

UNITED STATES NAVY

SEABEE

WINTER 2009

NMCB 74 IN AFGHANISTAN BUILDING FROM THE GROUND UP

ALSO INSIDE:

Seabee Museum Construction Begins

Profile: WWII Seabee Builder

Homefront:
Ombudsman Program Develops
Mission Readiness



WE BUILD ★ WE FIGHT

SEABEE MAGAZINE TEAM

Virginia Bueno
DIRECTOR

James G. Pinsky
CHIEF MASS COMMUNICATION
SPECIALIST(SCW/EXW/SW/AW/SG)

Kurt Riggs
MASS COMMUNICATION SPECIALIST 1ST CLASS(SW)

Mason Lowery
SENIOR PUBLIC AFFAIRS SPECIALIST

PUBLIC AFFAIRS AND COMMUNICATIONS
NAVAL FACILITIES ENGINEERING
COMMAND

Daryl C. Smith
PUBLIC AFFAIRS OFFICER
FIRST NAVAL CONSTRUCTION DIVISION
WWW.SEABEE.NAVY.MIL

Liz Dunn
EDITORIAL COPY AND CONTENT
MANAGEMENT

Luisa Palting
GRAPHIC DESIGN, LAYOUT AND PRODUCTION

Melissa Mullins
CONTENT COORDINATION

Andrea Flores
PROJECT MANAGEMENT

QNXIS, INC.
STRATEGIC MARKETING AND COMMUNICATIONS
WWW.QNXIS.COM

NAVAL FACILITIES ENGINEERING COMMAND

Greg Shear
REAR ADMIRAL, CEC, USN
COMMANDER AND CHIEF
OF CIVIL ENGINEERS

Mike Holdcraft
FORCM(SCW), USN
FORCE MASTER CHIEF PETTY OFFICER
OF THE SEABEES

FIRST NAVAL CONSTRUCTION DIVISION

Mark A. Handley
REAR ADMIRAL, CEC, USN
COMMANDER

Scott A. Weikert
REAR ADMIRAL, CEC, USNR
DEPUTY COMMANDER

Wade C. Howk
CMDM(SCW), USN
COMMAND MASTER CHIEF

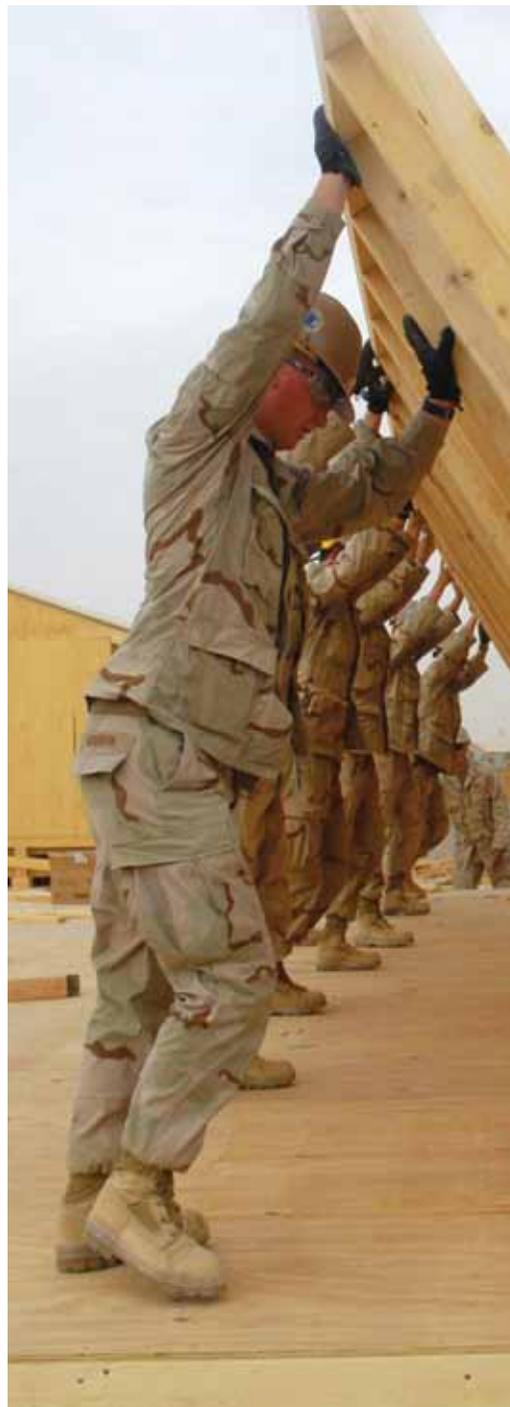
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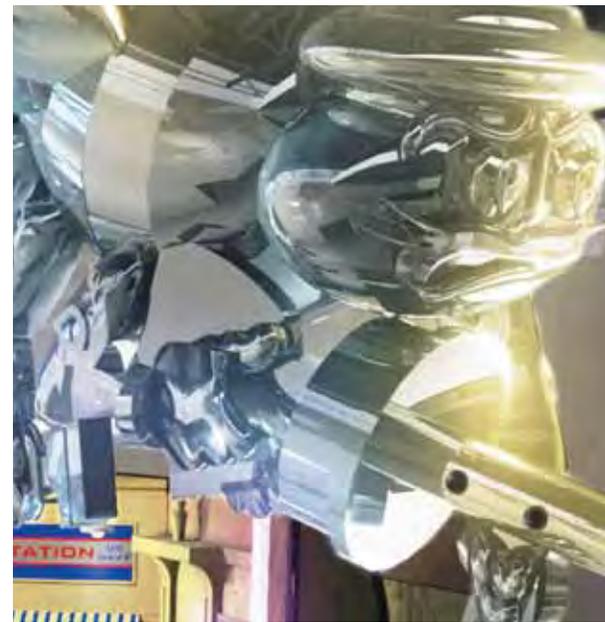


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Photo by MC2 Michael Lindsey

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SEABEE POSTER INSIDE!

CAN DO!





(From left to right)
YN3 Franco Velasquez,
YN1 Robinson Santiago
and EO1 George Klawitter,
ACB 1, practice drawing
and evaluating a fire plan,
which is part of the Seabee
Combat Warfare (SCW)
qualification, Camp
Pendleton, Calif., Oct. 21.
Photo by MC2 Brian P. Caracci

Life in the Seabees can be hard. It's not for the weak or the selfish, the egotists nor those who fear success.

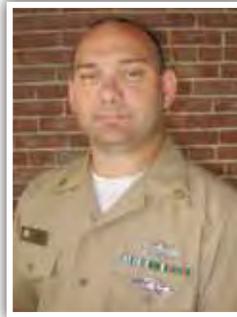
In 1999, I showed up as a brand-new, hard-headed, idealistic cross-rated Journalist 2nd Class to a place I couldn't pronounce (Port Hueneme), in a uniform that screamed outsider (dungarees), hell-bent on saving the world – with absolutely no idea how.

Lucky for me I was going to the Seabees – the absolute experts in changing the world.

The Seabee is a magnificent Sailor. He is humble, resourceful, brave and inspiring. Man or woman, Seabees are cut from the same gritty, concrete-speckled camouflaged cloth. But more than anything, the Seabee is an actual world-changer. Not in the “idealistic” kind words, pat on the head and hopeful promise kind of way. No, the Seabees don't have time for rhetoric. When they need a bridge, they build a bridge. Moving hills? No problem. Need a school or clinic? Can Do.

It is that mentality found in “Battalion,” which teaches every dreamer to turn hope into action, and action into history. It is the essence of “Can Do.”

Seabee Magazine continues to transcend this spirit with the first of two new sections. *CAN DO!* is a two-page feature photograph which embodies the spirit of the Seabees. We feel it's the best, and quite frankly, the only way to start our magazine. *Home Front* is our second addition, a news and information section dedicated to our ombudsmen and the Seabee families who



MCC(SCW/EXW/SW/AW/SG)
James G. Pinsky
U.S. Navy photo

keep the fires burning back home. No mission we do can succeed without the support and security of our families. Each quarter, we strive to publish the best magazine for you, our readers. To help us in this effort, please complete the *Seabee* Magazine Readership Survey by February 1, 2010 – <http://www.surveymonkey.com/seabeemagazine>. We sincerely look forward to your feedback.

Seabees truly do indeed create change throughout the world. In Afghanistan, NMCB 74 provides host nation construction support and security, while NMCBs 3 and 11 renovate a school for Romanian children. We feature coverage of Seabees hard at work in Iraq, Indonesia, Spain, and our homeports of Port Hueneme, Gulfport and Little Creek, Va., where RDML Mark Handley recently took command of the First Naval Construction Division.

It has been said that the more things change, the more they stay the same. Now just as it was when I met my first Builder Warrior, I stand in awe of the Seabee. For those fortunate enough to serve alongside them, “Can Do” has proven to be much more than a motto – it's a religion.

And finally, I am a believer. (*Thank you, NMCB Five.*)

Sincerely,

MCC(SCW/EXW/SW/AW/SG) James G. Pinsky
Editor, *Seabee* Magazine

Editor's Note: The Fall 2009 issue of *Seabee* Magazine featured an article on SW2(DV) Robert Dean Stethem's heroic role in the terrorist hijacking of TWA Flight 847 in 1985. We reported that SW2 Stethem was attached to Underwater Construction Team (UCT) 2; his actual unit was UCT 1.

In the Summer 2009 issue, the Morell Medal article featured a brief history of the award. It stated that the award is named in honor of ADM Ben Morell, CEC, who served as the first chief of the Bureau of Yards and Docks; ADM Morell served as bureau chief from 1937-1945. CAPT Lewis Warrington served as the first bureau chief from 1842-1846.

We regret these errors.

Please take a few minutes and complete the *Seabee* Magazine readership survey at <http://www.surveymonkey.com/seabeemagazine> by Feb. 1, 2010. Can Do!

UNITED STATES NAVY
SEABEE
MAGAZINE

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POSTMASTER

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EDITORIAL

SEABEE Magazine is scheduled quarterly by the Naval Facilities Engineering Command (NAVFAC) Public Affairs Office from the historic Washington Navy Yard, “the Quarterdeck of the Navy.” Our readership consists of Active and Reserve Seabees and Civil Engineer Corps (CEC) officers and their families, as well as veterans, retirees and the general public. Letters and electronic mail are welcome on all *Seabee*-related topics and, if published, are subject to editing for length and clarity. Written and photographic submissions that show Active and Reserve Seabees are strongly encouraged. We prefer to receive all written and photographic submissions by e-mail to seabemagazine@navy.mil. Images should include captions and be unmodified; digital files should measure at least 300dpi at 5x7 inches. All submissions must include the author's full name, rank/rate, duty contact telephone number(s) and e-mail address. Submissions by regular postal mail are strongly discouraged due to security precautions that may damage fragile contents. If necessary, send all postal mail to:

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Attn: *SEABEE* Magazine (Code PA)
1322 Patterson Avenue, S.E., Suite 1000
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NMCB 74 IN AFGHANISTAN

BUILDING FROM THE GROUND UP

Naval Mobile Construction Battalion (NMCB) 74 is deployed to Afghanistan supporting the NATO International Security Assistance Force as one of the Naval Expeditionary Combat Command (NECC) warfighting support elements providing host nation construction support and security. Like the battalions before them, the Seabees of "Fearless 74," are literally building from the ground up – this time in the vast, arid desert of Afghanistan's Helmand Province.

Seabees assigned to NMCB 74 raise a wall panel for a Southwest Asia (SWA) hut, Helmand Province, Afghanistan, Sept. 16. NMCB 74's Charlie Company built SWA huts for the Combat Logistics Regiment project at Camp Leatherneck.

*Photo by MC1(SWIAW) Ryan G. Wilber
Photo illustration*

MCPON Visits Seabees, Marines at Camp Leatherneck

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

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

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

West administered the oath of reenlistment to Builder 2nd Class Steven Leguillow, NMCB 74's Charlie Company.

"It was one of those things where it didn't feel like it was real. I wanted to pinch myself," said BU2 Leguillow. "I didn't think I would ever get a chance to meet the MCPON and there he was...to reenlist me."

Following the reenlistment, West held a town hall meeting with the service members attached to Camp Leatherneck. The MCPON addressed doubts relating to the caliber of today's servicemen and women, and spoke concerning the state of joint operations. West answered "No way," to the question: Are you worried about the caliber of Sailors or Marines in today's Navy? "You guys are rock solid. You are ready to go, you have eyes on target and know what needs to happen. Our challenge as leaders is to stay ahead of you," West said.

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

"We've talked about joint operations for many years, but we've seen it at its finest over the past few. Now we are expanding and we are doing it well. The Navy and Marine Corps have always worked together, worked next to each other and when we go out to do something, we get the job done," said West. Mandatory warfare qualifications and the status of individual augmentee (IA) assignments in the Navy seemed to be the most pressing concerns of the troops.

According to West, there are currently 13,000-14,000 Sailors embedded and on the ground in the



“The Navy and Marine Corps have always worked together, worked next to each other and when we go out to do something, we get the job done.” ~ MCPON Rick West

5th fleet area of responsibility, and IAs will be continued.

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

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

“When I look on a uniform and see someone with a warfare qualification on their chest, I know they are able to step up at the right time to save ship, shipmate and self,” West said. “I would also like to make it mandatory when going up for Perform to Serve (PTS). “Right now Surface and Air Warfare are only mandatory for E-5 and above, I want it for every Sailor that walks into the Navy, and it’s not about how it looks on your chest or advancement points. It’s about being able to do the right thing at the right time,” the MCPON said.

Before concluding the town hall meeting, MCPON West encouraged troops to take college classes, but also reminded them that they have a job to do. Rather than being full-time students, try to take a class each semester to “naturally” arrive at a degree by the time of retirement. He also thanked the Navy and Marine Corps servicemen and women for the world-changing work they are doing in Afghanistan.

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

Before his departure, MCPON West stopped by Camp Leatherneck’s Barber Shop to get his hair cut. Culinary Specialist 2nd Class Ruben Cepeda was on duty for the impromptu visit. “The only part I was a bit nervous about was whether I would do a good job or not, because I am still new at cutting hair,” said CS2 Cepeda.

(Left) BU1 Jason Shurtz (right), NMCB 74, shows MCPON Rick West several battalion work sites during a tour of the base in Kandahar, Afghanistan, Sept. 10. Photo by MC1 Jennifer A. Villalovos



'Bees Drill for Water in Afghan Desert

EO2 Lester Maurer (left) and CM2 Kevin Furtado, NMCB 74, inspect for operational safety and conduct an initial evaluation of the T2W Water Well Drilling Rig, Kandahar Province, Afghanistan, Aug. 25. NMCB 74's Water Well Team is conducting drilling operations in support of NATO's International Security Assistance Force (ISAF) and U.S. Forces-Afghanistan. Water is a critical resource in Afghanistan, and an important milestone toward gaining initial operational capability for ISAF forces on the ground. Photo by EOC Oscar Villaman



MCPON Rick West receives a haircut from CS2 Ruben Cepeda, NMCB 74, while visiting the Seabees deployed to Camp Leatherneck in southern Afghanistan, Sept. 10. Photo by MC2 Michael Lindsey

“When I look on a uniform and see someone with a warfare qualification on their chest, I know they are able to step up at the right time to save ship, shipmate and self.” ~ MCPON Rick West



NMCB 74 Builds Ammo Supply Point

(Above) CMCN Steven Lewis, NMCB 74, operates a wheel loader to fill Hesco units with dirt, Helmand Province, Afghanistan, Sept. 12. These Hescos are used to create a fortified cell to store small and heavy ammunitions; each cell is just one of many that comprise an Ammo Supply Point for the area of operation.

(Right) EOCN Tracy Yarbrough, NMCB 74, removes dust from the air filter of a track loader bulldozer as part of a pre-start maintenance procedure as the battalion builds an Ammo Supply Point in the Helmand Province, Afghanistan, Sept.12. *Photos by MC2 Michael Lindsey*

BUILDING FROM THE GROUND UP

Seabees Highlighted in *National Geographic Explorer* Documentary

By MC2 Michael Lindsey,
NMCB 74 Public Affairs

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

Mags Miller, producer for the documentary, said that her directive to video the construction came shortly after the head of National Geographic visited Camp Leatherneck with the National Security Advisor, Gen. James Jones.

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

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

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

ENS Eric Julius, Leatherneck expansion project officer, NMCB 74, was interviewed on camera for the video and answered many questions concerning the Seabee mission at Leatherneck.

“Our goal is to expand Leatherneck and provide a staging area for the Marines,” ENS Julius said. “We are helping them accomplish their mission.”

The documentary is slated to air early in 2010.

(Below) ENS Eric Julius (right), expansion project officer for Camp Leatherneck, NMCB 74, Alfa Company, is interviewed by a crew from *National Geographic Explorer*, on site making a video documentary in Helmand Province, Afghanistan, Sept. 21.
Photo by MC2 Michael Lindsey



“You guys are rock solid. You are ready to go, you have eyes on target and know what needs to happen. Our challenge as leaders is to stay ahead of you.”

~ MCPON Rick West

NMCBs 5, 74 Build Super SWA Huts

By MC2 Michael Lindsey, NMCB 74 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 74's Charlie Company are doing what they do best – building from the ground up. Their project aboard Camp Leatherneck in the Helmand Province, Afghanistan, calls for six Super Southwest Asia (SWA) huts.

Once the SWA huts are completed, they will be the permanent working space for the U.S. Marine's Combat Logistic Regiment (CLR). Each Super SWA hut measures 120 feet by 32 feet, contains multiple rooms and has a reinforced roof to withstand high winds. There are 58 Seabees working on the project, divided into two crews of 26 with a safety team of 12.

NMCB 5 began the project in July, together with about 15 Soldiers from the 655th Asphalt/Concrete Detachment, whom are still on the project. The SWA huts were turned over to NMCB 74's advance party in August.

“The turnover with NMCB 5 was awesome,” said Builder 2nd Class Steven Leguillow, crew leader. “They taught us how to get the same quality, but quicker.”

NMCB 74's Charlie Company begins working at sunset and continues through the night to avoid the extreme temperatures of the desert heat.

“We're able to move a lot faster at night because it is much cooler,” BU2 Leguillow said. “Once the temperature drops, we will begin working days.”

For many Seabees on the site, this is their first deployment; for some it is their first construction project outside of training. “There is a little bit of a learning curve as far as knowing the standards and how an actual job is run,” Leguillow said. “This transition period for a young Seabee is normal and to be expected.”

It is very common for Seabees in rates such as construction electrician (CE) or utilitiesman (UT) to find themselves doing work typical for the rate of builder (BU).

Construction Electrician Constructionman Apprentice Joanna Garcia explained that there is only so much electrical work to be done on a project like this. “We have to be flexible,” CECA Garcia said. “When we are finished, we help the builders carry wood or hammer nails.”

Utilitiesman Constructionman Apprentice Akini Alexander found himself cutting wood for the first time after installing his portion of the heating, ventilating and air conditioning (HVAC) system.

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

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



BU3 Nicholas Turner, NMCB 74, Charlie Company, marks off the dimensions of a louver frame to ensure proper alignment for a Southwest Asia (SWA) hut, Camp Leatherneck, Afghanistan, Aug. 21. Photo by MC1(SW/AW) Ryan G. Wilber



RDML Mark A. Handley (saluting) accepts the 1NCD flag from CMDM(SCW) Wade C. Howk (right), which was passed from RADM Richard E. Cellon (left) during the change of command ceremony, Naval Station Norfolk, Va., Oct. 23. U.S. Navy photo by Daryl Smith, 1NCD

RDML Handley Assumes Command of 1NCD

By Daryl Smith, Public Affairs Officer, 1NCD

RADM Richard E. Cellon was relieved by RDML Mark A. Handley as commander, First Naval Construction Division (1NCD), Joint Expeditionary Base Little Creek, Va., Oct. 23. The guest speaker was VADM Peter H. Daly, deputy commander, U.S. Fleet Forces Command.

RADM Cellon served as commander of 1NCD since June 2007, and retired with more than 31 years of service. "It's impossible to adequately express what an incredible honor it has been for me to lead Seabees in my final Navy assignment," Cellon said. "I will be forever grateful for the opportunity and cherish the wonderful memories that opportunity provided." Cellon was awarded the Distinguished Service Medal during the ceremony.

Commenting on RADM Cellon's tenure as 1NCD commander, VADM Daly said, "Rich's mantra has been that 'there's never been a better time to be a Seabee,' and that reflects the enthusiasm, the passion and dedication he has had for the mission and for being a Seabee."

Recounting the success of Seabees over the years, Daly said, "In some ways, it has taken the rest of the Navy 65 years to catch up with the Seabees. In the Cooperative Strategy for 21st Century Sea Power, we recognize that preventing wars is as important as winning wars...Seabees have been doing exactly that for decades."

RDML Handley previously served as deputy commander, Navy Installations Command Director Ashore Readiness Division for the Deputy Chief of Naval Operations (Logistics) in Washington, D.C. Handley is no stranger to the Seabees, having served as the commanding officer of Naval Mobile Construction Battalion (NMCB) 5, which received both the Pacific Fleet Battle "E" and the Peltier Award for outstanding military engineering services. He then served as executive officer of the Navy Public Works Center, San Diego, Calif., from August 2001 to May 2003. From May 2003 to June 2005, he served as the commodore of the 22nd Naval Construction Regiment (NCR). During this tour, he deployed as a regimental element with the First Marine Expeditionary Force to Fallujah, Iraq, for

(Continued on following page)

"I know that our future challenges will require our very best efforts... And, that is what I know the Navy and the nation will get from the Seabees every day."

RDML Mark A. Handley

How has reading *Seabee* Magazine helped you better understand your role in the Maritime Strategy? Tell us at <http://www.surveymonkey.com/seabeemagazine>.



“It’s impossible to adequately express what an incredible honor it has been for me to lead Seabees in my final Navy assignment.”

RADM Richard E. Cellon

(Continued from previous page)

Operation Iraqi Freedom. In June 2005, he took command of NAVFAC Mid-Atlantic, Norfolk, Va.

Upon assuming command, Handley said, “As I take command of the First Naval Construction Division today, I know the metric on which we will be judged will be two-fold. First and foremost will be our continued operational success. This is nothing new for the Seabees.

“The other measure of success will be how we accomplish the mission,” Handley continued. “Taking care and developing our people, providing the leadership and foundation for continued success in the future. I know that our future challenges will require our very best efforts. That is what I will give to each and every Seabee. And, that is what I know the Navy and the nation will get from the Seabees every day.”

RADM Richard E. Cellon and his family are piped ashore at the conclusion of 1NCD’s change of command and retirement ceremony, Naval Station Norfolk, Va., Oct. 23. U.S. Navy photo by Daryl Smith, 1NCD

ACB 1 Changes Command on NAB Coronado

By MC2 Brian Morales, ACB 1 Public Affairs

Amphibious Construction Battalion (ACB) 1 held its change of command ceremony on Naval Amphibious Base Coronado, Calif., July 17, as CAPT Scott Lister relieved CAPT Jim Wink as commanding officer.

RADM Richard E. Cellon, commander, First Naval Construction Division, served as guest speaker for the ceremony.

“I want to welcome CAPT Lister back to Amphibious Construction Battalion One and to San Diego,” said RADM Cellon. “I know you’re going to do great things, and we look forward to hearing all the wonderful contributions that Amphibious Construction Battalion One will make during your tenure.

“I told CAPT Wink that we certainly did not expect him to accept the status quo and you [CAPT Wink] have not done that. You have taken this battalion to new levels,” RADM Cellon said.

Commodore James E. O’Connor, commander, Naval Beach Group (NBG) 1, presented Wink with the Legion of Merit award.

“The old saying goes, if you choose a job you love you won’t have to work a day in your life. If the next two years for you [CAPT Lister] are anything like the last two for me, you won’t work a single day,” CAPT Wink said.



CAPT Scott Lister (right), ACB 1, speaks to the battalion and guests for the first time as commanding officer during the change of command ceremony on board Naval Amphibious Base Coronado, Calif., July 17. CAPT Lister relieved CAPT Jim Wink (left). Photo by MC2 Brian P Caracci

RADM Shear Visits Seabee Camp in Port Hueneme



RADM Greg Shear (right), Commander and Chief of Civil Engineers, Naval Facilities Engineering Command (NAVFAC) stops to shake the hand of Michael Ondruch, a senior high school student from Sealy, Texas, at Seabee Camp, Naval Construction Training Center (NCTC), Naval Base Ventura County (NBVC) Port Hueneme, Calif., July 20.

On the first day of camp, students participated in a concrete beam event which included form building, rebar placement and concrete pour. LT Chris Archer (center), NCTC's training director (N7) and Seabee Camp AOIC, escorted RADM Shear as he visited several groups during the form building phase of the event.

The Seabee Camp program is sponsored by NCTC in Port Hueneme.

U.S. Navy photo by Cody Reese, NFESC

Stratman Relieves Borowy at 25th NCR

By MC2(SCW) Jeffrey R. Militzer, NMCB 11 Public Affairs



CAPT Allen M. Stratman relieved CAPT Jeffrey T. Borowy as commodore, 25th Naval Construction Regiment (NCR), during a change of command ceremony at Naval Construction Battalion Center (NCBC) Gulfport, Miss., Sept. 4.

RADM Richard E. Cellon, commander, First Naval Construction Division, served as the presiding officer at the ceremony.

CAPT Borowy was the first commanding officer of the newly recommissioned 25th NCR, in September 2007. He is now the commanding officer of Naval Facilities Engineering Command (NAVFAC) Europe/Southwest Asia, Naples, Italy.

In May 2005, Stratman relieved Borowy as commander, Naval Mobile Construction Battalion (NMCB) 133.

CMDM(SCW) Sean B. Libby (right) receives the colors from CAPT Allen M. Stratman (center), commodore, 25th NCR, during a change of command ceremony on board NCBC Gulfport, Miss., Sept. 4. During the ceremony, CAPT Stratman relieved CAPT Jeffrey T. Borowy (left).

U.S. Navy photo

30th NCR, NMCB 11 in Afghanistan

LT James Smith (right), NMCB 74, briefs Brig. Gen. John R. McMahon on camp operations during a visit to a forward operating base in Southern Afghanistan, Aug., 25. Brig. Gen. McMahon toured several military construction sites with command staff from the 30th NCR. *Photo by MC1 Kenneth W. Robinson*

(Below) CM1 Gabriel Rivera, NMCB 11, cleans the radiator of a generator supplying power to the 30th NCR, Kandahar, Afghanistan, Aug. 19. *Photo by MC3 Ernesto Hernandez Fonte*





Personnel from NMCB 24, Al Asad's Base Command Group and 1st Battalion, 8th Marine Regiment pose for a group photo in front of the recently completed Entry Control Point (ECP) after a ribbon-cutting ceremony on board Al Asad Air Base, Iraq, Aug. 16. *Photo by CM2 Nicole Harmon*

Seabees Construct Entry Control Point in Iraq

By CM2 Nicole Harmon, NMCB 24

Naval Mobile Construction Battalion (NMCB) 24 completed the expansion and upgrade of an entry control point (ECP) on Al Asad Air Base, Iraq, this past summer. This was the largest and most diverse project that NMCB 24 had been tasked with during its deployment to Al Anbar province, and its completion was marked with a ribbon-cutting ceremony on Aug. 16.

"The Super ECP project at Al Asad Air Base was truly the crown jewel of our construction projects during this deployment, as well as a prime example of the cohesion of the battalion's companies and their ability to efficiently perform exceptional Seabee work," said CAPT Craig Scharton, commanding officer, NMCB 24.

The project began in May, and was a joint effort by many of the units stationed on board the base. The ultimate goal was to take the incomplete ECP and make it functional and effective, thus increasing the ability to maintain proper security and force protection for all personnel, both military and civilian, residing on Al Asad Air Base.

After completion of the initial planning and surveying, Alfa Company proceeded with the required horizontal construction. The crew used a full range of Civil Engineering Support Equipment (CESE) to modify existing traffic-flow infrastructure in and out of the base.

During horizontal construction, Alfa Company graded more

than 341,000 square feet of roadways and parking areas. Seabees excavated and hauled almost 2,400 cubic yards of fill dirt. For area security, Alfa used a crane to set more than 400 various barriers and walls, covering a distance of approximately 6,000 feet. Lastly, they trenched 9,400 linear feet of ground for Bravo Company and adjacent units to install utility and power cables.

Charlie Company built armored tactical crows nests at Camp RJ's pre-fabrication yard on Al Asad Air Base, and worked with Alfa Company to transport and install them at the ECP. They also refurbished several previously constructed buildings on the site, and created new office spaces.

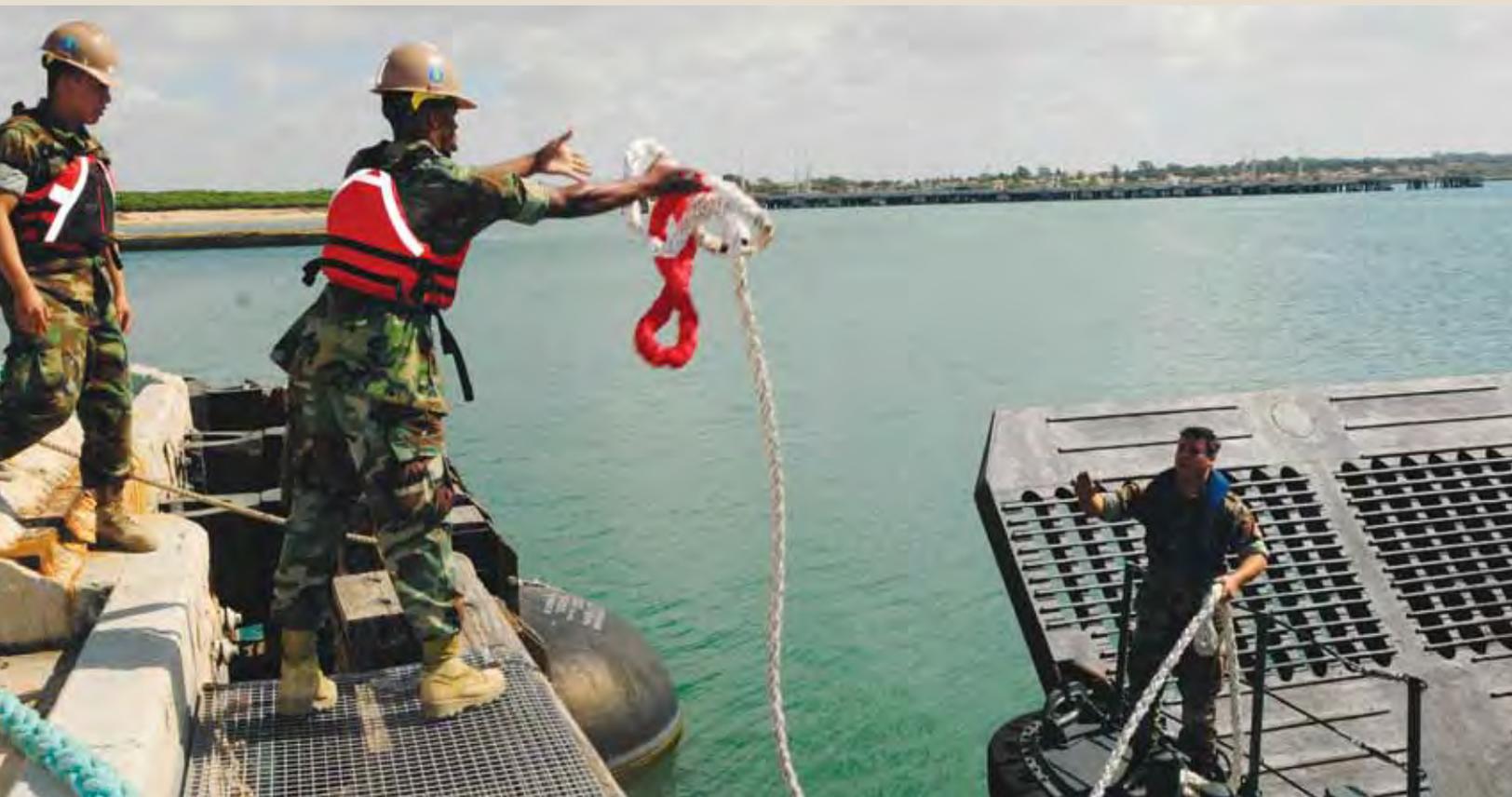
Overall, the projects required more than 1,300 man-days from the Seabees over the course of four months. The Base Command Group provided many of the materials necessary for the mission, and the 1/8 Marines diligently maintained security and ensured the safety of all personnel while the 'Bees worked beyond the protective lines of the base.

"By working closely with everyone involved and [through their] exceptional managerial skills, dedication and hard work, the project was completed 10 days ahead of schedule and well within the time limits set," said Chief Builder Robert Knox, Charlie Company operations chief, NMCB 24. "They also ensured that this large-scale, high-profile project was completed flawlessly."



NMCB 24 Builds and Delivers Crows Nests

Four crows nests constructed by Charlie Company personnel of NMCB 24 are loaded onto flatbed semis in the staging area at Camp RJ, Al Asad Air Base, Iraq, June 15. Alfa Company crew members delivered and placed the crows nests at outlying bases in the Al Anbar province. *Photo by LTJG Mark Parker*



(Above) BUCA Mario Roman (left), observes UT3(SCW) William Green (center), NMCB 3, cast off lines of a Dutch Landing Craft Unit (LCU) at the pier on Naval Station Rota, Spain, Sept. 19. NMCB 3, one of NECC's warfighting support elements, provided host nation construction operations and security in support of overseas contingency operations.



Rows of Civil Engineer Support Equipment (CESE) from NMCB 3 are lined up on the beach at Naval Station Rota awaiting a Dutch landing craft to arrive for transport to Liberia, Sept. 19. Photos by MCC(SW/AW) Jesse A. Sherwin

“Better than Best” ‘Bees Conduct Rare Beach Embark in Support of African Partnership

By MCC(SW/AW) Jesse A. Sherwin, NMCB 3

Naval Mobile Construction Battalion (NMCB) 3 completed a rare amphibious embark of five Seabees and 12 pieces of Civil Engineering Support Equipment (CESE) on board Naval Station Rota, Spain, Sept. 19.

The Seabees and equipment were embarked onboard the Dutch amphibious ship HNLMS *Johan De Witt* in support of civil engineering projects in Liberia and other countries throughout Africa in support of the Navy’s African Partnership mission.

“This type of evolution is very rare for an NMCB,” said Master Chief Equipmentman (SCW) Joseph Arnold, operations chief, NMCB 3. “The last time I remember seeing this done was in 2001...I was in NMCB 4 and we were loading equipment in Okinawa to be taken to the Philippines.”

The amphibious embark was not solely conducted by NMCB 3. Other organizations included the Fleet Industrial Supply Center Sigonella, Rota Detachment and a Fleet Survey Team from the Stennis Space Center in Mississippi, as well as Naval Station Rota Port Operations.

“Basically this was done as a necessity,” said LT Glen Messer, embark officer, NMCB 3. “The pier

was under construction, which prevented *Johan De Witt* from tying up. Therefore, out of pure necessity, we had to do an amphibious embark.”

An NMCB’s normal mode of equipment embark is via air.

“This amphibious embark, while not terribly complicated, required more planning,” LT Messer said. “We worked with the Naval Station Rota Port Operations officer to arrange the beach landing. They [Port Ops] worked with Spanish contractors to improve the road leading to the beach so that we could get our vehicles there easier.

“The biggest concern during the process was ensuring safety of all personnel due to all of the moving equipment,” Messer said.

NMCB 3’s heavy machinery was loaded by driving it from the beach onto a Dutch landing craft, which was then piloted into the well deck of *Johan De Witt* and offloaded. The battalion also had to load a large shipping container full of drinking water and other essentials for the detachment onto a landing craft unit (LCU) via crane.

“It [the evolution] went really well,” said Equipment Operator 1st Class (SCW) Deana Robinson, command license examiner. “Everyone was on point, and working with the Dutch was a lot of fun.

“It was a new experience for us,” said EO1 Robinson. “Most of our troops have never had a chance to load equipment like this. We loaded everything onto LCUs; then we rode the LCUs over to *Johan De Witt* and unloaded everything onto the ship.”

While NMCB 3’s equipment was deployed in support of construction projects in Liberia, the Fleet Survey team embarked with a rigid hull inflatable boat in order to map the bottom of the ocean in areas around Africa to improve safety and navigation of ships traversing the waters.



BMC(SW) Everett Albright (left), chief master at arms, and EAC(SCW) George Juaneza, embark chief, NMCB 3, observe a crane from Naval Station Rota Port Operations load a crate onto a Dutch Landing Craft Unit (LCU), Sept. 19. Photo by MCC(SW/AW) Jesse A. Sherwin

NMCB 3 Completes Demolition at Rota MWR Complex

By UT2(SCW) Joshua Quitmeyer, NMCB 3

A crew of Seabees from Naval Mobile Construction Battalion (NMCB) 3 recently completed demolition work at Champions MWR Complex on board Naval Station Rota, Spain, in September.

The project was the first job taken on by the battalion main body in Rota this deployment. Seabees removed retractable awnings, 200 feet of fence line and 90 feet of brick wall. This work prepared Champions for a new patio area, designed by the NMCB 3 Engineering Department, in cooperation with Naval Station Rota.

The job was completed in less than half the allotted time, highlighted by a visit to the jobsite by RADM Richard Cellon, commander, First Naval Construction Division.

“Being the first ones to start a project out here, I couldn’t be happier with how this has turned out,” said Builder 2nd Class (SCW) Corey Cummins, project supervisor. “We were getting the material down faster than we could get it hauled away.”

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Museum rendering of the Grand Hall

*Rendering by Lexington Design + Fabrication
 Architectural renderings by RQ Construction, Inc.*



NEW U.S. NAVY SEABEE MUSEUM IS UNDERWAY AT PORT HUENEME

By Lara Godbille, Director, U.S. Navy Seabee Museum, Navy Seabee Museum Public Affairs and Naval History and Heritage Command Public Affairs

Following a groundbreaking ceremony at Naval Base Ventura County (NBVC), Port Hueneme, Aug. 25, R.Q. Construction, the general contractor, has been hard at work clearing the site for the new U.S. Navy Seabee Museum. Vertical construction should begin before year-end.

Established in 1947, the U.S. Navy Seabee Museum is the second oldest of the official U.S. Navy museums and is owned and operated by the Navy as part of the Naval History and Heritage Command (NHHC). In June 2008, the CEC/Seabee Historical Foundation gifted \$10 million to the Navy to build the facility. NAVFAC Southwest is overseeing construction.

The museum staff continues to work with Lexington Design + Fabrication, the exhibit designers, to refine the story that will be told in the new museum. Unlike the current facility which has been occupied since 1956, the museum will be custom-built to exhibit the history and heritage of the Seabees and Civil Engineer Corps (CEC). In addition, the facility will be located outside the perimeter fence line of NBVC Port Hueneme to allow visitors better access to the facility.

For updates on the museum, visit www.history.navy.mil or www.facebook.com/seabeemuseum



A Seabee

In the early 1940s, the Navy's heavy construction branch ~ the Seabees ~ included everyone from teenagers just out of high school to master craftsmen in their 40s and 50s.

[Above] An image from a Seabee recruiting poster, circa 1944.

The first time Herb Bachelder ever rode a train was when he boarded one in Cleveland in 1944 bound for Chicago for Navy basic training. "It was actually the first time I had ever been away from home," Bachelder said.

Until the day he joined the Navy after graduating from Johnsville High School, Bachelder, now 83, had never been far from rural Morrow County [in Ohio].

"My dad drove me up to Mansfield [Ohio], and I took a Greyhound bus out of that old terminal on North Diamond Street," he said. "My first train ride was on a troop train – and they were something."

Bachelder grew up in an area of farmland bounded by Johnsville and North Woodbury.

"My family didn't farm but I worked on nearly every farm in the area," he said.

Not long after he graduated, Bachelder worked for a few weeks for Mansfield Tire and met his future wife, Helen, on a blind date.

"Just one month and one day after we met he gave me an engagement ring," she said. "We wouldn't get married until he got back. You never knew then."

Bachelder said he joined the Navy simply because he wasn't into marching.

After an eight-week training session at Great Lakes Naval Station in Chicago, Bachelder was granted a short leave to come home.

"While I was there, I got a telegram telling me to report to the OGU in Chicago," he said.

In military terms, that was the outgoing unit's station. Then it was another troop train from Chicago to Hayward, Calif., where Bachelder and his buddies trained for combat alongside Marines.

But by the time he reached San Diego, Bachelder knew he wasn't headed for combat. He was a Seabee.

This was the Navy's heavy construction branch, and Bachelder said it included everything from teenagers like him to master craftsmen in their 40s and 50s.

"The Seabees who served in 1942 and 1943 in places like New Guinea and Guadalcanal were special," Bachelder said. "They saw a lot of fighting and hard duty. By the time we got out there things had cooled down a lot."

They also took casualties, which is why Bachelder and his fellow recruits were rushed to the Marianas, and then to Guam as replacements.

"We were only in Hawaii long enough to see the lights in Honolulu," he said.

Life in Guam was hot, rainy and required a lot of work, Bachelder said. "Everything was off limits. The unit that was there before us got rushed out and we took their place. They had built a field hospital and a mess hall. We had to build the rest, including our own Quonset huts for living quarters."



Herb Bachelder, circa 1944
U.S. Navy photo

Proud of His Service

MEET HERB BACHELDER

By Ron Simon, *Mansfield News Journal*

The unit built and ran a large supply dump. Bachelder was trained to operate a huge crane that could off-load ships or move heavy equipment from one site to another.

"It took two of us," he said. "One would rig the load and the other would run the crane. We'd take turns on those jobs."

Guam was also boring. Bachelder said the USO shows never seemed to come there. No Bob Hope or chorus girls. No movies. No nothing.

"We played a lot of poker, and some of the guys had dice games going," he said.

Now and then something odd would happen. There was the day a load of tires arrived that had been made at Mansfield Tire Co.

The young man that helped deliver the tires told Bachelder he had worked at Mansfield Tire. So, of course, had Bachelder. The two talked about home.

It did get exciting when an occasional Japanese sniper hiding in nearby hills would open up on Navy workers.

Another time, a load of aviation gasoline got loose and started cascading down gullies toward the supply dump.

"Some guys grabbed shovels and started to dig a trench (to divert the fuel)," he said. "I told them to stop because they might set off a spark and we'd all be blown sky high. But they told me that they were digging in coral and coral doesn't spark. They were right. We drained the gas off into the ocean."

After being sent to Saipan to take part in the invasion of Okinawa, Bachelder's unit was sent back to Guam.

"They had us take a lot of leftover equipment and had us dump it into the ocean to build a huge breakwater. I think they had us do that just to keep us from going crazy," he said.



Herb Bachelder, 2009

Photo by Jason J. Molyet, *Mansfield News Journal*, Mansfield, Ohio

He said a civilian contractor took over that job.

"I wonder if they ever finished it," he said.

Bachelder sailed home via the Panama Canal and was impressed by the size and the operations of the big locks. His ship put into New York City.

"The first thing we did was take our first showers in years that didn't have salt water," he said. "The second thing was to find a place where we could get a haircut. We looked pretty bad."

After a few quick days in the Big Apple, Bachelder was mustered out and returned to Morrow County.

Within a year, he and Helen were married. They had two children. Their daughter, Shirley Jane, died during pregnancy at the age of 27. Their son, Charles Eugene, lives in Indiana, where he is pastor of a First Christian Church. There are two grandchildren and seven great-grandchildren.

Bachelder worked at Mansfield Tire until it closed, and then took adult education night courses at Madison High School. He became a machinist and worked at the Warren Rupp Company until retirement.

The Bachelders lived for years in a home they built on Ohio 546 south of Lexington. They moved a few years ago into Wedgewood Estates on South Trimble Road.

"Sometimes we miss the country life," Helen said.

Recently, Bachelder got pneumonia, which damaged his heart and lungs. He lives on oxygen, with his feet propped up to prevent excess swelling.

"It's a bummer," he said.

His condition cuts into his activities at several veterans clubs, but Bachelder said that while he didn't see any combat, he is still proud of the time he served in uniform.

Reprinted courtesy of Mansfield News Journal, Mansfield, Ohio, Sept. 14, 2009.

Ombudsman Program

Develops Mission Readiness by Promoting Healthy Families

By NAVFAC Headquarters Public Affairs and Communications

The Navy Family Ombudsman Program, implemented by the Commander, Navy Installations Command (CNIC), is a Navy-wide program created to develop mission readiness by promoting healthy, self-reliant families. The word *ombudsman* originated in Scandinavian countries and referred to safeguarding the rights of citizens. Today the concept of the ombudsman is widely used in the fields of government, business and healthcare.

HISTORY

The Navy Family Ombudsman Program was introduced in September 1970 by then-Chief of Naval Operations (CNO) ADM Elmo R. Zumwalt to improve communication between commands and the families of the Sailors who served in them. ADM Zumwalt adapted this program from a 19th century Scandinavian custom originally established by the king to provide ordinary private citizens with an avenue to express their grievances to high government officials. In 2006, then-CNO ADM Michael G. Mullen re-emphasized the importance of the program and signed an updated instruction, highlighting the requirement that all Navy families have access to a Navy Family Ombudsman.

ROLES

The Ombudsman is a volunteer, appointed by the commanding officer (CO), to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality-of-life improvement opportunities, and “good deals” around the community.

Ombudsmen also provide resource referrals when needed. They are instrumental in resolving family issues before they require extensive command attention. The ombudsman program is shaped largely by the CO’s perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the CO who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

COMMUNICATION

In order to better know your ombudsman, schedule regular meetings with him/her to discuss matters that are important to you, such as reimbursements, reporting requirements and other family-related issues. Ongoing communication of upcoming command events, via a newsletter or emails, can provide important links throughout deployment.



EMILYN CO, OMBUDSMAN, 30TH NCR

Hello Seabees and families! As an Ombudsman, I serve as the direct contact and information link between command leadership and Navy families like yours. It’s my duty and pleasure to provide information and make referrals to the families for a variety of situations. Like many of you, I am a family dependent, so we share the same perspective.

While the 30th NCR is de-ployed to Afghanistan, I send families command information and keep them informed on current events and family support programs. Although I’m not a trained counselor, I can assist and help others by providing an ear to listen, as well as offering referrals to resources for family support.

As part of the Command Family Support Team, I work closely with the commanding officer and command master chief. I always adhere to the ombudsman code of ethics, which guarantees support of the command’s mission, professionalism and confidentiality.

Emilyn Co is married to Logistics Specialist 1st Class Petty Officer Mark Co who works in the Supply Department of the 30th NCR. They have one child.

TO LEARN MORE ABOUT CONTACTING YOUR OMBUDSMAN, PLEASE VISIT THE FOLLOWING LINKS:

www.cnic.navy.mil • www.ffsp.navy.mil • <http://www.lifelines.navy.mil/Familyline/OmbudsmanResources/index.htm>.



HM1 Edward Hourican, NMCB 40, fastens a sheet of plywood as villagers look on at a school construction project south of Baucau, Timor-Leste, July 18.

Photo MCC(AW/SW)
Anthony Briggs Jr.

Navy and Air Force Personnel Work Together to Benefit Timorese

By MCC(AW/SW) Anthony Briggs Jr., NMCB 40 Public Affairs

Seabees attached to Naval Mobile Construction Battalion (NMCB) 40 assisted members from Guam's Air National Guard in Operation *Pacific Angel*, July 15.

Pacific Angel, a Pacific Air Forces operation led by 13th Air Force, is conducted annually in the U.S. Pacific Command's area of responsibility. The mission brings basic services to those in need, while building important civil-military relationships and regional awareness of the personnel involved.

Working at the National Hospital with members of the 254th Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers (RED HORSE) Squadron, NMCB 40 Seabees constructed an 80-foot lighted sidewalk, relocated low-hanging electrical wires and landscaped the hospital grounds.

"I was very impressed with their level of knowledge," said Air Force Capt. Frank Biaz, officer in charge. "We enjoyed the camaraderie, and hope they enjoyed a taste of Air Force life."

The opportunity to exchange ideas and techniques was a mutual benefit for all involved.

"I had fun working with the RED HORSE engineers," said Construction Electrician 2nd Class (SCW) Nicholas Asta. "It was a great experience. A few of the Guardsmen are electricians in their civilian jobs, so they taught me a lot of tips and tricks on the job."

Looking back over the amount of work completed impressed Builder 2nd Class (SCW) Victor Lee.

"We got a lot done in a short period of time," said BU2 Lee. "We did some great work, and we got to meet some great people. That's what the military is all about."

NMCB 40 Gives Schools a Boost During CARAT Indonesia

BU2 Charles Amaral, NMCB 40, smooths a concrete foundation for an engineering civic action program at Pusaka Rakyat Primary School, Bekasi, Indonesia, July 24, during the first phase of Cooperation Afloat Readiness and Training (CARAT) Indonesia 2009. CARAT is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance the operational readiness of participating forces.

Photo by HM1 Maria Gonzalez



NMCBs 3, 11 Seabees Honored During Ribbon Cutting at Romanian Middle School

By Pfc. Charles Thompson, JTF-East

Seabees from Naval Mobile Construction Battalions (NMCBs) 3 and 11 were honored at a ribbon-cutting ceremony at the Mihail Kogalniceanu Middle School, Romania, Sept. 14.

Seabees from both battalions completed a fence restoration project in July and August as part of a Humanitarian Civil Assistance (HCA) mission in eastern Romania for Joint Task Force (JTF)-East.

A 22-person Seabee detachment replaced an exterior fence surrounding the school's playground and also added two gated entrances into the schoolyard. The 'Bees spent about 2,000 personnel hours on the project.

During the ceremony, middle school students read letters of thanks and recited their "ABCs" and sang "Old McDonald Had a Farm" in English. Students presented official guests with



Students of Romania's Mihail Kogalniceanu Middle School wave as they begin their first day of school, Sept. 14. *Photo by HM1 Maria Gonzalez*

bouquets, a Romanian tradition where students bring flowers to their teachers on the first day of school. U.S. Army Col. Gary R. Russ, commander, JTF-East, and LT Dan Schmitt, NMCB 3 officer-in-charge, were joined by local civic leaders at the school.

The Seabees have deployed on six-month rotations to eastern Romania with JTF-East since summer 2007, and have completed 22 construction projects totaling approximately \$350,000.

JTF-East is a bi-lateral, U.S.-Romanian and U.S.-Bulgarian, U.S. Army Europe mission where U.S. forces are training side-by-side with their host-nation military partners to build interoper-

ability capabilities and develop relationships with other militaries for stronger regional security cooperation. U.S. HCA missions are funded by the Department of Defense and designed to help people and strengthen relationships with our host nations.

Does your family read Seabee Magazine? Tell us at <http://www.surveymonkey.com/seabemagazine>.

'Roos Pioneer Tactical Communications

By ET3 Andrew Brieno and ET2(SCW) Brandi Chopie, NMCB 133

Communications personnel from Naval Mobile Construction Battalion (NMCB) 133 completed a four-day Communications Exercise (COMMEX) in July designed to test the battalion's ability to establish and maintain communications in a field environment.

Electronics Technicians (ETs) and Information Systems Technicians (ITs) from NMCB 133's S6 (communications) shop led the charge, supported by personnel from the battalion's Communications Platoon. The exercise tested many areas of battalion communications, including proper set-up of antennas, phone networks, tactical data networks and satellite communications. Throughout the exercise the battalion was divided into two main personnel groups, Main Body and Air Detachment. To further challenge NMCB 133, the Air Detachment was redeployed twice and each time tasked with re-establishing communications with Main Body and higher. The Main Body was also redeployed once and tasked with sending multiple detachments into the field, while maintaining communications to higher echelon commands.

"The exercise was very demanding and pushed our people hard...but with dedication and skill we succeeded," said

Chief Information Systems Technician (SW/AW) Michael Pittenger, NMCB 133. "I'm very proud of how everyone performed."

COMMEX 2009 also saw a new concept in battalion communications spearheaded by NMCB 133. In the months leading up to the exercise, S6 personnel set up a 20-foot container as a mobile antenna farm. The "box" was framed with two-by-four wall studs and sheeted with plywood. Electrical outlets and lighting were set up in the box, as well as built-in shelves for the communications gear and Vehicle Radio Communications (VRC) 90 and 92 radios. Cables and components were pre-connected so communications could be established quickly in the field. The phone switchboard and Tactical Data Network server were also housed in the box. An air conditioning unit was installed to prevent the gear from overheating.

ET1 (SW/SCW) Jeffrey Brink, NMCB 133's ET Shop's Leading Petty Officer, was satisfied with how the new concept played out. "The box takes all communications gear out of the muck and into a controlled environment," ET1 Brink said. "It allows us to establish communications immediately rather than waiting to set up a tent. It makes overall communications much more reliable."



CE3 Duane Dailey, NMCB 133, sets up a Yagi antenna while installing satellite communications during the battalion's COMMEX at NCBC Gulfport, Miss., July 10. *Photo by MCC(SW/AW/PJ) Ryan C. Delcore*

NMCB 133 Conducts FTX Like No Other

By MCC(SW/AW/PJ) Ryan C. Delcore

Naval Mobile Construction Battalion (NMCB) 133 conducted a Field Training Exercise (FTX) this past summer unlike any they had done before. The FTX simulated conditions that today's battalions are working in while on deployments to Afghanistan and Iraq.

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

The 'Roos set up their main command post on a pre-built camp, a Contingency Operating Location (COL), at Camp Shelby,

Miss. The COL was surrounded by concertina wire and had a main entry control point (ECP) guarded by NMCB 133 24 hours a day for the duration of the FTX. All required equipment, vehicles, repair parts, technicians and supplies needed by the battalion to complete all assigned tasks were located at the COL.

Arabic-speaking role players made the training very realistic. The team which stood watch over the ECP encountered actors playing the roles of angry civilians or other characters with the hostile intentions of using improvised explosive devices.

NMCB 133 had as many as five different detachments or details out at once. The battalion had a bridge detail whose mission was to assemble a pre-fabricated high-strength bridge used to move vehicles and equipment across large ditches and ravines. A forward operating base (FOB) 1 was set up to secure a strategic location for the battalion's operations. FOB 1 personnel dug fighting positions resembling natural scenery with hand-planted

(Continued on following page)



NMCB 133's Convoy Security Element escorts fuel, water, equipment and supplies at Camp Shelby, Miss., Aug. 16, during a Field Training Exercise (FTX) where the battalion was evaluated on all aspects of defensive operations, including completion of construction projects in a tactical environment. Photo by MCC(SW/AW/PJ) Ryan C. Delcore



Seabees from NMCB 133 construct a Southwest Asia (SWA) hut during a Field Training Exercise (FTX) at Camp Shelby, Miss., Aug. 16., after they secured another location with fighting positions and concertina wire around the perimeter. *Photo by MCC(SW/AW/PJ) Ryan C. Delcore*

weeds and tall grasses that concealed any sign of personnel or weapons. FOB 1 also demonstrated the versatility of the battalion when members welded steel safety trim over the jagged openings in connex boxes located at the site.

Another detail – “Village Det” – completed the construction of a SWA hut after securing another location with fighting positions and concertina wire around the perimeter.

NMCB 133’s Air Detail completed its assigned mission by transporting all gear and personnel to an airfield and preparing it for a tactical re-deployment within 48 hours.

The 20th SRG also worked the battalion’s chemical, biological and radiological (CBR) response team. The battalion members wore gas mask carriers and were within five minutes’ walking dis-

tance to their CBR protective suits at all times during the FTX. A survey team conducted a sweep for any contaminants each time in order to make sure it was safe to remove the protective gear.

The medical team provided first aid and treated massive amounts of casualties during mock attacks by categorizing the injuries and taking care of them according to severity.

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

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“Lone Star” Battalion Prepares for Contingencies via ‘Real World’ Scenarios

By MC2 Ron Kuzlik,
NMCB 22 Public Affairs

Nearly 600 Seabees from Naval Mobile Construction Battalion (NMCB) 22 returned to Naval Construction Battalion Center (NCBC) Gulfport, Miss., Aug. 26, following successful completion of a two-week long field training exercise (FTX) at the national mobilization site on board Camp Shelby, Miss.

Even though the official motto of the Seabees is *Construimus, Batuimus* or “We Build, We Fight,” Seabees do much more of the former. However, they must continue to be prepared for the latter, especially with U.S. forces simultaneously engaged in combat operations in both Iraq and Afghanistan.

The “Lone Star” Battalion line hauled its trucks and much of its equipment and personnel in convoys from NCBC Gulfport to a pre-constructed contingency operations location (COL) at Camp Shelby, about 60 miles to the north.

While at the COL, Seabees trained in chemical, biological and radiological (CBR) defense, and indirect fire drills, and prepared for the push to a forward operating base (FOB).

Three days later, an air detachment moved out to build the FOB, constructing a defensive perimeter with concertina wire and fighting positions, an entry control point (ECP), and Command Operations Center (COC). Afterward, the main body followed constructing a galley, chapel, showers and a laundry facility.

The same day, a detachment pushed out to construct a medium-girder bridge, a SWA Hut, a road project with two culverts, one crow’s nest (armored observation tower), a four-hole burnout (lavatory facility), a hardened security bunker and a heavy timber bunker at the FOB. The battalion also completed quick reaction road repair to fix a bomb crater hole.

All of this tasking was completed while under the constant threat of attack from an “aggressor” battalion, whose job was to simulate attacks by snipers, improvised explosive devices (IEDs), suicide bombers and even the use of civilians as human shields for intelligence gathering, civil disobedience and other attacks.

“We learned a lot of very valuable, ‘real world’ skills while in the field, making this a very real, very relevant experience for everybody,” said CDR Ernst K. Walge, commanding officer, NMCB 22. “Communications and accountability are the big topics. For sure this is something that every Seabee in the battalion will take with them when we deploy forward...”





BU2 Walter DeGracia, NMCB 22, lays concertina wire to form a defensive perimeter at the forward operating base (FOB) during a field training exercise (FTX) at Camp Shelby, Miss., Aug. 18. *Photo by MC2 Ron Kuzlik*



Instructors
 CM1 Justin Carey (left)
 and CM1 Mickey Ingram,
 NCTC Gulfport, Miss.,
 prepare to use a
 C-12 Engine Trainer
 for the CM, C-1
 Advanced course.
*U.S. Navy photo by
 Milt Williams,
 NCTC Gulfport, Miss.*

Construction Mechanics Add New Technology to Advanced Training

LT Daniel Spies, Naval Construction Training Center, Gulfport, Miss.

Construction Mechanic (CM), C-1 Advanced now incorporates updated training equipment and learning materials, and 11 students are experiencing the “new and improved” course for the first time in a pilot at Naval Construction Training Center (NCTC) in Gulfport, Miss. In January 2010, regular courses will begin in Gulfport and Port Hueneme, Calif., training centers; the revised course covers 10 units over 14 weeks of study.

The new material involves hands-on and classroom study including advanced diagnosis and troubleshooting methods for electrical systems, gas and diesel engines. It also incorporates basic welding, small engines, air conditioning unit repair/troubleshooting and proficiency in the use of maintenance software and tools. Much of this revision updates the equipment and methods designed to maintain and repair the newest equipment used by today's Naval Construction Force

Thoroughly revising the course has also involved training and preparing the CM instructors. “The instructors worked together as a team setting up new training spaces and equipment, and teaching themselves on new equipment such as the electronically controlled 4L80 E transmission,” said Chief Construction Mechanic Tyler Watters, CM School course manager.

For additional information, visit <https://www.nctc.navy.mil/centers/csfe/>.

Seabees Support Wounded Warrior Project

By Leslie Yuenger,

Public Affairs Officer, NAVFAC Northwest

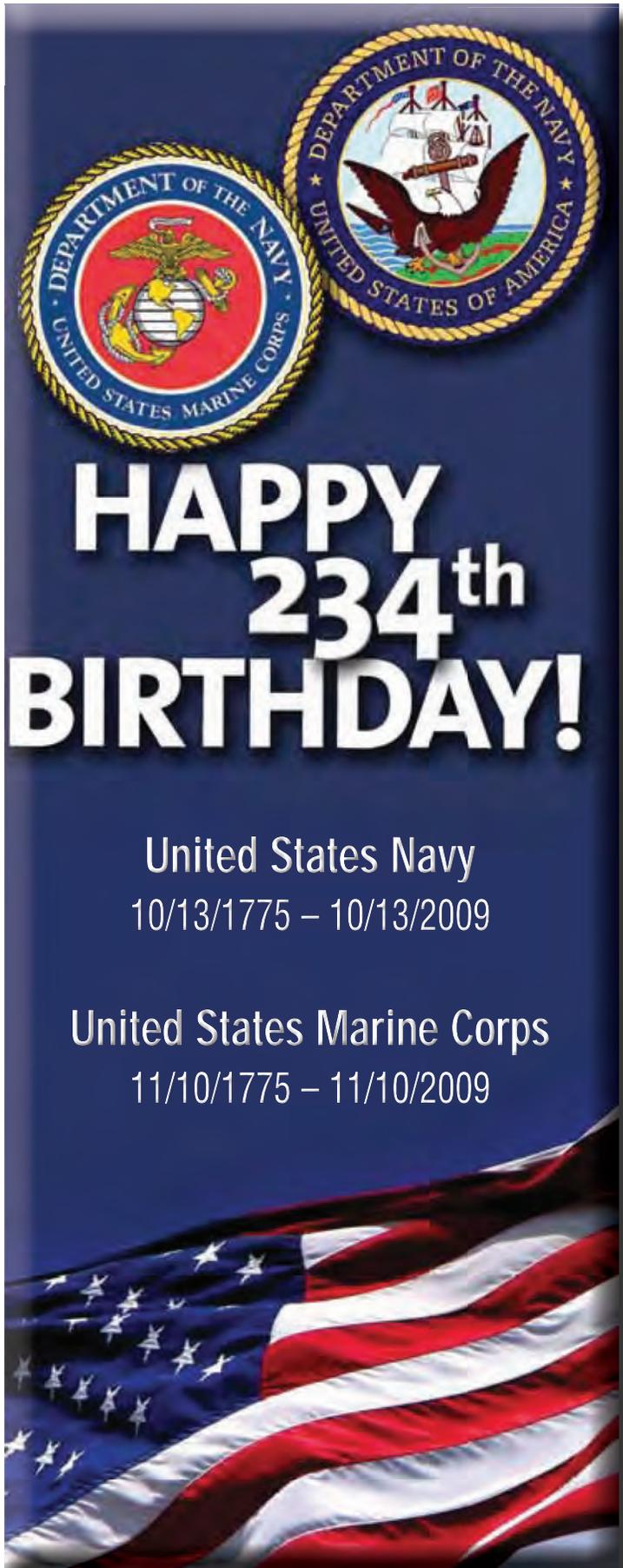
Naval Facilities Engineering Command (NAVFAC) Northwest Self Help units stepped up to the plate in August in a two-for-one project: providing construction support for Naval Station Everett, Wash.'s Morale, Welfare & Recreation Wounded Warrior Project, and working to keep their skills current.

Stephen Zak, MWR program manager, looked to the Seabees for help with several projects at the Jim Creek Campgrounds located in a remote area of Everett. Projects included a fully accessible picnic pavilion, winter equipment storage shed and a covered picnic area. The work performed by these 14 Seabees saved the installation 70 man-days of labor and \$21,000 in materials.

NAVFAC NW Self Help organizations are located throughout the Navy Regional Northwest on Naval Air Station Whidbey Island, Naval Base Kitsap Bremerton and Naval Station Everett. Self Helps assist with estimating materials, loaning out tools and providing expert technical oversight.



CEC Craig Thomas (right) demonstrates construction of a roof truss for a picnic pavilion at Jim Creek Campgrounds, Naval Station Everett, Wash., for the MWR Wounded Warrior Project. Fellow members of NAVFAC NW's Self Help Unit, AT1 Christopher Campbell (left) and CE2 Jose Sarno, look on. *Photo by CE1 Charles Brombach*



SCHOLARSHIP ASSOCIATION PROVIDES EDUCATIONAL ASSISTANCE TO SEABEE YOUTH

The Seabee Memorial Scholarship Association (SMSA) is a non-profit organization established to provide educational assistance to sons, daughters and grandchildren of Seabees, both past and present, active, reserve or retired. Since 1970, the SMSA, through the generosity of its supporters, has provided more than 1,200 scholarships to Seabee dependents seeking higher education to further their future.

If you or someone you know is interested in learning more about the SMSA fund, visit <http://www.seabee.org/> or call 301-570-2850.



2010 SEABEE REUNIONS

FEBRUARY 2010

FEB. 26 – 28 Hampton, VA East Coast ALL SEABEE Reunion

Bruce MacDougall 804-921-4753 Seabeemacd40@comcast.net

Mini-Reunions

ACBs 1&2 (Vietnam Era)

Skip Nelson
516-379-6562
seabeeskip@verizon.net

CBMUs 301&302

Dave Schill
609-410-5969
dwschill@comcast.net

3rd NCBg + 30th, 31st & 32nd NCRs

Dan Stuart
706-769-8868
stuart8824@bellsouth.net

NMCB 1

Peter Dowd
781-837-0393
mcb1reunion@verizon.net

NMCB 3 (All Eras)

Jeff Teeters
352-383-3836
H2Otalk@yahoo.com/
archives@nmcb3.org

NMCB 4 (Vietnam Era)

Dennis Culbertson
239-997-9014
cubby3410@aol.com

NMCB 5

Felix J. Costa
843-655-0426
fcosta@sc.rr.com

NMCB 9

Bruce MacDougall
804-921-4753
Seabeemacd40@comcast.net

NMCB 10 (All Eras), Seabee Team 1024 & 103rd NCB

Bill Annett
619-449-6742
seabeebill@cox.net

NMCB 23 (All Eras)

Dave Preston
804-512-7746
dpreston11@yahoo.com

NMCB 62

EQCM O. Price
Richardson
540-389-0555
price_richardson@howellsmotors.com

Norm Hahn

715-834-4780
nhahnjr@sbc-global.net
<http://nmcb62-alumni.org>

NMCB 74

CDR Gordon
D. Spence Jr.
757-464-5096
seabeeg@aol.com

NMCB 121st & 121st NCB

Mike Wilson
317-299-6242
wmike121@sbcglobal.net

NMCB 128

George McDanel
618-259-4694
mcdanelgk@aol.com

NMCB 133

James E. White
603-524-2704
jimw133@aol.com

NSA/NSF DaNang (& all detachments)

Jerry Hubbs
502-491-8794
gghubbs@msn.com

NSA Saigon

Dave Schill
609-410-5969
dwschill@comcast.net

MARCH

March 5-7

Gulfport, MS
NMCB 22
Carlton Biermann
830-895-2189
carlton@ktc.com

APRIL-MAY

April 29 - May 2

Nashville, TN
NMCB 40
Ed Holston
856-358-2009
NMCBFighting40@aol.com

For a complete list of reunions, visit www.allseabees.com or the Seabee Historical Foundation at www.seabeehf.org.

Combat-related Stress Can Affect Seabees and Families...Long After the Homecoming

By CAPT Robert A. Alonso



CAPT Robert A. Alonso
U.S. Navy photo

“Only the dead have seen the end of war.” –Plato

Though a commentary on the recurrence of war, Plato could have been referring to the after-effects of war that veterans may experience after their return home. War changes all participants in ways ranging from subtle to profound.

Of the hundreds of thousands of U.S. service members – including Seabees – who have deployed in support of Operations Enduring Freedom and Iraqi Freedom, studies cite as many as 20 percent of combat veterans have Post-Traumatic Stress Disorder (PTSD) or a major depressive disorder, and more than 300,000 have experienced a probable Traumatic Brain Injury (TBI). These psychological and neurological injuries can result in life-long symptoms and effects on the veteran and family. For most service members, the unpleasant and unsettling feelings and symptoms will fade and the transition home will be successful. For those whose symptoms continue, the good news is they can be treated effectively using a wide range of therapies.

Whether Seabees or other service members experience specific combat-related stressors from events such as seeing buddies killed in a firefight or surviving an IED attack, or develop symptoms from prolonged and ongoing operational stressors, such as extended deployments, recurrent and unpredictable indirect fire, or survival in a hostile, primitive environment, the symptoms share common presentations. These symptoms can range in individuals from disruption to sleep, appetite, energy and concentration to emotional unpredictability including emotional outbursts and unpredictable anger. Unnoticed and untreated, these symptoms can progress to depression, despair and thoughts of suicide. Throughout the deployment cycle, there are numerous opportunities to identify Seabees experiencing stress or exhibiting symptoms. Key to this monitoring are the Deployment Health Assessments performed before deployment, immediately after redeployment and several months after redeployment. These surveillance instruments are every service members’ opportunity to bring any concerns or symptoms to medical and psychological attention.

Upon redeployment from combat zones, any unresolved operational stressors can lead to further disruptions of personal behavior, work performance and relationships. Divorce, domestic violence, substance abuse, risky and thrill-seeking behaviors, safety mishaps, and disciplinary problems are frequent results of untreated combat or operational stress. It is imperative that service members, their families and their commands understand that these behavioral changes are symptoms of an underlying condition requiring treatment and intervene early to get affected service members to treatment. The key pattern to recognize is a previously high-performing and steady service member demonstrating negative changes in behavior and performance following an operational deployment.

Through education and training, command and individual actions to prevent and mitigate stressors, and increasing Department of Defense programs targeting Operational Stress Control and TBI prevention and treatment, the number of effective therapies and support programs continues to grow. For the individuals and family members, assistance is readily available from many sources such as the chain of command, command ombudsmen, local medical treatment facilities and primary care providers, mental health professionals, Fleet and Family Service Centers (<https://www.nffsp.org/skins/nffsp/home.aspx>), command and base chaplains, Military One Source (<http://www.militaryonesource.com/home.aspx?MRole=&Branch=&Component>), and Navy Safe Harbor (<http://www.npc.navy.mil/CommandSupport/SafeHarbor/>).

In this day of multiple and prolonged combat and operational deployments, the risk for unresolved combat and operational stress symptoms remains a significant factor in the health, readiness and retention of our forces. With continued emphasis on education, training, support and treatment for our Seabees, as well as all service members, and their families, that risk can be reduced and our force maintained at the highest level of readiness.

CAPT Robert A. Alonso has served as the Medical Officer and Force Surgeon for the First Naval Construction Division (INCD) since October 2006. As Senior Medical Officer, he oversaw the Warrior Transition Program which helps service members deal with combat stress issues and return to normal life after deployment to combat zones. A certified adult psychiatrist, CAPT Alonso previously served three tours with the U.S. Marine Corps, including director of psychiatry for the 1st Marine Division. He recently departed INCD for his next assignment as executive officer for the Expeditionary Medical Facility at Camp Arijan, Kuwait.

Construimus ☆ Batuimus



'Bees Set Sights on Heights

(From left to right) BU3 Daniel Garrido, BU3 Joanna Ra Ra and BUCN Christopher Mercure, NMCB 74, install a plywood ceiling in a Southwest Asia (SWA) hut at Camp Leatherneck, Afghanistan, Aug. 21.
Photo by MC2 Michael Lindsey



What suggestions do you have for improving *Seabee Magazine*?
Tell us at <http://www.surveymonkey.com/seabeemagazine>.