



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 47 No. 11

Naval Construction Battalion Center, Gulfport, Mississippi

June 3, 2010

Memorial Day Ceremony, Biloxi National Cemetery



1st Sgt. Jarriet White from the Army National Guard's 1108th Aviation Classification Repair Activity Depot Honor Guard salutes after placing a folded period flag that was draped over a 19th Century style coffin carrying the remains of an unknown U.S. Soldier from the Mexican-American War. Four Soldiers whose remains were discovered on Greenwood Island in Pascagoula, Miss., were given full military honors during the Biloxi National Cemetery Memorial Day Ceremony May 31, 2010. More than 160 years ago, Greenwood Island was the site of Camp Jefferson Davis at the end of the Mexican-American War. According to data collected by the Jackson County Historical and Genealogical Society, Greenwood Island was occupied by 1,800 troops in June 1848. A total of 90 Soldiers died at Greenwood Island during the six-month period of June 1848 through November 1849. To date, JCHGS has successfully identified the names of 44 of the 90 Soldiers. Since April 2008, members of the Department of Anthropology and Sociology at Southern Mississippi University made numerous visits to recover the Soldiers' remains from Greenwood Island. (U.S. Navy photo by Rob Mims/Released)

Seabees gain new 'King Bee'; RADM Christopher Mossey is 42nd Chief of Civil Engineers

By Brienne Lang
Naval Facilities Engineering
Command Public Affairs

Naval Facilities Engineering Command (NAVFAC) and Chief of Civil Engineers held a change of command ceremony at the Washington Navy Yard May 21.

Rear Adm. Christopher J. Mossey relieved Rear Adm. Wayne "Greg" Shear Jr. as commander.

Chief of Naval Operations Adm. Gary Roughead presented Shear with the Distinguished Service Medal for his "exemplary leadership of NAVFAC and 31 years of honorable and dedicated service." Shear assumed command of NAVFAC in October 2006, after previous assignments as director, Shore Readiness Division and deputy commander, Navy Installations Command. Roughead also awarded Marlene Shear the Meritorious Public Service Award.

NAVFAC is a global systems command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides engineering contingency response, and enables energy security and environmental stewardship. In fiscal year 2009, NAVFAC managed a program of \$16



Rear Adm. Christopher J. Mossey addresses the audience during the Naval Facilities Engineering Command (NAVFAC) change of command ceremony at the Washington Navy Yard May 21, where he relieved Rear Adm. Wayne "Greg" Shear, Jr., as NAVFAC Commander and Chief of Civil Engineers. (U.S. Navy photo by Chief Mass Communication Specialist James G. Pinsky/Released)

billion and executed an unprecedented contract workload, awarding more than 44,400 actions totaling nearly \$10.8 billion.

Among its facilities planning, engineering and construction support to Navy and Marine Corps commanders worldwide, NAVFAC is contracting the \$1.1 billion Walter Reed

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FFSC helps Marines
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Now is the Time to Prepare
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NCBC/20SRG
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Public Affairs Officer
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Commanding Officer
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Public Affairs Officer
 MCC (AW/SW) Yan Kennon
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 MC2(SCW) Michael B. Lavender

NMCB ELEVEN
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Public Affairs Officer
 MC1 (SCW) Nicholas Lingo

NMCB SEVENTY FOUR
Commanding Officer
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Public Affairs Officer
 Lt.j.g. Margaret Hansen
Mass Comm. Specialist
 MC1 (SW/AW) Ryan Wilber
 MC2 Michael Lindsey

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

NCTC Gulfport
Commanding Officer
 Capt. Stephanie Jones
Public Affairs Officer
 Chaplain (Lt.j.g.) Rob Guilliams

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Navy Legal

Think before using a credit counseling agency

By Thomas E. Wallace, Esq.
 NLSO Southeast Det.
 NAS Jacksonville



During our tough economic times many of our clients are dealing with severe debt problems and they are finding themselves seriously behind on their bills.

These clients are ripe for credit counseling or debt rescue scams run by "companies" who often troll court records to determine the names of defendants facing collection lawsuits in order to solicit debtors for their services.

The chief problem with these companies is that they offer to have you pay for services that the individual client could perform for themselves for free with self-help and help from our offices. Some of these companies have ridiculous fee schedules. One recent client signed a contract paying such a company over \$9,300 for assistance in resolving delinquent debts. The company has partially resolved only a fraction of the debt (about \$1,800) and the client was still subsequently sued for the remaining debt and is still responsible for the full \$9,300 fee of the credit counseling service. This does not appear to be a good deal.

Of course, now credit counseling is required for bankruptcy, which has resulted in even more credit rescue and debt counseling services opening for business.

Common sense must prevail. As with any service, shop before you

buy. The credit counseling agency of the client mentioned in the above paragraph had an "F" rating with the Better Business Bureau. Of course, the client did not check with the Better Business Bureau first before signing the contract with the agency involved.

The Better Business Bureau indicates that it considers a reasonable fee for these services to be a \$75 set up fee and a monthly payment for the services that does not exceed \$40 a month. And, you must consider the total fees you will pay at the end of the service. Do the total fees that the consumer will pay for the credit counseling agency defeat the consumer's efforts to pay down the entire debt? If so, then using that credit counseling agency is not worth it to the consumer.

The Better Business Bureau has an excellent article on credit counseling agencies which can be found at <http://www.bbb.org/us/article/tips-on-choosing-a-credit-counseling-agency-6104>. This article provides exhaustive guidance on what a consumer should be aware of before choosing a credit counseling agency. As

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Skipper's Log

Perfection . . . Why?

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



Capt. Ed Brown

After the last article, "Growth", you must be thinking, "Wow, he must be a crazy perfectionist." While I'm big on precision and performing at your highest level, I'm about as far away from a perfectionist as there is. I believe strongly in "Good to Go."

There comes a point in every plan and every decision that you have that you need to move. The amount of effort making the plan better or cutting out more risk is not worth the benefit. Let's face it, the fun is in carrying out a plan not planning.

Perfect is for those who are risk adverse. The problem with the "perfect" solution is that if it doesn't work, you'll never give it up and try something new. Without trying new things we don't expand

and grow. A side benefit of going with a well thought out (but not perfect) plan is that it keeps you on your toes while carrying it out. It keeps you thinking of ways to improve.

Don't let your search for perfection steal the enjoyment of doing something . . . anything. Sometimes you just need to get moving.

Walmart recalls General Electric coffee makers due to fire hazard . . .

Walmart has received 83 reports of overheating, smoking, melting, burning and fire regarding General Electric 12-cup digital coffee makers, models 169164 and 169165. The coffee pots were sold exclusively at Walmart stores nationwide from March 2008 through January 2010 for about \$30. Consumers should immediately stop using the recalled coffee makers and return the product to any Walmart for a full refund. For additional information, visit the firm's website at www.walmart.com or call them between 7 a.m. and 9 p.m. Monday through Friday at 800-925-6278.

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.

An expression of Appreciation for our Military

"Our people and our ability to deploy quickly, anywhere at any time is securing the future and stability of those in need. I request you read the message below in full to understand the true impact our military forces are having around the world. Your pride in what you do and [your] ready ability to not only do your mission, but to be true ambassadors is unequalled."

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

To Adm. Robert Willard Commander, U.S. Pacific Command:

On May 25, I will permanently depart Dili. As my tenure here as U.S. Ambassador draws to a close, I wanted to make special note of the contribution you and your commanders have made to our mission in Timor-Leste.

When I arrived in Dili in June 2007, our military-to-military interaction here was minimal. Given the deep and violent crisis the country had gone through a year earlier, the Timorese military's significant responsibility for that crisis, and the risks for regional security should Timor-Leste not achieve greater stability, I found the relative absence of engagement surprising. I sensed an opportunity - indeed a need - for deeper U.S. involvement, especially in assisting the Timorese army realize its ambitions of becoming a professional military.

Some of Timor-Leste's international partners were engaged, including the UN and our allies Australia and Portugal, but progress was spotty at best. And, as Asia's poorest country by far, the opportunity for humanitarian intervention in Timor-Leste was boundless.

It was with exceptional gratitude that I found willingness at USPACOM to consider opportunities in Timor-Leste, and senior commanders prepared to travel to Dili to take a look at local conditions. That heightened interest sparked a complete turn-around in the level of our engagement. Admiral Keating's visit in September 2007 was followed in quick order by the USS Port Royal. Lt. General Goodman accompanied the short deployment of a company of U.S. Marines in April 2008. We were honored to have you as our guest

in July 2008, while simultaneously helping the USNS Mercy treat 10,000 Timorese patients during a very successful two week deployment. Admiral Bird, Lt. General Stalder and the USS Lassen all paid us a call in early 2009.

Beginning in 2008, we also geared up our support for Timorese efforts to develop their security institutions. Following the visit by the Timorese Foreign Minister to USPACOM Headquarters in May 2008, and the participation of the Secretary of State for Security in the Asia Pacific Center for Security Study's (APCSS) senior executive course, the Defense Institute of International Legal Studies made an assessment of the legal infrastructure for the security sector that identified substantial gaps in Timorese law and regulation. This then fed into a landmark workshop hosted by APCSS in September 2008 to facilitate the drafting of a National Security Policy that included the participation of seventeen high ranking Timorese government, parliament and civil society leaders. This workshop, surely the largest, most senior undertaking sponsored by the U.S. for Timor-Leste, in addition to kick-starting and securing bipartisan support for the government's national security policy, profoundly and positively shaped Timorese views of the United States as a neutral, beneficial partner on security issues.

Our engagement further accelerated over the past year. We held the first-ever bilateral military consultations and tabled a draft bilateral military MOU; welcomed the USS Reuben James; supported a very successful deployment by Pacific Angel; inaugurated the station-

ing of a U.S. Navy Seabees detachment in Dili; launched large-scale training exercises with the 31st Marines Expeditionary Unit and the USS Bonhomme Richard; hosted an increased tempo of U.S. Coast Guard and NCIS capacity building programs for the Timorese maritime police and to improve port security; and just welcomed a legal advisor here to support the Timorese Secretary of State for Defense. In the next few months, we look forward to another major training engagement here by the U.S. Marines and a return of Pacific Partnership.

The Timorese are responding to our engagement and embracing the opportunities presented by our partnership. Their medics were fully involved with Pacific Angel; their engineers joined our Seabees on projects and, indeed, are increasingly inviting our engineers to assist on F-FDTL programs; more than 45 Timorese soldiers joined our marines for week-long field exercises during MAREX 2009; during the visit of the USS Reuben James, a contingent of Timorese sailors participated in subject matter exercises aboard ship and reciprocally hosted our sailors to an exchange at the F-FDTL Naval Unit headquarters; and F-FDTL planners have been fully engaged in the planning for Marine exercises scheduled for June 2010. Some of the reasons behind this change in attitude are internal to the Timorese force, but it is also in response to U.S. signals of commitment to the durability of a bilateral military relationship. Particularly important have been our offer of regular planning conferences and our tabling of a bilateral MOU. Finally, as we had always hoped, there has been a growing realization among Timorese commanders that interaction with U.S. soldiers, sailors and marines will aid their efforts to professionalize their troops.

The best single thing the U.S. has done in Timor-Leste in the recent past has been to deploy the Seabees here. Their humanitarian work has been re-

peatedly and publicly lauded by Timor-Leste's President and other leaders as exemplary. More broadly, the Seabees have greatly burnished our image due to the people-to-people interaction our engineers have had with Timorese citizens in communities across the country. To assure the Seabee's sustainability in Timor-Leste, we are committed to helping find ways to cut costs and further increase outside sources of funding. In the past year, we have realized a three-fold increase in the number of joint F-FDTL-Seabee projects, and a five-fold increase in the value of third party funding of Seabee projects. With the recent arrival of a new detachment, and before my departure, I will begin discussions with the government here on designing a civilian apprenticeship program to further deepen Timorese support of the Seabee detachment.

Our record in Timor-Leste is now one of growth and success. It amply demonstrates the wisdom of those USPACOM commanders who saw the potential for greater engagement in Timor-Leste. The increased presence by the U.S. military here has contributed strongly towards our strategic goal of assisting Timor-Leste achieve its aspirations of stability, democratic governance and economic prosperity. I hope the Marine exercises become an annual event, U.S. warships continue to regularly visit Dili, the Seabees maintain their presence here, and that the U.S. and Timor-Leste explore new areas of military cooperation. I am told President Ramos-Horta will soon ask me, for example, to support the assignment of a U.S. Navy officer to become his Military Advisor. I hope you can positively consider this request. I thank you for your extraordinary commitment, and want also to extend my gratitude to Lt. General Stalder; Admirals Walsh, van Buskirk and Bird; Brigadier General Williams; and Lt. General (Ret.) Smith for their continuing support of our programs.

*With best regards,
Hans Klemm*

United States Ambassador to Timor-Leste

Det. Latvia completes construction for BALTOPS 2010

By Lt.j.g. Liwei Chen
NMCB 7 Public Affairs

Naval Mobile Construction Battalion (NMCB) 7 Det. Latvia has completed construction tasking in preparation for Baltic Operations (BALTOPS) 2010, an annual exercise that aims to promote a mutual understanding of maritime interoperability between U.S. Navy, NATO, and non-NATO participants. The Det. completed two major projects – preparing a five acre base camp site for a Marine Landing Group and constructing a reinforced concrete pad for a Maritime pre-positioned ship offload of equipment to be used in the exercise.

The Seabees endured freezing temperatures, snow and rain during their construction projects. Often working day and night, the detachment poured more than 250 cubic yards of concrete, within a three week timeframe and place 7,500 cubic yards of backfill in just under a month. “Cold weather wreaks havoc on concrete pours,” said Utilitesman 1st Class Michael Jester, job supervisor for the project. “It lengthens setting up time and generally slows everyone down.”

During their off time, the Seabees performed numerous discretionary projects such as mechanic support on an aging fleet of Latvian “Coupe-V” Chevrolet maintenance vehicles, concrete road patches and general road and drainage improvements to the immediate surrounding camp areas. The Seabees also constructed a medium machine gun, rifle platoon and pistol range for the Latvian National Guard.

“Though our project was initially delayed, we still were able to convert seven weeks of construction into three,” said Builder Constructionman Anthony Capiello, project crew leader.

“Everything is in place for the Marine's arrival to participate in the upcoming exercise,” said Chief Equipment Operator Jerry Greer, Det. Latvia's assistant officer in charge. “They will be able to roll off their ships onto improved roads all

NCBC FFSC lends support to Marine Units

By MC1 (SCW) Demetrius Kennon
NCBC Public Affairs

The Fleet and Family Support Center (FFSC) based at Naval Construction Battalion Center (NCBC), Gulfport, extended their services to two units comprised of U.S. Marines and Sailors while at Camp Moreell in Kuwait in April 2010.

Members of the FFSC here are normally sent to Kuwait in teams of about four personnel to aid in the Warrior Transition Program primarily for reserve and active Seabee battalions mobilized from Gulfport. The program is designed to address the physical, emotional and spiritual needs of each deployed service member and is run by the deployed battalion chaplain, safety officer, medical officer and members of the homeport FFSC.

During this particular visit, the FFSC team was there to support Naval Mobile Construction Battalion (NMCB) 74 and reserve battalion NMCB 22, which were both wrapping up an eight-month deployment.

When Seabee battalions finish deployment in the Central Command area of responsibility, they are sent in groups to Kuwait to go through the Warrior Transition Program before they return to the U.S. The FFSC members utilize the time be-

tween groups arriving and departing to provide assistance to whomever else needs it.

The first unit, a group of Marines and Sailors in an embedded training team from the U.S. Marine Corps Forces, Pacific, headquartered in Hawaii, approached the team while at the dining facility on camp. They were finishing a deployment to Afghanistan.

“They asked, ‘What do you do here?’, and we told them that we do warrior transition for troops who are returning back home,” said Susan Smith, an individual deployment support specialist at the NCBC FFSC. “So they asked us if we could do their [unit's] warrior transition.”

“We have a basic curriculum that we do which is domestic violence, suicide, return reunion, single Sailors returning— because sometimes what you say to a family troop is a little different than what you need to say to a single troop,” Smith said. “We talk about integration back into the civilian community for the reservists, shaken baby syndrome, and we give them a financial brief on basic financial situations.”

The curriculum may be altered based on the needs of the unit transitioning.

“There were about 120 in that group, and they had taken four losses,” she said. “They were kind



Seabees and Marines build, fight and train together when deployed, but they also undergo some of the same stresses when returning home. The Fleet and Family Support Center facilitates a Warrior Transition Program session at the deployment site to better prepare service members for their return home. (U.S. Navy photo/Released)

of down, but it was good that they talked to us. They were so grateful that the Seabees were there to help them, and they couldn't say enough about that.”

The other group of about 86 Marines that approached the FFSC team was the 2nd Marine Expeditionary Brigade out of Camp Lejeune in North Carolina, who lost three Marines by suicide.

“It's not uncommon for them [other units] to ask us for help,” Smith said. “And, of course, we,

being from the Fleet and Family Support Center in Gulfport, never say ‘no.’ We do everything we can to help anybody.”

The staff at the FFSC in Gulfport is able to empathize with service members returning from combat zones because of their knowledge, training and personal experiences.

“My husband served, so I feel like I'm doing my share giving back to help every troop that I possibly can help when they're transitioning back to their families,” said Smith.

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Seabee Courier



"You're doing the right thing," said Capt. Ed Brown, commanding officer, Naval Construction Battalion Center (NCBC), commander Twentieth Seabee Readiness Group (20SRG), during his remarks to Navy Lodge employees at an awards ceremony celebrating the announcement that the Navy Lodge was the winner of the Hospitality Award for excellent service and hospitality. This is the second Hospitality Award that the Gulfport Navy Lodge has received in their 40 years on board the Seabee Center. (U.S. Navy photo by Equipment Operator 3rd Class Elizabeth Saranto/Released)

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Setting others up for success!

By Chief Culinary Specialist Eric Holiman
NMCB 133 Public Affairs

The Culinary Specialists from Naval Mobile Construction Battalion (NMCB) 133 helped Kandahar Airfield (KAF), Afghanistan prepare for the massive surge of troops in April.

The CS's were attached to the 22nd Naval Construction Regiment where they put together furniture and accessories such as beds, lockers, and chests of drawers for 606 rooms. The rooms are located in re-locatable buildings, stacked two high in rows, similar to an apartment complex. NMCB 133's CS's were led by Culinary Specialist 2nd Class Jarad Baker, with Culinary Specialist 3rd Class Dwight Carter and Culinary Specialist Seaman Ray Stargent assisting with the task of outfitting the rooms.

They were also responsible for the proper disposal of all left over materials created from the pallets and protective coverings that were used to transport the furniture and accessories. Countless hours of organizing and breaking down materials were spent at KAF's waste management site.

The rooms were completed in time for the arrival of NMCB 21, who recently relieved NMCB 22 here at KAF. The team of CS's worked tirelessly until the rooms were ready for each arriving unit.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 hang a light fixture as part of the renovation of storage spaces at Underwater Construction Team (UCT) 1 at Naval Station Rota, Spain. NMCB-7 and its detachments are deployed to various locations throughout the U.S. 6th Fleet area of responsibility. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

NMCB 7 lends hand to UCT 1

By CECN Ivana P. Flores
NMCB 7 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 7 donned dust masks, tyvek suits, hard hats, and their ear and eye protection as they came to the aid of their counterparts from Underwater Construction Team (UCT) 1.

The three-month construction project, scheduled to be completed by May 25, will consist of the installation of dry wall, overhead lighting, and tile; transforming previously unused spaces into maintenance and administrative offices for the Seabees of UCT 1.

"Our mission was to construct office spaces from unused infrastructure within the spaces of UCT 1," said Utilitiesman 2nd Class Nolan Blount. "My expectations for the crew were to show up on time and to work hard throughout the day to ensure that completion timelines are met."

The crew for this project consisted of six highly skilled NMCB 7 Camp Maintenance personnel from Delta Company: Construc-

tion Electrician 2nd Class Timothy Powell, Construction Electrician 3rd Class Ian Kipp, Builder 3rd Class Greg Lever, Builder Constructionman Trenton Tucker, and Utilities Constructionman Jayson Fickbohm, with Utilitiesman 2nd Class Blount as crew leader.

"The project taught me a lot about the Seabees, safety, hard work, projects, and deployment," said Fickbohm. "Even though I have worked projects before, this particular one has taught me the skill of laying tile, which I really enjoy."

"For this being my first project since joining the battalion, I was amazed at the exceptional teamwork displayed by our crew," said Powell. "The project has been a great success thus far. It has been an excellent training environment and has provided a good experience to have under our belts. We are looking forward to completing this project and moving on to other tasking handed down to us."

Upon completion of this project, NMCB 7's Camp Maintenance

personnel will have expended approximately 283 man-days of construction with a budget of \$15,000.

In addition to the UCT 1 project, Seabees from Camp Maintenance have begun the renovation of a crew lounge area in enlisted barracks building 1775 at Camp Mitchell. Titled as MCD Project 7409, the project will consist of repainting walls and the removal and replacement of worn tile flooring. This project will last approximately six weeks.

NMCB 7 and its detachments are currently deployed 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. In January, 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.

For more news from Naval Mobile Construction Battalion 7, visit www.navy.mil/local/nmcb7/.



Culinary Specialist 3rd Class Dwight Carter from Naval Mobile Construction Battalion (NMCB) 133, organizes materials at a waste management site at Kandahar Airfield, Afghanistan. NMCB-133 is currently in the Central Command's Area of Operation while on deployment in Afghanistan. (U.S. Navy photo by Chief Culinary Specialist Eric Holiman/Released)

June Change of Command Ceremonies

June 11 - 8:30 - 9:30 a.m., NCTC Change of Command, Capt. Jones will be relieved by Cmdr. Whitmire, Grinder

June 11 - 10 - 11 a.m., Naval Meteorology and Oceanography Professional Development Center Change of Command, Cmdr. Schenk will be relieved by Cmdr. Daziens, Chapel



Naval Construction Training Center (NCTC) Commanding Officer Capt. Stephanie Jones, Command Master Chief, CMDCM(SCW) Pamela Taylor and Naval Construction Battalion Center (NCBC) Sexual Assault Response Coordinator Peggy Cuevas stand before a winning entry in the command's contest designed to inform and provide information during Sexual Assault Awareness month in April. (U.S. Navy photo/Released)

NCTC staff, students raise awareness during Sexual Assault Awareness month

By Naval Construction Training Center Public Affairs

The Seabees at Naval Construction Training Center (NCTC) Gulfport took pride in taking positive action to honor Congress' decision to make April Sexual Assault Awareness month. The students and staff members designed presentation boards for a contest at the end of the month. Required information on the boards included facts, the Sexual Assault Prevention Response hotline number, and the command victim advocates.

The idea for the contest came from formal schools instructor, Engineering Aide 2nd Class (SCW) Janelle Kizer. As a victim advocate, she introduced the idea to the command Sexual Assault Prevention Response Officer, Senior Chief Equipment Operator (SCW) Helen Daniel, and put the plan in action.

"I felt like this was a great way to inform not only the staff but the students here at NCTC. Most people don't realize how common these terrible acts are, and I felt like it was a fun and interesting way to accomplish the task," said Kizer.

Each company, service, and the SW and BU "A" school classes at

NCTC competed in the contest which was judged by the commanding officer of each branch of service. The judges thought the students really put some effort into this activity. Their boards were very creative and well thought out.

Builder Constructionman Joseph Petkoff of BU Class 10310 said, "I had fun making the board and creating something special that will help others learn about sexual assault. It was very informative to myself and others."

Another student, Builder Constructionman Ana Deleon said, "We had a great time doing the board. We went with the 'Road Guard' theme because we view a road guard as our protector when marching to and from places. So on our poster the road guard is the one looking out for our shipmates. We think that it is important to do this now while we are in school, and later on throughout our Navy careers."

"The important thing about training is that it needs to be fun. I have learned as an instructor that students will retain information more adequately in a comfortable environment. Plus friendly competition is always a good motivator," added Kizer.

Hurt One - Affects All Preventing Sexual Assault is Everyone's Duty . . .

You think you saw something, but you aren't sure. You could be wrong; maybe it was nothing. So you let it go and you walk away.

The next day you hear the news. Someone desperately needed your help, but you didn't realize it. It wasn't your friend. But it was someone else's loved one. And they needed you to step in and prevent a sexual assault.

You, as a bystander, have the opportunity to act and safely change the outcome — to prevent an assault by stepping in when you see something that doesn't look right. Maybe you saw someone slip something into a drink. Maybe you witnessed a friend taking advantage of someone who has had too much to drink. Maybe someone grabbed your friend's butt as she walked by. Studies have shown that Female Sailors age 18-24 are four times more likely to be sexually assaulted than any other age group in the Navy. That makes bystanders, male or female, like you critical in pre-

venting sexual assault.

Sure, in a society that promotes a 'mind your own business' message, speaking up is difficult. Try to approach the situation as a friend and trust your gut. If you see something that doesn't seem right, it probably isn't. If you think someone is in trouble, ask if they are okay. Be honest and direct in explaining your concerns and reasons for intervening. If you don't feel comfortable approaching a situation on your own, ask — a friend, a fellow Seabee, anyone — for help.

You aren't wrecking someone's fun or being a jerk if you speak up. You are watching out for someone's brother, sister, girlfriend, boyfriend. Next time, it could be your loved one that someone helps out.

You're standing up for what is right.

NCBC Sexual Assault Prevention and Response 24 hour Crisis Line: 228-596-0697 Sexual Assault Response Coordinator: Peggy Cuevas, 228-871-3000 x3736

NCTC Sexual Assault Awareness Poster Contest Winners

Most Creative:

CM1 Ingram, CM1 Carey, CM1 Lindberry, CM2 Poplin, CM2 Heathscott, EO1 Hallahan, EO1 Brant, EO1 Parker, CM1 Perry, EO2 Baklarz, EO2 Carlson, Mr. Steady, Mr. Therrien ; **Most Professional:** HM1 Rodriguez, CE1 Bradt, BU2 Williams, BU1 Lyons, Mr. Ramirez, SW1 Worrell; **Best "A" School Classes:** BU Class 10350, SW Class 1085 (BUCN Bredehoft, BUCN Deleon, BUCR Fashian, BU2 Houpt, BU2 Mintzmyer, BUCR Moore, BUCN Naegel, BUCN Rodman, BUCR Smith, BUCR Strey, and BUCR Swiatek, SWCN Lacy, SWCR Dowell, SWCN Gabriel, SW3 Girouard, SWCA Bryant, SWCR Mitchell, SWCR Bowman, and SWCN McClure

NMCB 7 Haiti Det prepares to join rest of battalion overseas

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

Seabees from Naval Mobile Construction Battalion (NMCB) 7's Haiti Detachment returned from a five-month humanitarian mission to Haiti.

The 85-personnel detachment was a key support component to Operation Unified Response, a coalition of nations and services that brought assistance through food, water, recovery, general engineering and construction of camps for the island nation following a magnitude 7.0 earthquake that occurred Jan. 12, 2010.

"We accomplished a great deal during our mission to Haiti," said Chief Steelworker (SCW) Leslie Morgan, NMCB 7 Haiti Detachment's operations chief. "We repaired, in coordination with Underwater Construction Team (UCT) 1, the Haiti international shipping port that was damaged during the earthquake and several other projects."

Morgan went on to explain the various projects the detachment completed and assisted with, including the construction of two Logistical Support Areas, three Internally Displaced Persons camps, perimeter roads, repair of eight concrete panel sections at the Haiti airport and assisting in many other projects totaling more than 6,750 man days.

"We didn't know what to expect when we arrived in Haiti," said Morgan. "Humanitarian assistance missions differ from the normal missions we conduct because of their unexpected nature. We initially thought that our mission indicated we'd be clearing roads and debris, but our mission changed very quickly when we arrived. Our training from our last field training exercise certainly helped us prepare for the liquid dynamics of this mission and how we set up our camp."

While deployed to Haiti, the detachment had to overcome situations and conditions that are unique to the mission they were performing.

See NMCB 7 page 11

Hospital Corpsman Anniversary Celebration . . .

On behalf of all Corpsmen Past, Present and Future, everyone is invited to attend a ceremony celebrating 112 years of faithful and dedicated service by Navy Hospital Corpsmen June 17, at 11 a.m. at the Training Hall.



Medal of Honor: 22

Navy Cross: 174

**Distinguished
Service Cross
(United States
Army): 31**

Silver Star: 946

Bronze Star: 1,582

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Seabees and Vietnamese volunteers partner to build health clinic

By Lt. Cmdr. Arwen Consaul
Pacific Partnership Public Affairs

Naval Mobile Construction Battalion (NMCB) 11 and Vietnamese volunteers engaged in subject matter expert exchanges are ensuring the Pacific Partnership renovation of the Tuy Phuoc District Health Center is a mutually advantageous engagement for both.

"Seabees are used to doing construction from the ground up," said Construction Engineer 2nd Class Jacob Simino, the crew leader for the Tuy Phuoc District Health Center. "We are a green crew when it comes to renovations and the Vietnamese volunteers are teaching us a lot."

At the invitation of the Vietnamese government, the U.S. Navy has been working with Vietnamese volunteers to renovate the Tuy Phuoc District Health Center since May 13, as part of Pacific Partnership 2010. Pacific Partnership is the fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors aimed at strengthening regional partnerships and in-

creasing interoperability with the U.S. interagency, host nations, partner nations, and international humanitarian and relief organizations.

According to Simino, the Seabees don't normally work on buildings made entirely of concrete.

"Americans like to build with lumber," said Simino. "This clinic is built entirely of concrete, and it is a different type of work for us; there is a lot of masonry. On top of that, the Vietnamese do construction and masonry differently than us."

Since the construction of buildings is different in Vietnam, the Vietnamese volunteers are taking the time to work with the Seabees and teach them a few tricks of the trade.

"We are teaching them about how we do masonry," said Hai Minh Do, the Vietnamese crew leader at the Tuy Phuoc District Health Center. "They are hard workers and enthusiastic to learn."

"Hai has taught me techniques about masonry that I

didn't think you could do," said Builder 3rd Class John Richard Gernhard. "I will definitely take this knowledge and use it in the future."

But the learning at the Tuy Phuoc District Health Center hasn't been one-sided. The Vietnamese are learning about Occupational Safety and Health Administration safety standards when it comes to working on job sites.

"The Seabees have taught me about hardhats, goggles and other safety equipment," said Minh Do. "We do not wear it, but some of my workers have started."

Both countries have enjoyed working and learning from each other and have built friendships and shared laughs despite the language barrier.

"We use hand signals and motions to communicate and it works really well," said Gernhard. "I guess you could say there is a secret language amongst engineers."

For more news from Pacific Partnership visit www.navy.mil/local/pacific-partnership.



Construction Mechanic 2nd Class Brandon Trumbo, assigned to Naval Mobile Construction Battalion (NMCB) 11, and Vietnamese volunteer, Phan Thanh Tuan, work together to remove debris from the Hope Center engineering site. The engineering project is part of Pacific Partnership 2010, the fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors aimed at strengthening regional partnerships. (U.S. Navy photo by Lt. Cmdr. Arwen Consaul/Released)

June 3, 2010

From CREDIT page 2

usual, research in advance of signing the contract will go a long way to prevent problems in this area.

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

Seabee Courier

Fleet and Family Support Center Classes . . .

There are dozens of classes at FFSC. The new calendar is now online. For more class information, go to <https://www.cnic.navy.mil/Gulfport/BaseSupport/index.htm> or call 228-871-3000 to sign up.

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Buzz on the Street



By EO3 (SCW) Elizabeth Saranto
NCBC Public Affairs

How do you think the oil spill will affect the Gulf Coast?



"It is a very hazardous situation, and I think BP needs to pay up."

CDMCM Jimmy Fairbanks
CBC

Hometown: Ponsford, Minn.



"It's not only going to hit the pockets of local businesses, but the pockets of the consumers as well."

EO3 Hillary Stieffermann
CBC

Hometown: Carmel, Calif.



"I think it's going to impact the marine life and fishermen for the next five to ten years."

MC2(SCW) Gregory Juday
Center for Security Forces
Hometown: Tomball, Texas

Navy to commemorate Battle of Midway that was a Turning Point in World War II

By Darren Harrison

Naval District Washington Public Affairs

The 1942 Battle of Midway will be commemorated at the United States Navy Memorial June 4 at 9 a.m. with a wreath laying ceremony followed by a symposium in the Naval Heritage Center.

The battle is considered to be a pivotal moment in the war in the Pacific. The small island of Midway located northwest of the Hawaiian chain was seen as strategically important by Japanese Combined Fleet Commander Adm. Isoroku Yamamoto. Yamamoto hoped to draw the U.S. carriers into a trap in order to prevent a repeat of the April 1942 Doolittle Raid during which bombers launched from USS Hornet (CV 12) and bombed Tokyo. The U.S. raid was in retaliation for Japan's attack at Pearl Harbor on Dec. 7, 1941.

Prior to Midway, the Japanese commanded naval superiority over the U.S. fleet. But after the battle, the two fleets were essentially equal and the U.S. fleet went on the offensive.

The Japanese plan hinged on faulty intelligence that the United States had only two aircraft carriers at their disposal. They erroneously believed that the aircraft carrier USS Yorktown (CV 5) had been sunk a month earlier during the Battle of Coral Sea and that the remaining two carriers, Enterprise and Hornet, were at anchor in Pearl Harbor instead of lying in wait for the Japanese fleet to the northeast of Midway.

Additionally, leading up to the battle, the Japanese and the majority of U.S. Navy personnel did not know that American and British code-breakers had broken the code used by the Japanese Navy (JN-25) and had identified Midway as the target of an attack on either June 4 or June 5, 1942.

"The Japanese had sent some messages identifying a target using the code AF and we didn't know what AF referred to, only that the Japanese were going to attack it," said retired Cmdr. Bob Allen who served on the aircraft carrier USS Enterprise (CV 6) during the battle. "So we sent a mes-

sage out that Midway was running low on its water supply and the Japanese took the bait and notified everyone that AF was low on water."

"If we had lost Midway, we would have been in deep trouble as the Japanese could have bombed Pearl Harbor [again] at will," said retired Cmdr. Verner Utke-Ramsing. "We would have had to operate from the West Coast which would have been very ineffective and add weeks for us to get on station."

Utke-Ramsing was a submariner on USS Drum (SS 228) in 1942, and even though he did not see any action during the actual battle, his boat did play a significant role in disrupting the Japanese battle plans.

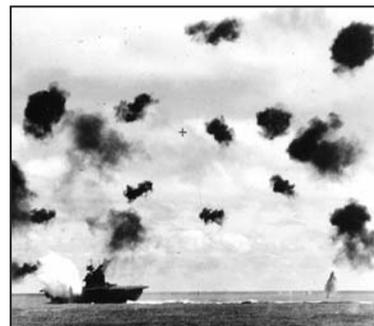
Drum torpedoed and sank the Japanese seaplane carrier Mizuho off the island of Hushu with its compliment of 10 midget submarines in May 1942. The Japanese had planned to use the submarines to attack American aircraft carriers in the battle for Midway. If Drum had not sunk Mizuho, there would have been an additional 10 Japanese submarines, instead of the four surrounding Midway during the battle. They could have located Enterprise and Hornet, and the Battle of Midway might have had a different outcome.

During the Battle of Midway, USS Hammann (DD 412) was alongside Yorktown trying to keep it afloat after a Japanese dive bomber attack and torpedo hits.

On board Hammann was Chief Warrant Officer 2 Edward P. Anderson who was serving below deck when the ship was struck by a torpedo.

"I climbed up the ladder and got to the main deck," said Anderson. "As I got up there, I saw all the crew jumping into the water because we knew the ship was sinking. They say it only took a minute and 36 seconds for Hammann to go down."

The fatal blow to the Japanese fleet was delivered by dive bombers from USS Enterprise. Though running low on fuel, the pilots opted to trail a Japanese destroyer returning to the fleet following an unsuccessful attempt to depth charge against an



Battle of Midway, June 1942
USS Yorktown (CV-5) is hit on the port side, amidships, by a Japanese Type 91 aerial torpedo during the mid-afternoon attack by planes from the carrier Hiryu, 4 June 1942 (Official U.S. Navy Photograph, now in the collections of the National Archives)

American submarine. The dive bombers arrived when the Japanese carriers were at their most vulnerable, their decks full of armed aircraft. In their attack the American planes were successful at destroying three Japanese carriers.

"They caught the Japanese while they were re-arming their planes and so our dive bombers clobbered them," said Allen. "We really thought that Midway was the turning point of the war. We had seriously damaged the Japanese carriers and after the Battle of Midway we went onto the offensive."

Japan lost four of its six fleet aircraft carriers during the battle as well as many of their highly trained aircraft crews during the battle. The Battle of Midway is credited with effectively ending large-scale Japanese expansion in the Pacific.

Battle of Midway Ceremony

A ceremony honoring the 68th Anniversary of the Battle of Midway will take place Friday, June 4 at 11 a.m. at the Training Hall. A cake cutting and special meal will follow at the Colmer Dining Facility.

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"We did great considering we had no luxuries that we are used to having on a normal deployment," explained Morgan. "For instance, we had no Morale, Welfare or Recreation facilities to use on our down time and we were confined to camp a majority of the time. However, our morale stayed high because all of our guys felt pride and good for helping a nation and its people recover from a disaster."

Following their return, the detachment will send its personnel to the locations the battalion is currently deployed to on their regularly scheduled deployment.

"A majority of our personnel will be going on Continuing Promise," explained Morgan. "Their first mission on that cruise will be to Haiti. We have some of our personnel going to Guantanamo Bay, Cuba and the rest will be going on to the Deployed For Training detachments from Rota, Spain. However, we won't forget the work we accomplished in Haiti. I'm proud of everyone and the jobs they've done. A commanding general there came by one of our project sites and congratulated everyone on the fine job we did, how hard it was to let us go and the great work the Seabees have begun to helping Haiti recover."

Attention Single Sailors . . . Live in base housing for 50 percent of your BAH and you pocket the rest. Please contact Balfour Beatty or Housing Office for details.

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

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

Community Relations Requests . . . ALL community relations support requests must come through the NCBC Public Affairs Officer. This includes requests for volunteers, color guard, speakers, 'Bee float appearances and special activities. This is to help ensure the requests are in the best interest of the Navy and best utilize taxpayer assets. All requests for equipment and vehicles will be scrutinized and are subject to the approval process. A volunteer request form can be found on the base website at: www.cnic/navy.mil/gulfport. For more information, please call Rob Mims, NCBC Public Affairs Officer at 228-871-2699.

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Be Informed, Have a Plan, Make a Kit

Questions about Disaster Preparedness?
Contact Emergency Manager Lew Fountain
at (228) 871-2123 or lewis.fountain@navy.mil

Illustration by Equipment Operator 3rd Class Mikayla Mondragon

BE INFORMED:

Know your zone! Are you in a storm surge area or flood plain? Visit: <http://co.harrison.ms.us> for zoning information.

Listen to the local TV or radio for information on evacuation and storm information.

Keep your command informed by contacting department heads and chain of command. If they are unavailable, visit: www.navyfamily.navy.mil If no computer is available, call Navy Personnel Command at 1-877-414-5358 or 1-866-297-1971 (TDD).

OPERATION PREPARE

is a Navy-wide education and awareness campaign on emergency preparedness, and provides military family members with valuable tools and resources to help be more prepared for natural disasters. For more information visit: www.cnic.navy.mil under the Emergency Management link.

HAVE A PLAN:

When a disaster happens, your family may not be together in one place. Be sure to have contact information for everyone and a family meeting place.

If you plan on staying in a shelter, don't forget to make separate plans for your pets. Be sure your pets are current on their vaccinations and micro chipped. Most shelters (including NCBC) do not allow pets. For information on animal shelters, visit: <http://hssm.org> or call: (228) 863-4394

Get immediate NCBC Gulfport Tropical Cyclone Condition updates, Emergency Information and Evacuation instructions by following Seabee Center on Twitter. Go to: <http://twitter.com/SeabeeCenter>.

twitter

facebook

To join NCBC Facebook, log on to <http://www.facebook.com> and add Naval Construction Battalion Center Gulfport to your friends list.

Emergency information will also be available on NCBC's web site at: <http://www.cnic.navy.mil/gulfport>

Emergency management phone numbers

Mississippi Emergency Management Agency: (601) 933-6362; **MEMA Agency Public Hotline:** (answered 24 hrs per day during an emergency or evacuation), (866) 519-6362; **Hancock County:** 466-8200; **Harrison County:** 865-4002; (Gulfport, Biloxi, Pass Christian), 831-0760 (Long Beach), **Jackson County:** 769-3111 (Pascagoula), 475-8848 (Moss Point), 875-0114 (Ocean Springs)

Remember to update TWMS!

at URL: <https://twms.nmci.navy.mil/emuster>
Questions may be address by contacting the CNIC Government Enterprise Help Desk at: 1-888-264-4855

Atlantic tropical storm names for 2010: Alex, Bonnie, Colin, Danielle, Earl, Fiona, Gaston, Hermie, Igor, Julia, Karl, Lisa, Matthew, Nicole, Otto, Paula, Richard, Shary, Tomas, Virginie, Walter.

Don't Get Blown Away...



MAKE A KIT:

Use a portable fire/waterproof sealed box and enclose segregated groups of box contents into zip lock baggies for ease of use and extended protection:

Cash, rolls of quarter, traveler's checks
checkbooks, extra checks

Phone Book with emergency numbers
(such as doctors, banks, insurance
companies, credit card companies,
clergy, family, and repair contractors)

Prescriptions (medical and eyeglasses)

Immunization Records.

Copies of Insurance policies and cards.

Copies of Deeds, titles, wills, durable
power of attorney, health care directives
stock and bond certificates, investments
statements, home inventory (written,
photos, CD's) birth, death, adoption,
and marriage certificates, and passports

Employee benefit documents and the first
two year's federal and state income tax
returns.

Back-up copies of computerized financial
records and family photos onto a flash
drive or CD.

User names and passwords.

Keys to safe deposit boxes.



Saffir-Simpson Hurricane Scale

1-Minimal: 74-95 mph winds, storm surge 4-5 ft. above normal, damage primarily to vegetation, unanchored homes. Some coastal road flooding.

2-Moderate: 96-110 mph winds, storm surge 6-8 ft. above normal, damage to vegetation, major damage to mobile homes, damage to windows, doors, coastal road flooding, pier damage.

3-Extensive: 131-155 mph winds, storm surge 9-12 ft. above normal, large trees blown down, damage to roofs, structures and small buildings. serious flooding along coast, evacuation of low-lying residences several blocks of shoreline.

4-Extreme: 131-155 mph winds, storm surge 13-18 ft. above normal, extensive damage or failure of roofs, mobile homes demolished, 10 ft. or less above sea level flooded inland as far as 6 miles. Massive evacuation of residences as far as 6 miles inland may be required.

-Catastrophic: Greater than 155 mph winds, storm surge greater than 18 ft., extensive damage, complete failure of many roofs and buildings, evacuation of residential areas as far as 10 miles inland.

ENROLL WITH DTS TODAY!

Defense Travel System (DTS) is the DOD mandated electronic order writing system when DoN personnel go on official Temporary Duty Travel (TDY) or if they evacuate due to a natural disaster. All military personnel must be enrolled in DTS, or they will not receive reimbursement after an evacuation until enrollment is complete and DTS orders are written. Military family members and DoN civilians and their family members will be issued separate evacuation orders by their sponsor's command using a different system than DTS. DTS travel advances and claims will be processed online, and all non-DTS advances and travel claims will be filed with the Jacksonville Travel Processing Center (TPC) by completing a paper travel voucher. You can enroll at <http://www.defensetravel.osd.mil>. The DTS Helpdesk can also be reached at 1-800-378-5406

NCBC SHELTER INFORMATION

Military personnel will shelter in the MCCOOC Warehouse, building 217.

Family members will shelter in the OELF building # 437. In order to check in, family members must have their identification cards with them and be able to provide their social security number.

Women who are past their 24th week of pregnancy will not be allowed to stay in the NCBC shelter, and should consult their physician for the best course of action.

DeCA Closet Recommendations

-Water: at least one gallon daily, per person for 3-7 days

-Nonperishable foods: canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, and foods for infants, pets and the elderly.

-Paper Goods: writing paper, paper plates, paper towels, and toilet paper.

-Pet care items: food, water, muzzle, leash, carrier, medicines, and prescription drugs.

-Cooking Items: pots, pans, baking sheet, cooking utensils, charcoal, a grill, and a manual can opener.
-First Aid Kit: include bandages, medicines, and prescriptions drugs.
-Cleaning materials: bleach, sanitizer, hand and laundry soap.
-Specialty foods: diet and low-calorie foods and drinks.
-Toiletries: personal hygiene items and moisture wipes.
-Lighting Accessories: flashlight, batteries, candles, and matches.

Focus on Education

Last call for Coastline Community College summer enrollment . . .

Coastline Community College's Online Summer Sessions begin June 21 and end Aug. 15. Late registration begins May 27 and concludes June 9. For additional information, contact Dr. David Drye at ddrye@coastline.edu, or stop by the registration office in Bldg 60, room 239 or call 228-871-3439.

FREE SAT/ACT Test Prep Programs . . .

Thanks to eKnowledge and Boston Red Sox infielder, Kevin Youkilis, and his foundation Hits for Kids, free \$200 SAT and ACT PowerPrep™ programs are available to all local high school students. The SAT and ACT PowerPrep™ DVDs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use. The software is Vista, Mac and Win7 compatible. Families interested in ordering FREE SAT/ACT PowerPrep™ Programs should visit: 1. www.eknowledge.com/USA 2. enter Sponsorship Code: FPRL64979. There is a small fee of \$13.84 (per standard program) which enables eKnowledge to provide technical and customer support, registration, licensure, processing, handling and worldwide distribution. This nominal charge allows the sponsorship program to continue helping tens of thousands of military families every year. For further information, contact Trish Verzera, 951-256-4076, Trish@eknowledge.com

S.A.M.E. Scholarship Opportunity . . . The Mississippi Gulf Coast Post of the Society of American Military Engineers (S.A.M.E.) is awarding two annual scholarships of \$1,000 to students who exemplify the qualities and accomplishments of a promising engineer career. Applications are due by July 1, with presentation tentatively scheduled for Aug. 18. For scholarship requirements and an application go to https://www.cnic.navy.mil/Gulfport/CNICP_A153702.

School Liaison Officer
Location: MWR, Building 352
1706 Bainbridge Ave. , NCBC
(228) 871-2117 or e-mail
kevin.r.byrd@navy.mil

The School Liaison Officer's main objective is to serve as a link between parents, educators, and the command so the military-connected child can make a smooth school transition. Other duties include creating partners in education, home school linkage, post secondary preparations, and to act as a conduit connecting educators to Navy deployment and to serve as a subject matter expert for education-related issues.



Above: Construction Electrician Construction Apprentice Joanna Garcia assigned to NMCB 74, Headquarters Company paints a section of the United States with a Gaston Point Elementary School student during a community relations project. The painting project came about through a grant won by the school that encourages children to spend more time participating in outdoor activities. Right: Builder 3rd Class Justin Comer, assigned to NMCB 74 Headquarters Company works side by side with a Gaston Point Elementary School student to complete a section of a map of the United States during a community relations project. NMCB 74 sponsors the school through the "Adopt a School" program.



NMCB 74, Gaston Point Elementary School students get creative

U.S. Navy photos by Mass Communication Specialist 1st Class Ryan G. Wilber/Released

Museums to offer free admission to military families over the summer

By Elaine Wilson
American Forces Press Service

Active duty service members and their families will gain free access to hundreds of museums throughout the nation in the summer of 2010, thanks to a partnership between the National Endowment for the Arts and Blue Star Families.

More than 600 museums in 50 states and the District of Columbia have signed up so far to participate in Operation Appreciation: Blue Star Museums.

The program offers active duty service members - including activated Guard and Reserve - and up to five of their immediate family members free admission to participating museums from Memorial Day through Labor Day.

"The Blue Star Museums initiative is a tangible expression of appreciation

to service members and their families," said Barbara Thompson, director of the Pentagon's office of family policy, children and youth. "It warms our hearts to see how other federal agencies and local communities can think creatively to recognize their sacrifice and contribution to the nation."

Visit <http://www.arts.gov/national/bluestarmuseums/index.php> for a complete list of participating museums, which run the gamut from children's and fine arts to history and science museums. Participating museums include the Art Institute of Chicago, Dallas Museum of Art, Los Angeles County Museum of Art, Please Touch Museum in Philadelphia, Museum of Modern Art and the Metropolitan Museum of Art in New York City and all of New Mexico's 14 state-run museums and historic monuments.

"This is a fantastic opportunity for

service members and their families to enjoy the cultural experiences that might have otherwise been inaccessible because of cost," said Thompson. "We truly appreciate the generosity of the National Endowment for the Arts and the participating museums."

While admission is free of charge, some special or limited-time exhibits may not be included in the program, according to a Blue Star Museums news release. People should contact the museum directly for specifics.

A group of military spouses formed Blue Star Families in December 2008 to raise awareness of the challenges of military family life in partnership with civilian communities and leaders, according to the organization's website. The nonprofit group has grown to include spouses and families from all services and walks of life, including National Guard and Reserve, as well as veterans and civilians.

25 NCR finds Balikatan 2010 very rewarding

By 25 NCR Public Affairs

Members of the Twenty-Fifth Naval Construction Regiment (25NCR) deployed at the beginning of February to act as the Command and Control element of the Joint Civil Military Operations Task Force (JC-MOTF) for the bi-lateral Balikatan exercise in Ilocos Sur Province, Philippines.

"One of the most rewarding experiences of my life," said Lt. Raymond Fletcher, lead planner for the exercise, as he and other members of 25NCR stepped off the plane and back on American soil at the end of March.

Balikatan, which translates as "shouldering the load together," is an exercise that has been conducted between the U.S. and the Republic of the Philippines for 26 years in an attempt to fulfill mutual training and readiness requirements, while also increasing interoperability and meeting strategic objectives.

25NCR undoubtedly met those goals with the support of regional Civil Affairs teams and Information Operation (IO) groups that helped lead to the success of six Engineering Civic Action Projects, seven Medical Civic Action Projects and six Community Relations Projects.

Working with the 25NCR

staff as part of the JCMOTF, Civil Affairs teams in the northern municipality of Sinit, and southern municipality of Salcedo, helped pave the way for the Civil Military Operations by meeting with key leaders in the area and their Armed Forces of the Philippines counterparts, to ensure that the maximum desired effect of the CMO efforts were being felt throughout the communities they were there to serve. Likewise, the IO groups, consisting of Public Affairs, Combat Camera, and Psychological Operations personnel, ensured that the proper message was being spread across the province (state). Whether to announce the greater goals of the mission or to solicit public support and participation for the operations, the IO groups produced stickers, notebooks and banners, in addition to generating radio broadcasts and full motion video.

25NCR planned and coordinated six ENCAPs within Ilocos Sur, to be executed by members of the Fifty-Sixth Engineer Company who built a two-room school house and flood retention wall in Pias, and a health clinic in Baluarte.

Members of the Eighteenth Civil Engineer Group (US Air Force) and Naval Mobile Construction Battalion (NMCB) 1

also built two-room school houses in Cadanglaan and Teppeng, respectively. Members of the Thirty-First Marine Expeditionary Unit also completed the renovation of a school house in Marnay, Ilocos Sur. While the physical nature of these structures will undoubtedly serve their communities for decades, the impacts of working shoulder-to-shoulder with the AFP engineers, is something that will spread good-will among the people in the rural villages of Ilocos Sur for a lifetime.

Another critical piece to the Civil Military Operation (CMO) was the insertion of 10 days worth of MEDCAPs that spanned across seven neighborhoods within Ilocos Sur. The MEDCAP mission was planned and coordinated by the 25NCR Medical Officer, but executed by teams comprised of U. S. Army and U.S. Navy personnel that worked alongside AFP counterparts, to treat over 12,700 patients. Among the services provided, were over 3,600 adult consultations, 2,326 pediatric consultations, 2,796 optometry evaluations, 891 dental visits, 266 circumcisions, and 2,842 veterinary encounters. In addition to the treatment of the patients, the medical providers reinforced the importance of preventive medicine such as



Members of the Philippine Navy 2nd Mobile Construction Battalion and U.S. Naval Mobile Construction Battalion (NMCB) 1 work together to construct the Teppeng Elementary School building in support of Exercise Balikatan 2010, an annual bilateral exercise designed to improve interoperability between the U.S. and the Republic of the Philippines. (U.S. Marine Corps photo by Lance Cpl. Daniel Balmer/Released)

sanitation, and proper nourishment, so that the populace could increase their overall health standards in the future.

Community relations projects were yet another way for 25NCR and the JCMOTF Headquarters to spread good-will among the local populace.

With the 25NCR Chaplain at the helm, six COMRELS were conducted throughout the province in an attempt to provide basic necessities to the children of Ilocos Sur. Providing them with goods such as school supplies, clothing, and

toys, put a smile on everyone's face, and gave the children supplies to improve their quality of life.

Increasing quality of life for the people of the Philippines is something that all of the members of 25NCR enjoyed during this mission.

While it represents a different type of mission than those currently being conducted in the Middle-East, strategic objectives of interoperability and increased readiness with the Filipino government were undoubtedly achieved.

'Bees of NMCB 133 move forward in Delaram

By BU3 Thomas Kelly and UT3 Charlie Kissim

NMCB 133 Public Affairs

After a long homeport training period, the Seabees of Naval Mobile Construction Battalion (NMCB) 133's Det. Delaram II finally arrived at their ultimate deployment site on Forward Operating Base Delaram II, Afghanistan.

The turnover of all tool kits, Civil Engineer Support Equipment and construction projects was conducted with NMCB 74 and NMCB 4. Following turnover, the Det. learned that there would be no shortage of work and their focus immediately shifted to-

ward executing construction tasks.

One of several projects at FOB Delaram II was the construction of a 32' by 120' Southwest Asia Hut. The SWA Hut will provide an efficient command operating center for the Afghan National Security Forces. The project was initially started by NMCB 4 and it quickly became one of the FOB's priority projects.

Engineering Aide 1st Class Jonathan Oien was the project supervisor and Builder 2nd Class Ryan Murphy was the crew leader for the SWA Hut. The crew faced not only construction challenges, but also understanding and learning the Afghan culture due to the

project's location within the Afghanistan National Army compound. As the project moves closer to completion, the command element of the ANA anxiously awaits the delivery of their new command building.

"I was out on the project site one day and the commanding unit's general from the ANA was staking out a location for his flagpole," said Senior Chief Utilitiesman John Cunningham, Det. Delaram II's assistant officer-in-charge.

The Seabees of Det. Delaram II are focused and continue to move forward in support of thousands of U.S. Department of Defense, civilian and

coalition forces aboard the camp. The deployment continues to evolve as the newer troops gain experience and learn from the seasoned petty officers.

A Seabee with Naval Mobile Construction Battalion (NMCB) 133's Det. Delaram II, constructs base frame supports during the construction of a Southwest Asia (SWA) Hut on a forward operating base in Delaram, Afghanistan that will be used as an Afghanistan National Army Command Building. (U.S. Navy photo by Sgt. Dorian Gardner, USMC/Released)



June 3, 2010

Seabee Courier

16

FOCUS on FITNESS

By EO3 Mikayla Mondragon
NCBC Public Affairs

Treadmill Running

Fit Tip:

Avoid the bad weather and enjoy a run inside on the treadmill.

Running improves cardiovascular health, bone health and helps burn calories. But unlike running outside, treadmill runners don't have to deal with the potential hazards of running outside, such as the weather, inconsistent terrain, dogs, and cars. Treadmills also offer better shock absorption, which is easier on the feet and knees.

If you're tired of running in the Mississippi humidity, stop by the Fitness Center and utilize one of their many treadmills. The Fitness Center is open Monday through Friday, 4:30 a.m. to 9 p.m. and Saturday and Sunday 9 a.m. to 5 p.m.

Equipment Operator 3rd Class Barry Deakle, assigned to Naval Construction Battalion Center Chapel, cools down after running on a treadmill at the NCBC Fitness Center. EO3 Deakle is using treadmill running as part of his rehabilitation routine. (U.S. Navy photo by Equipment Operator 3rd Class Mikayla Mondragon/Released)



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Are you prepared for a disaster?

Commissaries ask patrons to stock up - just in case

By Kevin L. Robinson

DeCA public affairs specialist

Weather forecasters are predicting an unusually active hurricane season for the U.S. Atlantic and Gulf coasts.

"Are you prepared?"

That's the question the Defense Commissary Agency is asking its customers as it advises them to make sure they have enough supplies to withstand a potential disaster.

"Often, we get lulled into a false sense of 'this won't happen to us' when it comes to being prepared for the worst," said Tom Milks, DeCA deputy director and chief operating officer. "But the lessons learned from the devastation of Hurricane Katrina still hold true five years later.

"We are asking our customers to check the emergency supplies in their households so that they're ready for any

event - whether it's a natural or manmade disaster," he said. "As they take stock, we want them to remember that most of what they'll need is available at their commissary at savings of 30 percent or more."

Milks said the commissary is a good place to start when it comes to planning for the expected - graduation parties and summertime barbecues - or the unexpected. Although the Atlantic hurricane season begins June 1, Mother Nature has already wreaked havoc inland with devastating tornadoes in Oklahoma and Mississippi and severe flooding in Tennessee, Mississippi and Kentucky.

DeCA's 2010 summer club pack program - running from July 1 to Sept. 30 - features products that meet the seasonal needs of commissary customers. The program also

includes products appropriate for hurricane and tornado preparedness: food and beverages that don't require refrigeration, flashlights, lanterns and emergency candles. This section will be displayed in stores an additional month, through Oct. 31. Commissaries are also offering summer water truck-load events to help customers stock up.

"Club packs are popular because they allow customers to buy items in bulk sizes similar to what they'd see in a commercial warehouse club outlet," said Charlie Dowlen, DeCA promotions manager. "From past experience we've seen people use club packs to prepare for bad weather events."

For more information on disaster preparedness, visit the Federal Emergency Management Agency Web site:



www.fema.gov; the Department of Homeland Security Web site: www.dhs.gov; and the American Red Cross Web site: www.redcross.org. You may also visit the DeCA disaster preparedness webpage at http://www.commissaries.com/disaster_prep.cfm.

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From NAVFAC page 1

National Naval Medical Center in Bethesda, Md., planning for the relocation of 8,000 Marines from Japan to Guam, and executing \$1.9 billion in projects funded through the American Recovery and Reinvestment Act, which includes improvements to Navy and Marine Corps installations, infrastructure repairs, installation of alternative energy options, and new construction of facilities.

Mossey previously served as vice commander of Navy Installations Command and director, Shore Readiness Division on the chief of naval operations' staff. As NAVFAC's new commander, Mossey will lead nearly 2,000 active and Reserve Civil Engineer Corps officers and approximately 20,000 civil servants and contractors.

"NAVFAC will aggressively seek innovative solutions that reduce total ownership costs for facilities and services," said Mossey in his remarks. "We will exploit conservation and efficiency opportunities, expand renewable energy production, and enhance the Navy and Marine Corps energy security."

Mossey grew up in Newtown Square, Penn. After earning a bachelor of science degree in electrical engineering in 1981, he was commissioned an ensign through the Naval Reserve Officer Training Corps program at Cornell University. In 1991, he received a master of science (construction management) from Stanford University and completed the executive training program at Dartmouth's Tuck School of Business in August 2003.

Mossey previously commanded NAVFAC Atlantic from June 2007 to September 2009, NAVFAC Pacific from October 2006 to June 2007, and served as NAVFAC Washington's commanding officer from 2004 to 2005.

Mossey is a Seabee combat warfare officer, a registered professional engineer in California and a member of the Defense Acquisition Corps. His personal decorations include five Legion of Merit Medals, three Meritorious Service Medals, four Navy Commendation Medals, the Navy Achievement Medal and various unit awards.

For more news Naval Facilities Engineering Command, visit <http://www.navy.mil/local/navfachq/>.

Questions on Recycling?
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NMCB 74 conducts CPX

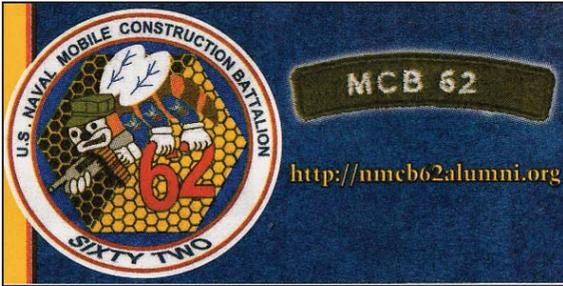


Builder Constructionman Gary Smith, assigned to Naval Mobile Construction Battalion (NMCB) 74, Headquarters Company, receives a message over an AN/PRC 312 during a command post exercise (CPX) held on board Naval Construction Battalion Center (NCBC). The CPX, the first command exercise during the battalion's homeport training cycle, ran to sharpen command and control skills in preparation for deployment. (U.S. Navy photo by Mass Communication Specialist 1st Class Ryan G. Wilber/Released)

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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 Mary Belanger, 228-273-4158, e-mail

nmcbonefrg@gmail.com or Secretary Krystin Canipe, 704-726-5751, 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 NCBC chapel. Children are welcome and baby sitting is provided for children four and under. For e-mail updates, 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. Contact FRG President Torell Coquet at torellcoquet@yahoo.com or Vice President Annie Gundy at anniegundy@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 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>.

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-sonk154@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 noscggulfport@yahoo.com. 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- 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.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. Anyone interested in becoming a member of the Alumni Group may go to <http://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 located in the Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, DVD's and books. Gift store proceeds support the construction of the new museum in Port Hueneme, Calif. Contact the museum at www.seabee-museumstore.org/shop/index.php or call the gift shop locally at 228-871-4779.



Information, Tickets, and Tours

ITT has moved so come check out the new office in Building 365 located directly next to the Navy Exchange or call 228-871-2231 for more information.

Senior Special . . . New Orleans Zoo, \$8.75; Aquarium, \$12.00 and I-Max, \$6.25. Tickets must be bought June 1 - July 31, but can be used at anytime throughout the year.

Gulf Island Water Park tickets are \$18 for single day passes.

Base Wide Yard Sale . . . final day to sign up for the June 12 base wide yard sale is June 4. Only \$10 per spot which will include 2 tables and 2 chairs or 1 canopy (\$15 for both). Sale will run from 8 a.m. until 1 p.m. in the parking lot of the Training Hall. Call 228-871-2231 to sign up!

Fitness

"Family Bike Race" is coming in July. This event will be held July 10 at 8:30 a.m. on the Grinder. Families are encouraged to come compete or just ride in our 10K/20K Fun Bike Race. For Details contact Xavier at xavier.thornton@navy.mil or 228-822-5108. Sign ups begin June 7 and a limited number of bikes will be available through Outdoor Recreation so please sign up early if you need to register for a bike also.

Movies . . . Get out of the heat and catch a blockbuster! Movies are FREE and shown 7 days a week! Stop by the Training Hall for a schedule or call the Movie Hotline at 228-871-3299.



"Tiny Tots" is a great workout designed for a new mom with a child up to 9 months old. This class will build strength while also bonding and is held every Tuesday/Thursday at 8 a.m.

"Stroll-N-Stride" is another group fitness class that allows you to get fit with your child. Achieve your fitness goals by enjoying cardio and training on the outdoor fitness equipment. This class is held every Wednesday/Friday at 9 a.m.

The Track will be shut down at the east end for safety reasons during the removal of the ECS trailers beginning June 1. Patrons will be routed around the fence line of the east ball fields until construction is complete.

Next 5K is June 16 at 6:30 a.m. There will be a route change due to construction at the east end of the track.

Outdoor Recreation

Pick up an Outdoor Rec. calendar for June's events, Building 397, featuring concerts (TRAIN), day trips (Canoe/Kayaking and Blueberry Picking), weekend trips (Atlanta, Ga.), days at the beach and much more! Call 228-871-2127 for more information.

Join us on a Weekend Get-away to Atlanta, Ga. June 25-27! This is the perfect Father's Day gift. Accommodations at Wingate Inn by Wyndham at Buckhead and transportation provided by MWR. Tickets are available for Six Flags over Georgia, White Water Park, and Braves vs. Tigers. Just sign up and pay by June 11 at noon. Price is \$315/room (2 adults and 2 children).

Youth Activities Center

The Before and Afterschool Program registration begins July 1 and will continue until all spaces are filled. At the time of registration please bring: current LES or pay stub, family care plan for dual or single Active Duty, and Proof of Age (5-12) and dependent status. Call 228-871-2251 for more information.

Movie Night with a Twist will take place June 4. Come out

for a movie, fun, and food. Only \$2 per person and limited to 50.

Ride the lazy river and race down the water slides with your friends at Flint Creek Water Park June 5. Cost is \$6 - remember to pack a lunch and bring plenty of sunscreen.

Pool Party at the Fitness Center June 11. All youth and teens are invited to join us for this night of food, friends, and fun! Please drop children off at the Fitness Center. Only \$4 per person.

3-2-1 Blast Off! Rockets, Astronauts, and more are waiting for you at the Stennis Space Center June 12. Take a tour and learn about space in an interactive museum that is great for kids of all ages. Only \$4 and lunch is provided.

Liberty Center

Enjoy food/seafood, music, arts/crafts and more at the St. Paul's Seafood Festival June 4 for FREE; departure time is 5 p.m. Call 228-871-4684 for more information.

Check out the USS Alabama in Mobile, Ala. with us June 5. Departure time is noon. This trip is FREE, just be sure to bring your Military ID.

FREE shuttle will be provided to the Gun & Knife show at the Miss. Coast Coliseum June 6. Departure time is 9:30 a.m. Admission is charged at the gate so don't forget your cash.

FREE shuttles to the Summer Fair at the Miss. Coast June 10 at 5 p.m., June 11 at 5 p.m., and June 13 at noon. This 11-day festival features rides, food, games, free shows, live music and more.

Our on base activities include: Pool Tourney June 3 at 6 p.m., National Chocolate Ice Cream Day June 7, Ping Pong Tourney June 8 at 6 p.m., X-Box Guitar Hero World Tour Tourney June 14 at 6 p.m., and National Fudge Day June 16. All tournaments are free to enter and the 1st and 2nd place winners will receive awesome prizes.

The Liberty T-shirt Contest starts June 9! If you would like to design a shirt for the contest the rules will be available

Liberty Center Opens



As Capt. Ed Brown, NCBC commanding officer, Michele Shaffer, MWR director and Jerry Davis, Public Works representative look on, the "Saintsations" cheer and dance squad for NFL World Champion New Orleans Saints, along with the "Honeybees" dance team for NBA team New Orleans "Hornets" cut the ribbon for the grand opening of the new Liberty Center on board NCBC, May 26. The Liberty Center is a outfitted with a wide variety of entertainment options designed to give single Sailors and geographical bachelors a friendly environment in which to relax. U. S. Navy photo by Equipment Operator 3rd Class Elizabeth Saranto/Released

June 9. Get excited because you have the chance to win an I-pod and all Liberty staff will wear your design!!!

Vehicle Storage

Deployment Special-Free storage for your first vehicle and 50 percent off each additional vehicle (including RV's) for all deploying troops, just present a letter of deployment from your command. For more information and space availability, contact 228-871-2804.

Auto Hobby

Throughout the month of June receive a 10 percent discount on a vehicle lift. An ASE mechanic is on duty to assist with any automotive questions you may have.

CBC Lake Pavilion

The CBC Park and Lake has many things to offer for your outdoor enjoyment. Amenities include picnic tables, BBQ grills, kid-friendly playground area, basketball court, sand volleyball court and paddleboats.

MWR Vehicle Resale Lot

Have a vehicle, motorcycle, RV, boat or utility trailer you

want to sell? Put it in the Vehicle Resale Lot located on 5th Street. The cost is \$5 per week or \$15 per month. For more information call 228-871-2804.

CYP Survey

The Child and Youth Program (CYP) needs to hear from you if you have a child (or more than one) who lives with you at any time during the year and who is eligible to participate in Navy children's programs. Please enter this link into your web browser to take a short survey: <https://www.surveymonkey.com/s/7QMFPBY> The survey covers such areas as child care needs, hours of care you might need, school transportation, youth programs, and youth sports options. It will only take about 10 minutes and will help to determine the needs of all eligible patrons aboard the base. If you wish to fill out a written survey instead of the on-live survey, you may get a printed copy at any of the installation CYP facilities.

Homefront in Focus: Real Widows . . .

By Beth Wilson
Military Spouse Contributor

Memorial Day is a time for us as a nation to pause and remember those who paid the cost for our freedom. In the military community we know that for each grave marker of a brave Sailor, Soldier, Airmen or Marine there is a family left behind. Where are these families? How are they? How do they move forward from such a loss? Can you move forward?

Surviving the loss of a service member thrusts family into a new world. There is much to do, decisions to be made, emotions, loss, not to mention weeding through the maze of survivor benefits. How do you even start? How do you heal? How do you regroup and build a new life?

What do you say to a fellow spouse who lost their service member? What are their needs? What happens to them, where do they go? What are their benefits? What about the kids? How do we support them?

Several weeks ago I wrote about two Army widows, LaNita Herlem and Deb Petty. Both women lost their husbands, killed in action in Iraq. In the months since I met these ladies I have learned so much about their journey through grief, anger, rebuilding, honoring their service member and even joy.

I am thrilled to take this week's column to reintroduce you to Deb and LaNita and to announce their new initiative. Deb and LaNita are bound together by not only their husbands command, but their loss and their journey to building their new life. Now, together they are launching an internet talk show, *Real Widows...*, a show by, about and for their fellow military widows and widowers.

Real Widows... will launch on

Blog Talk Radio June 9, 2010. Their show is a place to connect with other widows and widowers, learn from each other, share your experience and gain valuable support and information for your journey and honor your lost service member.

Now if you think this show is going to be a 'sad' show or boring as subject matter experts drone on about survivor benefits - well, you couldn't be more off the mark. Deb and LaNita are 'spitfires.' They are honest about their lives, painfully so at times. They are quick to laugh, very candid and at times downright ornery. And, they are compassionate...you will find a friend who cares in these women and a commitment to honor their service members by 'living.'

Widows and widowers are dispersed across the country. Many move back to hometowns and that can leave them feeling isolated. *Real Widows* can offer a place for widows and widowers to connect, honor their loss, find understanding and compassion, and find hope.

I want to invite you to support them and their show. Check out their broadcasts (www.blogtalkradio.com/realwidows), join their Facebook page (www.facebook.com/realwidows). Follow them on twitter (www.twitter.com/realwidows). You may think it doesn't pertain to you but you will learn much about yourself and the needs of our fellow military spouses, our sisters, who have paid the ultimate sacrifice.

From LATVIA page 4

the way to base camp. The accomplishments of these Seabees is typical of our Seabee legacy, which is to pave the way for the Marines!"

Det. Latvia deployed from its battalion's mainbody site in Rota, Spain

March 23.

NMCB 7 and its detachments are currently deployed to various locations throughout Europe and Africa as part of the battalion's regularly scheduled 2010 deployment. The battalion's headquarters is Camp Mitchell at Naval Station Rota

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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**