we are working on private property makes this a unique mis-

sion," said Navy Lt. j.g. Bryan Beyer, of Naval Facilities Engineering Command. "But it's important to all 140 of us working this recovery effort to bring as many individuals home and give the families some closure."

In the seven weeks the recovery effort has been underway at the hotel, 67 bodies have been recovered and approximately 1300 truckloads of debris removed.

Upon completion of this mission, NMCB 7 will rejoin the rest of the battalion in Rota, Spain for its regularly scheduled deployment.

For more news from Operation Unified Response, visit www.navy.mil/haiti.



Construction Electrician 3rd Class Danny Hartless, assigned to Navy Mobile Construction Battalion (NMCB) 7, clears rubble and rebar from the demolished Hotel Montana, the former four-star hotel in Port-au-Prince, Haiti in support of Operation Unified Response. (U.S. Navy photo by Senior Chief Mass Communication Specialist Spike Call/Released)

Navy phases out enlisted field service records

From NCBC Public Affairs

Like wash khakis and dungarees, the old brown-folder enlisted field service record will soon become a thing of the past as the Navy eliminates the paper record in 2010.

NAVADMIN 040/10, released Feb. 3, outlines the Navy's plan to close-out the FSR by Sept. 30. Service record information will now be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System Electronic Service Record. Officer field service records have already been eliminated.

The Navy first implemented ESRs in 2006. Accessible through a secure Internet connection, the ESR provides access to personnel, training and awards data for individual Sailors, Personnel Support Detachments (PSDs), personnel offices holding service records, Navy Operational Support Centers and customer commands of PSDs. A shipboard version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

PSD Gulfport began officially closing out records for Sailors Feb. 16. PSD Gulfport is responsible for over 6500 service records encompassing over 75 commands in various locations. "We have experienced a few speed bumps, but all in all, it's been an uneventful, straightforward process," said Ken Armand, the officer in charge at PSD Gulfport. "As of March 19, we have scanned approximately 1300 service records and have approximately 250 of those passed the QA process and accepted at Navy Personnel Command (NPC)."

All active duty and drilling Reserve Sailors can access their ESR by signing up for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled computer. Sailors can view their own records, as well as make minor changes, including emergency contact information, home and mailing address, official email address and other personal information. Navy Reserve Sailors can also input their civilian em-

ployment information.

NPC began implementing FSR close-outs early this year. According to the NAVADMIN, ESR allows for global transactions for medals and awards, training and education, personnel qualification standards and routine administrative remarks, as well as creates electronic forms that can be printed and signed when a hard copy is required.

Commanding officers, executive officers and command master chiefs can obtain command-level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager.

A much smaller version of personnel documents, such as Record of Emergency Data, Service member's Group Life Insurance, Security Clearance Eligibility Certification and Family Care Plans are still required to be maintained by the command to support associated programs.

NPC is conducting training at PSD's throughout the fleet to make the transition as seamless as possible.



Personnel Specialist Seaman Recruit Yohane Aondona, assigned to Personnel Support Detachment (PSD) Gulfport, converts Field Service Records into Electronic Service Records using the Navy Standard Integrated Personnel System at PSD on board NCBC, March 23. In an effort to establish a paperless Navy, PSD is processing over 6,000 records from various commands in and around the Mississippi Gulf Coast. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)

"Our main goal is to ensure that the ESR is not only accessible, but successful and to continuously train and brief our customer base through all mediums such as this article, base website, NPC website and 'hands-on' through our monthly

Command PASS Coordinator meetings," said Armand. "I'd like to encourage all Sailors to really get familiar with their ESR — they are ultimately responsible for its accuracy." For more information, read NAVADMIN 040/10.

March 25, 2010

Seabee Courier



Anchors & Eagles

Attention all chiefs and officers! Do you know where the best place on base to relax and get a cold drink is? A&E is the place for you. Located in building 303, by the Pass Road Gate, A&E is open Tuesday-Thursday 2 - 9 p.m. All other days are by reservation. For information call Michael Sweetapple at 228-871-4750.

Beehive

The Beehive All Hands Club is the place to come and have a good time. The Beehive has your favorite cold beverage and plenty of atmosphere for you and your friends. Located in building 352, directly behind the NEX, the Beehive has many TV's, a pool table, darts and more. Open Monday-Thursday 4 - 10:30 p.m., Friday 4 - 11:30 p.m. and Saturday 5 - 11:30 p.m.

Grill

Looking for a tasty, quick meal at a great price? Then head on over to the Grill for breakfast or lunch. Located in the Pine Bayou club house off of Colby Ave., the Grill is open Monday - 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.

FITNESS

"NEW" April Aerobic schedule featuring *Tiny Tots*, *Lunchtime Outdoor Fitness Fun*, and *Evening Outdoor Fitness Fun*.

Tiny Tots is our new program designed to implement a workout for the new mom with a child 0-9

Movies . . .

For the latest movies playing at the Seabee Heritage Theater go to:

https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnic_a150830.pdf or call the Movie Line at 228-871-3299.

months or babies who are not yet walking. This class is designed to build strength while bonding with baby and will be held in our multi-purpose room Tuesday and Thursday from 8 - 8:45 a.m. beginning April 1. Class is instructed by Shelia.

Lunchtime Outdoor Fitness Fun is designed to help you achieve your fitness goals by enjoying cardio and circuit training outside on our new outdoor recreation equipment and track. Children of all ages are welcomed and strollers are encouraged. Children are allowed to use the equipment at the discretion of their parents. Class begins April 5, meets Wednesday and Friday from 11:15 a.m. - noon and is instructed by Josanne. Participants will meet outside at the outdoor fitness equipment next to the new gym.

Evening Outdoor Fitness Fun-A Fitness Program is designed to give you a total body workout using our new outdoor fitness equipment and track. This class is geared to family members with children. We will have a youth specialist on site to keep the children occupied with fun activities while their parents get in shape. Children are allowed to use the equipment at the discretion of their parents. Class begins April 6, meets Tuesday and Thursday from 5 - 5:45 p.m. and instructed by Xavier. Participants will meet outside at the outdoor fitness equipment next to the new gym.

Family Fun Walk/Run

What: 1 1/2 mile walk/run for families around track.

When: Friday April 16, 4:30 - 5:30 p.m. (or last walker comes through)

Who: All age groups. Parents with young kids and babies with strollers are encouraged to come out. Sign ups have already begun! Outdoor Fitness equipment orientation will be given and refreshments provided after the walk. E-mail Xavier at Xavier.Thornton@navy.mil for more information.

Earth Day 5K, April 21 at the CBC Fitness Center 6:30 a.m.

Intramural Sports

IM Softball starts April 6. Games will be on Tuesdays and Thursdays so be sure to come out and cheer your favorite team to victory!

Liberty

Things are getting exciting around Liberty as we are anticipating the opening of our new building. Only a few more weeks! In the mean time

the Liberty program has some trips planned to get you off base and into the community..

March 25 we will be hosting **Comics on Duty** in the Training Hall. The show times are 4 p.m. and 6:30 p.m. and are open to All Hands. Admission is FREE!

Come be a volunteer for our **Habitat for Humanity** trip and get a letter of appreciation to put in your file. The trip is March 27 and will depart Liberty at 7:30 a.m. Make sure you pop into Liberty to see what the buzz is about and to sign up for our trips!

Information, Tickets, and Tours

Six Flags Ga. tickets now on sale for \$27 each. Keep your eyes open for upcoming ITT/Outdoor Recreation Trips! June 2010 - Atlanta trip

Month of the Military Child Celebration

& Easter Egg Hunt

For ages 0-12 years old

Saturday, April 3rd

10 a.m. - 12:00 noon

On the West Ballfield

(Old Gym)

Check out the line up for this awesome celebration!

- Moon Bounce
- Spider Crawl
- Games 2 Go Mobile Gaming Unit
- Marine Mammal Studies Touch Pool
- Chic-Fil-A Mascot
- Carnival Games with Prizes
- Stennis Astro Camp
- Balfour Beatty Communities

- CBC Fire Department Smoke House
- Fleet and Family Service Center
- FOCUS Project
- Gulfport Police Department DARE Train
- Easter Egg Hunts and a Visit from the Easter Bunny!

Times of Egg Hunts will be posted at the carnival that day. Easter bags will be provided for the hunt! Please call 871-2251 for more information.



MWR

NAVY CYP
Child and Youth Programs

July 2010 join us for wet weekends all month: July 2 - 5, Galveston, Texas Schlitterbahn Water Park; July 10, Baton Rouge, La., Blue Bayou

Water Park; July 17, Gulfport, Miss., Gulf Islands Water Park; July 24, Saucier, Miss., Flint Creek; July 31, Destin, Fla., Big Kahuna Water Park.

Spring Break Camp . . .

Sign ups begin March 25 for children of all Military and DoD Civilians. The camp program will run March 29 - April 2 for Gulfport and Long Beach School Districts. Hours are 6 a.m. - 5:30 p.m. and children will need to bring a sack lunch.

Sittercity . . . New childcare program for all service members. Find your local babysitters/nannies, with your DoD funded membership to Sittercity! You can also find CDH/FCC providers, military subsidized and authorized access to an installation care providers, and even elder care providers, dog walkers and more. Activate your membership today; there is no cost to you! Go to www.sittercity.com/dod



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

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

Runners make great strides in New Orleans



The Inaugural Rock n Roll Mardi Gras Marathon and Half Marathon were held in New Orleans, La., on Sunday, Feb 28. There was a strong representation from the Naval Construction Battalion Center (NCBC) and tenant commands that included active duty military and civilian runners. Air Force Lt. Col. David Hargy, Commander, 366 TRS, Naval Construction Training Center ran the 26.6-mile marathon with a personal record time of 4:52:03. The 13.1-mile half marathon was run by Seabees and civilians assigned to NCBC. U.S Navy photo by Equipment Operator 3rd Class Elizabeth Saranto.

Miles for Fallen Heroes Charity (5K and 1-mile fun) Run . . . will be held March 27 at 8 a.m. Race begins at the Run-N-Tri Company at 9138 Carl Legett Road, Gulfport. Preregistration: \$15, Race Day: \$20 T-shirts to all pre-registered racers, limited T-shirts on race day. Awards to top finishers in each age group. All proceeds go to the Special Operations Warrior Foundation. Register at www.run-n-tri.com. Contact Annie Gundy at 228-332-6262 for more information.

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Rear Adm. Wayne G. Shear, Jr., Commander, Naval Facilities Engineering Command, Chief of Civil Engineers, left, and Seabee Force Master Chief Michael E. Holdcraft, right, present Chief of Naval Operations (CNO) Adm. Gary Roughead with an a certificate designating him an honorary Seabee during the 168th anniversary of the Naval Facilities Engineering Command, 143rd Civil Engineer Corps, and the 68th anniversary of the Seabees. (U.S. Navy photo by Mass Communication Specialist First Class Tiffini Jones Vanderwyst/Released)

From **ANNIVERSARY** page 6
 pher B. Allen, with NAVFAC Mid-Atlantic, accepted the Combs Award.

Roughead was then made an "Honorary Seabee" by Shear and NAVFAC Command Master Chief and Force Master Chief Petty Officer of the Seabees Michael Holdcraft.

"Everywhere there is a disaster that strikes somewhere in the world, you can bet that the Seabees are going to be there. They're going to be the first ones in and probably the last ones out.

And when everyone looks back on that experience, they're going to think that you were truly a gift that was sent to them for the terrific work that you do to bring those communities back to life again," said Roughead.

NAVFAC manages the planning, design, construction, contingency engineering, real estate, environmental and public works support for U.S. Navy shore facilities around the world. NAVFAC also provide the Navy's forces with the operating, expeditionary, support and training bases they need.



<http://nmcb62alumni.org>

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Community Notes

SUPPORT

Family Readiness Groups
NMCC 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 Mary Belanger, 228-273-4158, e-mail MARY_708@YAHOO.COM or Secretary Krystin Canipe, 704-726-5751, e-mail ANGELHRTBLUE85@YAHOO.COM.

NMCC 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.

NMCC 74 FRG welcomes all friends and family members to join the NMCC 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 anniegunny@gmail.com. To receive updates, log on to the FRG website at <http://www.orgsites.com/ms/nmcb-74-fgr/index.html>.

NMCC 11 FRG welcomes all friends and family members to attend FRG meetings the third Tuesday of every month at 6:30 p.m. in the Seabee Chapel Fellowship Hall. For more information contact FRG President Sarah Edwards, Vice President Robin Coker, Secretary Krysta Thomas or Treasurer Jennifer Babb via email at nmcb11frg@gmail.com. Visit the ombudsman and FRG website at <http://nmcb11.webs.com>.

NMCC 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 hansonk154@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 noscgulport@yahoo.com. Visit NOSCGulport.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

228-688-5288 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.

NMCC 62 Alumni Group

Naval Mobile Construction Battalion (NMCC) 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://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.seabeeuseumstore.org/shop/index.php

Great American Clean Up . . . Pass Christian

March 27, 8 a.m. - 4 p.m.

Kick off rally at West Harbor (E. Beach Boulevard, Pass Christian)

To register to volunteer call 228-452-1152 or 228-324-9640

or send an e-mail to jrspiers@co.harrison.ms.us



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Important Information about Your Drinking Water

Monitoring Requirements Not Met for Naval Construction Battalion Center (NCBC)

Our water system recently violated a drinking water standard. Even though this was not an emergency, as our customers, you have a right to know what happened, what you should do, and what we are doing to correct the situation.

We are required to monitor your drinking water for specific contaminants on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During February 2010 we did not complete all monitoring or testing for bacteriological contaminants and therefore cannot be sure of the quality of our drinking water during that time.

What should I do?

There is nothing you need to do at this time.

The table below lists the contaminant(s) we did not properly test for during the last month (February 2010), how often we are required to sample, how many samples we are required to take, how many samples were taken, when samples should have been taken, and when samples were or will be taken.

| Contaminant | Required sampling frequency | Number of samples required | Number of samples taken | When all samples should have been taken |
|-----------------|-----------------------------|----------------------------|-------------------------|---|
| BACTERIOLOGICAL | MONTHLY | 3 | 2 | 02/28/10 |
| CHLORINE | MONTHLY | 3 | 2 | 02/28/10 |

What happened? What is being done to correct the violation?

The following specifies the corrective actions this public water supply (NCBC) has taken in response to this violation:

In February 2010 we had a series of administrative difficulties with one of our buildings' monthly monitoring samples. One of the samples for the building was analyzed and showed no bacteria present, but did not count towards our monthly requirement because it was marked as a resample rather than a routine sample. We have since change our collection procedures to follow the Mississippi State Department of Health Public Health Laboratory new guidelines for sample collection started in January 2010. We have also improved our administrative procedures having two people check the samples and paperwork before mailing the samples to the lab. A week from mailing the sample, a call to the lab will verify the samples arrived and the results are within the State's water quality standards.

During the months of January and March 2010 all samples came back with no presence of bacteria.

For more information, please contact Lorie Duplantier at 228-871-3118 or Lisa Noble at 228-871-2485 or by mail to NCBC Gulfport Environmental Division at 2401 Upper Nixon Ave, Gulfport, MS 39501.

This notice is being sent to you by Naval Construction Battalion Center, PWS ID #0240060.

Date distributed: March 25, 2010

NMCB 133 'Roos set up comm gear



Electronics Technician 3rd Class Andrew Brieno (left) and Electronics Technician 3rd Class Ross Vidal from Naval Mobile Construction Battalion (NMCB) 133 set up a Ruggedized Deployable Satellite (RDSAT) used for communications during the set up of the Battalion's combat operations center in Kandahar, Afghanistan. NMCB 133 is currently in the Central Command's area of operation while on deployment in Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Chief Ryan C. Delcore/Released)

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Navy establishes Expeditionary Training Group

By MC2 (SCW) Paul D. Williams
Navy Expeditionary Combat Command Public Affairs

Expeditionary Training Group (ETG) held an establishment ceremony March 19 on board Joint Expeditionary Base Little Creek-Ft. Story.

ETG's mission is to provide training to Navy Expeditionary Combat Command's (NECC) Echelon IV and V commands as they complete the integrated phase of the Fleet Readiness Training Plan. From there, ETG recommends Maritime Security Surge or Maritime Security Operations-Ready certifications.

"We concentrate on the headquarters elements of deploying NECC units and provide them the integrated and advanced training they will need on deployment," said Capt. Michael Napolitano, commanding officer of ETG. "ETG puts the finishing touches on the units that deploy within our community."

For the commands of NECC this means ETG fills a training need that no other command can provide to these deploying expeditionary forces.

"We started from the ground up to fill a known gap in training," said Napolitano.

According to Napolitano, NECC forces are on the cutting edge of fighting today's war against non-traditional threats. He said having an asset like ETG within the expeditionary community will ensure that NECC forces are not only well-equipped, but also that the Sailor is trained in the latest warfighter skills.

"Training is paramount," said Chief Operations Specialist (SW/AW) John Boglin, senior enlisted advisor of ETG. "My gut feeling is the Navy is really pushing forth with brown water operations. ETG is making sure Sailors get the training they need prior to deploying."

NECC serves as the single functional command for the Navy's expeditionary forces and as central management for the readiness, resources, manning, training and equipping of those forces. Expeditionary forces are organized to accomplish specific objectives in other countries.

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/nec/.

Ad Space

cial Forces officer in charge for the Marawi area.

Science posters of different plants now hang on the walls, with newly-stained brown desks and freshly-scrubbed chalkboards. A posted schedule on each classroom designates certain students responsible for the upkeep of the classrooms, which includes sweeping each room and the gardening around the outside of the buildings.

As humanitarian projects with the Armed Forces of the Philippines are a cornerstone of the JSOTF-P mission, the school was a way both militaries could help the people in the community and provide them with better facilities for their growth and education.

Officials from the college, officers with the AFP's 103rd Infantry Brigade, and members of JSOTF-Philippines cut the ribbon in front of the school, officially turning the school over to college administrators.

At the ribbon-cutting, several prominent community leaders

spoke, including Brig. Gen. Rey Ardo, commander of the 103rd Infantry Brigade, who took a moment to reflect on what the construction of the school meant to him and the community.

"This is the third largest con-

struction project in Lanao Del Sur. These are important ties that we have with the Philippine and U.S. government. This project is an example of the progress we want to make here, and we are grateful for the military forces that helped

make this progress happen," he said.

After the ceremony, members of the 103rd Brigade led a book donation drop off, which resulted in 1,200 science and other textbooks for the school.

"What we have accomplished here is truly something worth celebrating. The potential for something even greater cannot be ignored," said a U.S. Army Special Forces officer.

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FOCUS on FITNESS



Staff Sgt. Aaron Smith, an Army instructor assigned to Naval Construction Training Center (NCTC), performs lat pull-downs as part of his fitness routine on board NCBC. For more information on your own fitness routine and other suggested body-building techniques, call the Fitness Center at 228-871-2668. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)

By EO3 Mikayla Mondragon
NCBC Public Affairs

Weight Lifting

Fit Tip:

Lat pull-downs are a great way to strengthen your back and biceps.

Lateral (lat) pull-down is an exercise that not only works the back muscles but also the bicep muscles and the muscles of the fore-arms, improving the strength of your grip.

This resistance exercise is ideal for beginners because it allows them to build up strength before progressing to body-weight pull ups and chin-ups.

Lat pull downs strengthen your back by targeting your latissimus dorsi and trapezius muscles.

So if you are looking to strengthen your back and biceps, try lat pull-downs. Be careful when performing lat pull-downs, and have a spot if necessary.

The NCBC Fitness Center is open from Monday thru Friday 4:30 a.m. to 9 p.m. and Saturday and Sunday 9 a.m. to 5 p.m.

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GULF COAST USO
3001 6th St., Building. 306,
(228) 575-5224
Office hours: Monday-Friday,
8 a.m. - 5 p.m., Saturday,
11 a.m. - 7 p.m., (Closed Sundays)



Seabee Memorial Chapel

Services:

Sunday Catholic Mass: 9 a.m.
Daily Mass: Monday - Friday, 11:35 a.m.

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

Gospel Service: Sunday, 11:45 a.m.

Center Chaplains:

Lt. Cmdr. Michael Brown,
Protestant Chaplain
Lt. Leticia P.J. Rouser,
Protestant Chaplain

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