

INSIDE: **BUILDER WARRIORS THROUGH THE YEARS**

UNITED STATES NAVY

SEABEE

SPRING 2006

Seabees on the Ground

Iraq & Around the World

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and every Seabee everywhere, everyday.

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(Cover and this spread) Affectionately called “mood dust” by the Seabees working in Western Iraq, the desert sand is so fine and the area so dry that merely walking kicks up clouds of dust as Builder Constructionman Samuel Scholette, left, and Builder 3rd Class Jonathan Wyatt carry a four-by-six beam to their work area. Scholette and Wyatt, NMCB 22, were part of a crew that built a small town-sized camp for the Iraqi Security Forces at the battalion’s most isolated camp. The crew started the project in an area where no buildings existed, from the “dirt up,” taking about four months to complete.

Photo by Journalist 1st Class Leslie A. Shively

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Dear Reader:

As I write you this letter, I can only imagine where you are reading the Spring 2006 issue of *Seabee Magazine* — Iraq's Camp Fallujah, Kuwait's Camp Moreell, Gulfport, Port Hueneme, Okinawa, Guam, Honduras, Djibouti — or in any of the many global hotspots where Seabees meet the ordinary and extraordinary challenges of Navy life. Though the far-reaching mission of the Seabees takes us to all points around the world, our hope is that *Seabee Magazine* provides an informative, educational and motivational way to connect those points and bring us together — if only for a while via the pages of a magazine — by sharing our stories, accomplishments and pride in the Seabees.

Seabee Magazine strives to be a true and current representation of Seabee life. While it's true we rely on our reporters and journalists in the field for articles and photos, we encourage all Seabees to keep their eyes and ears open for news and information that may be valuable to others. We want to showcase Seabees showing the world our "Can Do" spirit in a big way — accomplishments related to the Global War on Terror, building and engineering advancements, training and readiness exercises, "before and after" project photos, community service efforts, awards and commendations — the topics are endless.

The Winter 2006 issue marked a new era for the magazine. Our goal was to capture the spirit of today's military and feature it throughout *Seabee Magazine* with an updated look and feel — enhanced, reader-friendly copy; high-quality, eye-catching photos representing a variety of Seabees at work; and a consistent theme and flow within the magazine to portray one identity — the Seabees.

The key to the success of *Seabee Magazine* is YOU. With your help we can successfully represent all the battalions, both active and reserve, and all you do. Contact us with your story ideas, or send us your stories and photos*:

E-mail: seabeemagazine@navy.mil
Voice: (202) 685-9108 or DSN 325-9108
Fax: (202) 685-1484 or DSN 325-1484.

In the coming issues, you'll have the opportunity to let us know how we're doing through a brief survey. Feedback is the only way we'll get there. In the meantime, keep the stories, photos and communication coming.

Thank you for your interest and for all you do.

Sincerely,
Raina T. Williams
Editor-in-Chief, *Seabee Magazine*

* Preferred format for photo resolution is 300dpi at 5x7 inches minimum.

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STAY NAVY. STAY SEABEE.



The U.S. Navy's mission is growing every day as the service assumes command of joint task forces, security and relief operations worldwide to extend its reach in the broader scope of global challenges. "We're standing up the Navy Expeditionary Combat Command (NECC) to wrap our hands around what I would call the 'below the line' skill sets in our service — EOD (Explosive Ordnance Disposal), Seabees, master-at-arms and the Expeditionary Logistics Force to name a few," Chief of Naval Operations Adm. Mike Mullen said. "This is not the way we have traditionally thought of sea power, but it is sea power for this new century and we are going to harness it."

Seabees on the Ground



Expanding the Navy's view of seapower to include an "on the ground" component better incorporates both traditional and nontraditional missions. "I have probably talked to upwards of 15,000 Sailors in the course of more than a half-dozen trips at sea and ashore," Mullen said. "And the vast majority were involved in operations I would consider green or brown water in nature."

In recognition of the Navy's new service vision on the three-year mark of U.S. troops deployed during Operation Iraqi Freedom, as well as Seabee contributions around the globe, on the following pages we feature many of the accomplishments of our "Builder Warrior" battalions, engineering advancements and ingenuity, morale-building techniques and a bit of "Can Do" history from when it all began.

ON THE GROUND In Iraq



(Left) Seabees, assigned to NMCB 23 secure a severely damaged school in Fallujah, Iraq, during a thorough assessment of the facility. The Seabees were forward deployed from Fort Belvoir, Va., in support of reconstruction efforts in the city.

Photo by Journalist 1st Class Jeremy L. Wood

Excerpts from a speech given by President George W. Bush at The Johns Hopkins University, Washington, D.C., April 10, 2006

"Yesterday, our nation marked the third anniversary of a great moment in the history of freedom - it was the liberation of Iraq...America is doing its part to help the Iraqis build a democracy. Our nation can be proud of what our courageous men and women in uniform have accomplished in the past three years. Since liberation, our forces have captured or killed thousands of al Qaeda terrorists and other enemy fighters; we've freed Fallujah and Tal Afar and other Iraqi cities from the grip of the terrorists and the insurgents; we've trained Iraqi security forces so they increasingly can take the lead in the fight - and eventually assume responsibility for the security of their country...By pursuing a clear and flexible strategy in Iraq, we helped make it possible for Iraqis to choose their leaders and

begin to assume the responsibilities of self-government and self-defense. In the past three years, our troops in Iraq have done everything expected of them, and more. They've brought freedom to Iraq, security to our country, and pride to the uniform - and they have the gratitude of all Americans. Because Americans and Iraqis and troops from 17 other nations gave up their own futures so the Iraqi people could have a future of freedom, this world is better off, because of their sacrifice. America will honor their sacrifice by completing the mission in Iraq - and Iraqi leaders have a responsibility to the fallen as well. By working together, we'll build a future of freedom for both our people. We're laying the foundation of peace for generations to come."

TO DATE

OPERATION IRAQI FREEDOM

RECENT EFFORTS

Multiple Seabee battalions continue contingency operations throughout the Al Anbar Province in direct support of II MEF counter-insurgency efforts.

Completed the following construction projects:

- ★ Six camps for the Iraqi Security Force.
- ★ SWA Hut triage area with breeze-way/access ramp for the Al Asad Surgical Unit.
- ★ A 300-troop tent site for a logistics support area in Hit.
- ★ Consolidated hardened mess hall facilities at Camp Gannon, Camp Blue Diamond and Taqqadum.
- ★ Helicopter Landing Zone at Camp Blue Diamond.
- ★ Two hundred berthing trailers at Camp Blue Diamond.
- ★ Access route and concrete entrance/exit ramp at Camp Ramadi, as well as separated entrance/exit route for local delivery trucks, delivery truck search area and access control point.
- ★ Seven Helicopter Landing Zones in Kalsu capable of sustaining CH-47 operations.
- ★ Medical Facility K-SPAN at Taqqadum.
- ★ Building renovation, including electrical, plumbing and force protection upgrades.
- ★ Runway, road and bridge repair.

Seabees played a significant role in Iraq's political process by completing priority projects to ensure safe elections. In Kuwait, Seabees are building a border crossing complex that includes facilities for inspections, customs, immigration, a refueling point for coalition forces, and construction of associated entry control points and base camps.

PRE-HOSTILITIES CONSTRUCTION

- ★ Seabees constructed a 20-acre aircraft parking apron.
- ★ Prepared 10-acre and 20-acre areas for matting.
- ★ Constructed two munitions storage areas, a 48,000 square foot concrete pad and a 1,200-man camp with strongback tents, SEAHuts, electrical distribution and defensive positions.

Note: Projects utilized 16,500 man-days of labor and included placement of more than 34,000 cubic yards of concrete.

WARTIME CONSTRUCTION Breaching

- ★ Seabees maintained 11 breach lanes as the 1st Marine Division crossed the line of departure and entered Iraq.

Bridging

- ★ Seabees erected non-standard bridging to enhance mobility and success of U.S. Marine Corps operations, including six Mabey-Johnson Bridges and five expeditionary culvert crossings (a total bridging effort of more than 340 meters).

Road/Airfield Maintenance and Construction

- ★ Various resources (Seabees, contractors and Iraqi national employees) were utilized in a concentrated effort to repair, upgrade and construct Main Supply Routes (MSRs), Alternate Supply Routes (ASRs) and connector/access roads to provide U.S. Marines with effective, efficient paths to prosecute the mission northward.
- ★ Seabees constructed a 32-km connector road to bypass Iraqi Regime Death Squads, including non-standard bridging to facilitate movement of a Patriot battery to defend against potential Iraqi missile attacks.

- ★ Worked a 40-km stretch to remove culvert gaps, recover Marine Corps standard bridging and improve travel surfaces to quicken speed of march and safety from dust.
- ★ Repaired Al Kut airfield asphalt and concrete runways.

SERT

- ★ Seabee Engineer Reconnaissance Teams (SERTs) provided valuable reconnaissance and surveying services in the selection of bridging sites. Advance reconnaissance made it possible for construction echelons to arrive with correct construction materials, facilitating timely and effective construction and repair.

EPW Camp Construction

- ★ Seabees constructed a 14,400-personnel Enemy Prisoner of War (EPW) Camp that covered 42 acres.

Port Construction

- ★ UCT Seabees completed breakwater pier dolphin pile removal, elevated causeway survey and analysis, ammunition offload pier inspection, coral reef demolition, mine laying ship disabling, and salvage and various waterway surveys, enabling Seabees to complete bridge construction projects.
- ★ Constructed a road for access to the Umm Qasr ferry landing so that humanitarian aid and military resupply could be transported by ship to the Al Faw peninsula while enemy forces blocked the land route.

Humanitarian Assistance

- ★ Seabees constructed and repaired civil facilities to improve the quality of life for Iraqi civilians and deter terrorist stronghold influences. This included 7 bridges (including a 216-meter pontoon bridge over the Tigris River, the largest Seabee pontoon bridge since World War II), 74 schools, 13 government buildings, 16 police and

fire stations, and various other projects to help the Iraqi people.

- ★ Repaired two irrigation facilities that provide water to 200,000 acres of farmland. Seabees worked on civil-military operations (CMO) projects valued at \$7.1 million within I MEF governates in the cities of Ad Diwaniyah, Al Hillah, An Najaf, Al Kut, Karbala, An Nasirayah, As Samawah and Umm Qasr.

Quality of Life/ Habitability Projects

- ★ Seabees supported the I MEF at its many locations throughout Iraq, as well as coalition troops from Poland and the Ukraine, with the following: troop beddown, shave tables, burnout toilets, shower facilities, weapons racks, MTVR truck seating benches and other furniture, electrical connections, air conditioning installation, road grading and maintenance, security gate installation, guard tower construction and reinforcement of fighting positions, plumbing services, and generator repairs.

Fleet Hospital Support

- ★ CBU Seabees constructed a 116-bed Expeditionary Medical Facility and a 250-bed Fleet Hospital Facility, a 75-person berthing encampment, and provided maintenance for a 700-person SEAHut compound, expending more than 1,500 man-days of labor.

Amphibious Construction

- ★ Seabees constructed a 1,200-foot elevated causeway (ELCAS) to provide significant off-shore loading and unloading capabilities, necessary in critical humanitarian operations.

*Compiled by
1st Naval Construction Division
Public Affairs Office*

Gulf to Gulf

*Since Fall 2005,
several Seabee
battalions have
found themselves
using their “Can
Do” spirit in not
one but two gulfs...*

*...the U.S. Gulf Coast ravaged by Hurricanes Katrina and Rita; and the Persian Gulf,
the focal point of U.S. military involvement in Operation Iraqi Freedom (OIF).*

NMCB 7

NMCB 133

Following one of the most devastating hurricane seasons on record, Seabees responded in force to help reestablish cities and towns, rebuild the property and renew the spirit of the people along the Gulf Coast. For two Seabee battalions — Naval Mobile Construction Battalions (NMCBs) 7 and 133, based in Gulfport, Miss. — it was the beginning of a journey where their skill and expertise were needed first at home and soon thereafter abroad.

After the powerful one-two jolt of Katrina and then Rita, NMCB 7 and 133 immediately got to work clearing roads, repairing houses and delivering relief supplies in Gulfport and other affected locales — many of these Seabees’ own communities. A month later, 650 NMCB 133 Seabees deployed to Iraq, undertaking a wide range of construction projects in support of OIF — leaving behind families continuing to deal with the hurricanes’ aftermath.

NMCB 7 had until February 2006 on the homefront, allowing these Seabees more time to help bases along the Gulf Coast get back online and operational. In addition, NMCB 7 combined efforts with crewmembers from USS Whidbey Island (LSD 41) and a Mexican amphibious ship to clean up local schools in the Biloxi school district, saving approximately \$50,000 in manpower and equipment alone.

Of course, in between community reconnaissance, clean-up support, and repair and construction, NMCB 7 trained for deployment to Iraq. And tended to their own immense personal and property losses.

At Al Taqaddum air base in Iraq, NMCB 133 Seabees got to work repairing dilapidated runways; before 1991, Iraqi jets flew out from these same runways to drop chemical weapons on Iraq’s Kurdish minority. Equipment shortages, poor quality of local materials, harsh winter weather and frequent mortar attacks by insurgents complicated the Seabees’ work.

Threat levels dictating that U.S. troops be on alert at all times, travel was by hardened Humvee and armored convoys. Dining was in fortified halls with earthen concrete walls and roofs — all equipped and built by Seabees.

NMCB 7 and 133 crossed paths for about a month before the former started another chapter to help enable a country to become free and the latter came home to resume picking up the pieces in their own communities.

For these two Seabee battalions, the past eight months have been chock full of emotionally charged events and duties, both personal and professional, in two gulfs — one at home and one far from it. But, the “Can Do” spirit prevails in both.

Compiled from NMCB 7 and NMCB 133 sources

Earlier this year, Seabees from NMCB 1 based in Gulfport, Miss., UCT 1 of Little Creek, Va., and NMCB 26, a reserve battalion based out of Selfridge Air National Guard Base, Mich., joined to perform a "Super" Field Exercise (FEX) at Camp Shelby, an Army training center near Hattiesburg, Miss. In this graded field exercise, *Operation Steel Shanks*, Seabee mettle was tested in a variety of critical mission-oriented areas, including supplying engineering expertise in contingency areas around the world, preparing for deployment to a combat zone and providing construction support to Marines and Special Ops Forces.

NMCB 1

NMCB 26

UCT 1

OperationSteel

Seabees from NMCB 1's Echo Co., prepare concertina wire at the forward operating base during the battalion's field exercise.

Photo by Journalist 1st Class (SW) Dennis J. Herring



A Seabee from NMCB 1 dresses in chemical, biological and radiation protective gear during a drill in preparation for the field exercise.

Photo by Journalist 1st Class (SW) Dennis J. Herring



(Above) Builder 3rd Class Raymond Grindle, NMCB 1, maintains a security position at a nearby airfield, while members of the battalion's air detachment unload equipment from an Air Force C-130.

Photo by Journalist 1st Class (SW) Dennis J. Herring

(Right) Seabees participate in a battalion march at Construction Battalion Center, Gulfport, in preparation for "Operation Steel Shanks."

Photo by Journalist 1st Class (SW) Dennis J. Herring



Shanks



Members of NMCB 1 practice carrying litters before a simulated mass casualty drill.

Photo by Photographer's Mate 3rd Class Ja'lon A. Rhinehart



Construction Mechanic 2nd Class Demictrick Jacobs, NMCB 1 Convoy Support Element, prepares to move out of the forward operating base as the security element of a convoy.

Photo by Journalist 1st Class (SW) Dennis J. Herring

A Reporter's

When I was first assigned to the 30th Naval Construction Regiment, a Seabee staff command in Pearl Harbor, Hawaii, I was told by my detailer that it was a shore command and, therefore, I wouldn't deploy.

This was back in 2003 when the war in Iraq was in its infancy, so imagine my surprise when I called the command to find a sponsor and was told by the secretary that the 30th NCR was in Iraq.

No worries, I told myself. What are the odds that a nondeploying unit would deploy again?

I'm glad I didn't take those odds to Vegas, because in March 2005 I was off to Iraq with the rest of my command in support of Operation Iraqi Freedom (OIF) 04-06. While the end-state of this deployment was vastly different

from OIF number one, my goal as a military reporter was quite the same: Win the hearts and minds of both the Iraqis, as well as a country that was quickly losing faith in a war that they didn't

fully understand.

Like most of the world, I had been following the war on TV, so I was convinced that every Iraqi hated me and given the chance they'd blow me up.

But the real situation couldn't have been further from the truth.

The fact of the matter was the majority of the Iraqi citizens are grateful to the U.S., as both a liberator and an ally.

During my time in Iraq, I got many a chance to visit the Civil-Military Operations Center in Al Fallujah, where military engineers and Iraqi citizens worked together to rebuild their city. There were daily meetings discussing a range of topics, from construction of schools to security within the city. It was a partnership that allowed for many great things to happen within the city, and I witnessed many working relationships develop.

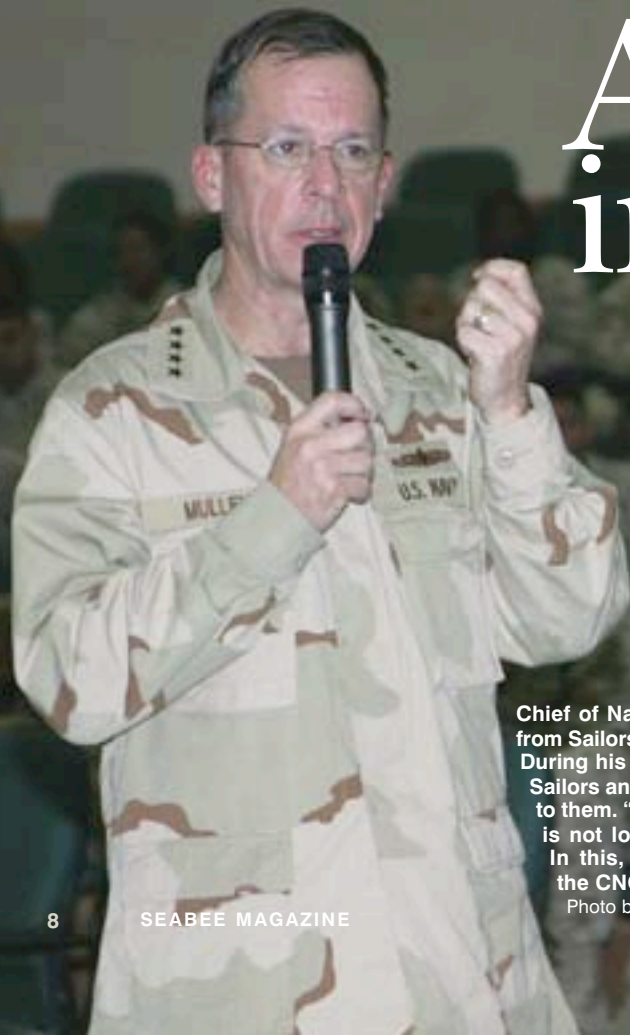
Iraqi citizens have invested in the future of the country and are quickly taking the reigns of reconstruction. You can see that future in the faces of the Iraqi children as they wave at American convoys that rumble through their cities on a daily basis.

The Seabees themselves are doing great work and have become the face of engineering support. From building dozens of Southwest Asia (SWA) huts for Marines on the front lines, to assisting Iraqi contractors with rebuilding, Seabees are taking the lead like never before in a contingency environment.

Seabees are working side by side with Marines as both services strive to



All-Hands in Fallujah



Chief of Naval Operations Adm. Mike Mullen addresses questions from Sailors during an all-hands call in Iraq on New Year's Day 2006. During his address, Mullen continually stressed the value of the Sailors and the importance of the families who provide support to them. "The importance of what you are doing, the success is not lost on any of us, nor the price you pay for that. In this, it is very much thought of and appreciated," the CNO said.

Photo by Yeoman 2nd Class Scott R. Beutler

Notebook

By Journalist 1st Class (SW/FMF) Chad V. Pritt
30th Naval Construction Regiment Public Affairs

provide the most efficient fighting and relief force ever.

Ever busy supporting the Marines and Iraqis, Seabees from the 30th NCR have taken the time to better themselves professionally. Several of them have qualified as Enlisted Fleet Marine Force Specialists (FMF), and even more within the battalions are earning their Seabee Combat Warfare Specialist (SCWS) pins.

Coming from the Fleet community, I couldn't understand how service members could deploy and not have port visits to bolster their morale. As it turns out, the best morale builder can't be found in a foreign port. It is camaraderie. It was the fact that we were all in the same place doing different things for the same end result that created a perfect fusion of personnel, and an ideal environment for building partnerships.

Take the small forward operating base of Camp Korean Village near the Syrian border. A small outpost of the U.S. military, the base lacked many of the quality of life facilities taken for granted at stateside facilities. A detachment of about 20 Seabees from NMCB 24 was stationed there for a while, and what they left behind was a lasting legacy. They built dozens of SWA huts, an MWR hut, a gym and several other "odd jobs" around the base that vastly improved the quality of life of all on the base. Through it all they remained a tight-knit unit and, though I only spent three days with them, I never saw a downtrodden face.

Perhaps one of the most inspiring moments for the Seabees was

NMCB 133's involvement. These Seabees deployed to Iraq to relieve NMCBs 3 and 5 even after Hurricane Katrina tore through their homes, leaving many of those same homes destroyed. Most citizens can't imagine having to leave their families in the devastating wake of arguably the worst natural disaster in U.S. history. But these Seabees did, and they're accomplishing their mission every day.

The Seabees will continue to weave the fabric of their history on the loom of Operation

Iraqi Freedom, and they'll do it in true Seabee fashion: with a "Can Do" attitude and "with compassion for others."



NMCB 24

A Fortified Mess Hall Constructed



BEFORE



DURING



AFTER

Seabees assigned to NMCB 24 constructed a new dining facility aboard Camp Blue Diamond in Ar Ramadi, Al Anbar Province, Iraq, in July 2005. The mess hall provided a more fortified structure for Sailors, Soldiers and Marines during mealtime. NMCB 24 was deployed with the 2nd Marine Division in support of Operation Iraqi Freedom (OIF).

"Before": U.S. Marine Corps photo by Cpl. Thomas Schaeffer

"During": U.S. Marine Corps photo by Lance Cpl. Mark Morrow

"After": U.S. Marine Corps photo by Warrant Officer Keith A. Stevenson

ON THE GROUND

COP South

Ingenuity in the Desert



Construction Mechanic 2nd Class Karen Cato climbs aboard the MTVR (Medium Tactical Vehicle Replacement) she drove with a convoy to deliver materials and supplies to NMCB 22 Seabees building an ISF camp.

Photo by Journalist 1st Class Leslie A. Shively

Seabee-built Outpost Supports Iraqi Troops

by Journalist 1st Class Leslie A. Shively

Small breezes whisked the fine Iraqi sand into a nasty froth cutting nasal passages and stinging skin like tiny electric shocks. The crew of Naval Mobile Construction Battalion (NMCB) 22 Seabees shielded their faces while they dug fighting positions and surveyed an area deep in the desert near the Syrian border.

The Seabees arrived to build a camp at COP (Command Observation Post) South for the Iraqi Security Forces (ISF) with little more than hand tools, lumber, plywood, generators and a few pieces of heavy equipment. Plans included everything from cooking and berthing spaces, showers, water and fuel storage, plus waste management facilities.

Because the site was nothing but a vast expanse of barren desert, the crew bedded down in sleeping bags on the ground or tucked into concealed areas around the perimeter of camp during the first weeks on site. For hygiene, they resorted to “mission essential” baby wipes and if they could find a semi-private spot, a bottle of water, a sliver of soap and a wash cloth.

“It was really dirty and cold,” said Builder 3rd Class Rudolph Robles, one of the first to work on NMCB 22’s most isolated outpost in Iraq. “We had nothing to keep the wind off our backs.”

“When you’re coming to a place where there’s zero anything, you have to create all your amenities,” explained Lt. Cmdr. Anthony Spinler, NMCB 22’s operations officer. “You have to create the facilities to go to the bathroom, store water, get power. Because of the military operations, this has to be done in a very short timeframe.”

Spinler said NMCB 22’s military mission at COP South and throughout the area of opera-



NMCB 22

Opposite top:

(Left) Steelworker 2nd Class Mark Nieuwenhuis, left, and Builder 2nd Class Andrew Westover use a field circular saw to cut gussets for a DFAC.

(Center) Construction Mechanic 2nd Class Jorge Landeros performs maintenance work on a nail gun, cleaning and lubricating parts. Equipment in Iraq is prone to major wear and tear due to the sand, which is actually silt and so fine it behaves like dust or talcum powder.

(Right) Builder Constructionman Samuel Scholette, front, and Builder 3rd Class Jonathan Wyatt cut a four-by-six beam with a field circular saw. Scholette and Wyatt, NMCB 22, prefabricated floor joists for a Davidson building.

Photos by Journalist 1st Class Leslie A. Shively



tions played an important role in the overall scheme of providing support and security for Iraq and also in the U.S. exit strategy.

"It's an elemental part of reducing U.S. forces in Iraq," Spinler explained.

"With posts like this, the Iraqi army has a safe place it can stage from just like we have with our bases at home. This is a place where they can come and resupply, fuel, rest up and then push out," said Construction Electrician Chief David Benavides, in charge of electrical and plumbing installation at COP South. "They can keep their military up and running with a show of force and leave from here to do their patrols and take care of business."

After the Seabees and Marines secured the area, the crew began creating a small town in the middle of wasteland. Seabees were not the only group building the camp. Several weeks into the project, Army engineers assisted with construction.

Two major building challenges confronted these Seabees and their Army colleagues.

First, the sand here is less like Waikiki Beach and more like baby powder. "It gets into everything, it's very gummy which makes it hard to maneuver equipment," Spinler explained. "You have to put down a lot of construction to ensure you have firm footing, and you constantly have to manage that."

Second, materials must be convoyed to the site. Convoys are the major method of moving materials in Iraq, but roads are rough and insurgents often place improvised explosive devices (IEDs) along routes. Security is provided by Marine or Seabee Tactical Movement Teams.

Foremost on the building agenda were strongback tents with flooring and frames to provide shelter. Once the strongbacks were constructed, the crew moved on to building SWA (Southwest Asia) huts, all-purpose buildings with four walls and a roof on a wooden base. In order to facilitate building the large number of SWA huts planned for COP South in a minimal

amount of time, production was streamlined in innovative ways using prefabrication and an assembly line-process.

"All lumber is pre-cut to length and tasks are divided up. One crew assembles trusses, while another assembles walls and another floor joists," explained Lt. Richard Windham, officer-in-charge of COP South.

After all components were cut, they were bundled together as a "kit" from roof to stairs. Kits were transported to the project site by a "conveyor" crew. This process allowed Seabees to build a 520-man camp in approximately two months, according to Windham.

"We've got plywood cut at a different angle so our scrap can be used as gussets, which saves three people about 10 hours a day," explained Builder 2nd Class Hans Osgood. "The pieces we use to put together trusses also hold parts together for transport."

Another Seabee innovation at COP South was the two-bay hardened dining facility (DFAC). The building has no windows, extra support beams inside and layers of sandbags on the roof. HESCO (Hercules Engineering Solutions Consortium) barriers — collapsible wire mesh containers lined with heavy-duty plastic filled with dirt — surround the outside. HESCOs protect against rifle bullets and shell fragments.

The COP South hardened DFAC was the second the crew built, with much of the design worked out on the spot. Osgood said in order to solve construction problems he got his crew together, pooled ideas and then opted for the best.

He said his biggest challenge was not having a Home Depot for extra supplies.

Osgood feels his crew's accomplishment should be an historical footnote included in the Seabee Combat Warfare (SCW) pin qualifications, asking, *Who built a two-bay, hardened DFAC with nine people in five weeks in Iraq?*

ON THE GROUND

Combat Stress

AT WAR WITH AN INVISIBLE ENEMY

Sometimes the injuries not seen are most harmful. Just ask any servicemember affected by combat stress.

Combat stress is a condition caused by war-related events that takes a toll on a person's mind and body. Physical symptoms may include inability to relax, hypervigilance, jumpiness and trouble remaining asleep. Emotional symptoms can be manifested through nightmares, flashbacks, memory loss, and the inability to experience or show joy and happiness. These symptoms not only occur after being exposed to traumatic elements of a wartime conflict, but can also surface following difficulty coping with certain situations away from home, such as deployment.

Approximately 15 percent of servicemembers in theater suffers from some form of combat stress. (This number is most likely higher due to unreported cases.) While some servicemembers seem to be better able to physically and mentally deal with the realities of wartime conflict, others are not as able to effectively handle emotionally charged or traumatic events. Biologically speaking, in these cases the brain is unable to process information adequately; those affected either relive the events through nightmares and terrors, or become emotionally numb and avoid the memory altogether.

While combat stress may seem to be a product of modern wartime efforts, its symptoms have transcended at least two centuries. During the American Civil War, physicians on the battlefields referred to it as a "soldier's heart." In the early 20th century, emotional repercussions of trench warfare during World War I became known as "shell shock." The atrocities of World War II contributed to "battle

fatigue," describing soldiers who were no longer able to function in combat.

The key to dealing with and working through combat stress is to seek professional help. While this may sound simple, the "warrior mentality" adopted by many military personnel may prevent someone from admitting vulnerabilities or discussing personal issues.

It is most important to remember that having a psychological reaction to a traumatic event is normal. U.S. involvement in the global war on terror — on all fronts — has spurred our military to aggressively plan and implement wide-ranging counseling and psychological interventions for a wide array of deployed officer and enlisted personnel. Medical personnel deployed to warzones and at stateside medical facilities are highly skilled at treating not only physical injuries, but emotional wounds.

There can be no doubt that physical, as well as psychological, well-being are the most important keys to mission readiness. Seeking help when needed — or for a fellow servicemember who needs it — is not something we should hesitate to do. Many military personnel have been exposed to the trauma of combat operations, and should not feel alone. If you or a fellow Seabee is experiencing any of the symptoms of combat stress, help is available. For active duty personnel, contact the medical officer or chaplain; for reserve personnel, contact your family doctor or local Veterans Administration.

In the coming issues, *Seabee Magazine* will feature more information on combat stress and how the U.S. military is committed to ensuring the mental and physical health of our troops on the battlefield and at home.

Compiled from Department of Defense and related military and medical sources

E-Journal Links Field with Family & Friends

Until late last year, Cmdr. Scott A. Bernotas was deployed to Iraq with the 30th Naval Construction Regiment (NCR). He is a Civil Engineer Corps (CEC) officer, and is currently working at NAVFAC HQ as a product line leader for facility sustainment. Throughout his six-month deployment, Bernotas served as the regiment's operations officer keeping over 70 construction projects up and running in support of Operation Iraqi Freedom. Bernotas also knows the value of communication and carved out time each week to share some news and insight with family and friends back home.

Following are several excerpts from his email journal while deployed to Iraq, May – November 2005...

June 18 I stopped on the way back to my room a few nights ago to say good evening to a Seabee working by flashlight. The Seabee was from South Dakota (a reserve member) whose mission was to drive for hours to a location in a dusty HMMWV with no A/C (most do have now), load up material and drive back for hours the next day. It's hard and dangerous work, and he's been doing this for months. Despite the conditions and risk, he was excited to be able to talk about the mission. These guys just make you proud to be American.

June 25 We lost one of our own motivated young troops on a voluntary mission last week. I had a local national approach me yesterday and say, "God bless you, sir." Progress is slow... But, we are making progress.

August 21 Weather here has started to cool... down from 118 to 105 degrees in the last couple of days. The construction priorities went through another major upheaval again as we squeezed in a new set of priority one projects into the schedule, reworked the dozen jobs that got bumped, re-assigned crews and tried not to disturb the really hot projects. On the bright side, the Seabees look really great to the Marines. We accomplish as much construction in six weeks as we did in a battalion on a full six-month deployment!

August 28 Couple of big explosions on camp this week — an inbound rocket missed by a few hundred meters, and the other was a controlled detonation that caught us by surprise and literally shook all the dust loose inside the building. It was just enough to remind you where you're located...and remind you how lucky you are to call the USA home. Meanwhile the number of dust storms has dwindled (knock on wood)... that along with the slightly cooler weather makes a huge improvement. The Seabees are doing great. Everyone here knows the mission. Everyday we have Seabees who leave camp and head into harms way with extreme professionalism...you'd be proud of them.

September 3 We catch snippets on what's happening in New Orleans [Hurricanes Katrina and Rita]. Unbelievably sad. It seems surprising how thin the line is since some of what I saw looked similar to some neighborhoods here.

September 10 I found out a good friend with whom I served at the Pentagon is in country. Another good friend is just down the road. Also met a Navy officer here who works with some of the same people I did six years ago. Sometimes it really is a small world.

September 16 Completed some big projects ahead of schedule. Temperature is almost down to 100 degrees (103 today)...huge difference! Military forces are taking each day as it comes, focusing on the day's tasks. Morale is steady and positive.

October 2 National referendum is quickly approaching to decide if Iraq will adopt a new constitution.

October 8 My relief is here and we have a month turnover. I'm so fortunate to have such a hardworking and loyal staff.

October 22 The elections went better than anyone expected and results should be made official soon. If approved, Iraq will have a national election in mid-December to elect the first democratic slate for the interim government. If rejected, then in January the process starts over. Seabees/Marines/Soldiers here are really proud of this moment regardless of the results. We can all be proud of our American youth...professional and motivated.

November 4 Just completed my 25th week here and this will be my last dispatch from overseas. Overall, your Seabees built camps for the Iraqi army; repaired a local bridge, government centers and waterlines; and constructed medical clinics and numerous projects for the Coalition Forces. As I've said before, you'd be proud of the Seabees and Marines...the seasoned teaching the new, their dedication to duty, their patriotism and military bearing. Time here has gone fast at points, and slow at points. Overall, I feel fortunate to have been able to contribute something to the future of Iraq. Hopefully, it will be a prosperous and safer future. I'm also looking forward to finishing the long journey home next week.



Rear Adm. Michael K. Loose, left, presents the Bronze Star to Cmdr. Scott A. Bernotas, 30th NCR, for his courageous leadership during Operation Iraqi Freedom. The Bronze Star Medal, first authorized by President Franklin D. Roosevelt, is awarded to members of all branches of military service for combat heroism or meritorious service.

Photo by Journalist Senior Chief Petty Officer (SW/AW) Regina Adams

CHEM-BIO SUITS

NMCB 74 Selected to Test Alternate Material for Chemical-Biological Suits

By Michelle Fayard, MWR Public Affairs Specialist

NCBC Gulfport

For the next six months, a group of 180 Seabees from Naval Mobile Construction Battalion (NMCB) 74 in Gulfport, Miss., will test alternate material for the military's chemical and biological suits.

The gear — officially known as Joint Service Lightweight Integrated Suit Technology (JSLIST) — is currently being tested by personnel representing all branches of the U.S. Armed Forces. For military personnel deploying into a contingency environment, chem-bio suits are a critical part of their gear.

Other test participants have included Seabees from NMCB 40, based in Port Hueneme, Calif. NMCB 74 began testing the suits in February, which is expected to continue through mid-July.

In the testing phase, personnel wear the equipment 40 hours per week for a total of 720 hours, all while performing their daily work routine. At the end of each day, participants rate how well their suit handled a cross section of "mission codes," reporting any problems they might have experienced.

"Primarily, we are testing this material for wear and tear," said Lt. Doug Huling, assistant training officer for the 20th Seabee Readiness Group (SRG) at Naval Construction Battalion Center (NCBC), Gulfport, and liaison officer for the testing project.

Tests simulating an actual chem-bio environment have already been completed, Huling added.

In order to gain additional data, personnel from NMCB 74 may also wear their suits during the chem-bio section of field exercises in July.

"By participating in this project, we are paving the way for the future," Huling said. "This will impact not just the Navy, but the joint services."

Electronic Technician 3rd Class Petty Officer Erik Lazaroff, NMCB 74, wears the JSLIST gear currently being tested by selected personnel from all branches of the U.S. Armed Forces.

Photo by Journalist 1st Class (SW) Rob Wesselman

Purple Hearts



Equipment Operator 3rd Class Kenneth D. Reynolds, left, a Reservist with NMCB 23, Detachment 0723, receives a Purple Heart from Rear Adm. Raymond Alexander. He also received the Navy and Marine Corps Achievement Medal with Combat "V" earlier for his valor in saving the life of the severely injured driver, Equipment Operator 3rd Class Matthew A. Terrick, NMCB 23, Detachment 1223.

Editor's Note: Terrick also earned a Purple Heart for wounds received in this explosion.

Submitted by Journalist 2nd Class Barrie Barber, U.S. Fleet Forces Command NR Navy Office of Information



The Purple Heart is awarded to members of the U.S. armed forces who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration.

The following Seabees were wounded in action* while deployed to Iraq in support of Operation Iraqi Freedom...

SW2 Jody Allen
EACN Cody Cannon
BUCA Richard Fisher
SW2 Christopher Moran
SW3 Justin Sasser
CE2 Sean Sullivan
EOC Darren Williams
CUCM Martin Yingling

Iraq

* At time of publication, in addition to Seabees listed in previous issues of *Seabee Magazine*.

30th NCR Duty Station Change

By Journalist 1st Class (SW/FMF) Chad V. Pritt, 30th Naval Construction Regiment Public Affairs

After almost 24 years in Hawaii, the 30th Naval Construction Regiment (NCR) will soon leave the island for a new home at Naval Base Ventura County in Port Hueneme, Calif. Having returned from deployment to Iraq late last year, the change to a new home-port will occur gradually through late summer 2007.

While there are other contributing factors fueling the need to move the 30th NCR, one of the biggest is to be near subordinate units and "Unity of Command." The current Pacific Fleet Naval Construction Force (NCF)



has four active duty naval mobile construction battalions (NMCBs), an underwater construction team (UCT) and a construction battalion maintenance unit (CBMU); with the exception of the CBMU, all are stationed at Port Hueneme. The move will allow the 30th NCR, comprised of about 40 members, to exercise increased command and control over its units.

This is not the first time the 30th NCR has changed stations. In the past, the 30th NCR has been headquartered on Saipan, Guam and Danang, Republic of Vietnam.



Seabees Around the World



NMCB 3

Seabees in Kenya

Seabees Praised for Response to Kenyan Building Collapse

By Lt. Cmdr. Kyra Hawn, Naval Construction Force Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 3 serving in Djibouti in support of Joint Task Force Horn of Africa (JTF HOA) received praise from U.S. Ambassador to Kenya William M. Bellamy for their quick response following a five-story building collapse in Nairobi, Kenya, earlier this year.

Seabees were the first international team to respond to the crisis that left at least 14 people dead and more than 100 injured. Members of NMCB 3 arrived to assist in rescue and debris-clearing operations less than 18 hours following the collapse.

The Seabees' broad-based skills in the field of combat construction and operation of heavy equipment were instrumental in removing rubble during efforts to free those trapped below the surface of the collapsed building.

Bellamy commended the Seabees for their rapid, skillful and compassionate response to the crisis in a letter of appreciation sent to Commander, JTF HOA, saying, "Their expertise provided the time-critical support for the international search and rescue operations. Simply, these young men saved lives. Please express our appreciation and gratitude to the Seabees. They represent the best of the United States."

Sent in a message via telegram, U.S. Secretary of State Condoleezza Rice thanked the Seabees "for the personal dedication of each mission member who reached out to help Kenyans at a time of crisis and personal loss."

NMCB 3 is stationed at Naval Base Ventura County in Port Hueneme, Calif.



(Top left and above) Seabees remove debris from a building that collapsed on Nairobi's Ronald Ngala Street, Kenya, Africa. The Seabees from Camp Lemonnier, Djibouti, Africa, assisted Kenyan authorities in the rescue and recovery operations.

U.S. Air Force photo by Staff Sgt. Ricky A. Bloom

Seabees in

Pakistan

A Seabee from NMCB 4 assists in building a temporary school in the aftermath of an earthquake that struck Pakistan last year.

U.S. Air Force photo



Seabees assigned to NMCB 4 build a temporary school in the mountains near Muzaffarabad, Pakistan. The U.S. military participated in Operation Lifeline, the Pakistani-led relief operation designed to aid victims of the devastating earthquake that struck the region in October 2005.

U.S. Air Force photo by Tech. Sgt. Joseph McLean

Seabees in Honduras



Builder Constructionman Mike Veroneau, left, measures the trench depth as Construction Electrician 3rd Class Justin Nice operates the wacky packer NMCB 7 conducted a humanitarian project in support of New Horizons, a \$6 million joint U.S.-Honduras military humanitarian exercise. New Horizons provided new schools at El Pino, Los Girasoles, Gonzalo River and El Cacao, with one maternity clinic at Jutiapa. In addition, 14 health clinics were offered from Mosquito Coast to San Pedro Sula.

U.S. Air Force photo by Tech. Sgt. Maria J. Bare

Seabees Assuring the Future of Honduras

By Lt. Cmdr. Kyra Hawn, Naval Construction Force Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 7 based in Gulfport, Miss., participated in a U.S. Southern Command exercise, New Horizons '06, with a 90-day construction goal of building four schools and one medical clinic by May for local citizens in El Pino, Honduras. The element of New Horizons is named Joint Task Force Asegurar el Futuro, or "assuring the future."

Efrica Matute, a teacher at the El Pino school for five years, said she is happy to be getting a better building since it will help out having more room. The existing two-room school accommodates 200 children, ages 6-13, in shifts throughout the day. The new school is being constructed with room to spare for growth and extracurricular activities.

NMCB 74

Seabees in Japan

NMCB 74 Turns Over Camp Shields

By JO1 (SW) Rob Wesselman, NMCB 74 Public Affairs

Naval Mobile Construction Battalion (NMCB) 74 marked the official turnover of Okinawa's Camp Shields to NMCB 4 with the traditional flag ceremony after a scheduled six-month deployment.

"This has been a very challenging deployment," NMCB 74 Commanding Officer Cmdr. M. R. Libonate said. "Everyone has been through a lot over these six months and I appreciate your efforts."

Libonate offered words of appreciation to NMCB 4 for their efforts in assisting the Mississippi Gulf Coast in the aftermath of Hurricane Katrina. "We cannot thank you enough for all you have done in our home area," Libonate said, "especially since you were so close to beginning your own six-month deployment."

NMCB 4 Commanding Officer Cmdr. John Korka said, "NMCB 74 has faced a lot of obstacles during this deployment, but you got the mission accomplished and now it's time for you to be at home with your families."



Seabees in Kuwait

Regiment Seabees "In the Rear" Aid Operations in Iraq

By Yeoman 2nd Class Scott R. Beutler

Commonly referred to as being "in the rear with the gear," Culinary Specialist 1st Class Maximo Perez and Construction Mechanic 3rd Class Carlos Carpio attached to the 30th Naval Construction Regiment (NCR) (FWD) at Camp Moreell, Kuwait, quietly play a huge part in ensuring vehicles needed to aid the Iraqi people continue to run.

These Seabees expedite parts that are sent into Iraq to keep vehicles in an operable condition, supporting the mission of the Marine Expeditionary Force (MEF). They also procure and provide any other materials and equipment requested to support the 30th NCR mission.

"We spend our days dealing with vendors in the local economy in Kuwait City and the many military outlets in the area," Perez said. "Our evenings are spent contacting vendors all over the world to locate and procure items needed for equipment in use by our Seabees in Iraq."

Carpio is responsible for embarking the parts, and making sure they are palletized and sent to the correct location in Iraq on convoy and air movement. "I prepare all the supplies and parts for shipment up north to make sure the items get to where they need to be and in one piece," he said.

Many of the parts and equipment are purchased directly from local merchants. This is a boost to the economy of Kuwait, which just 15 years ago was a struggling nation after the invasion by Iraq.

"The job has a definite impact on the end-result to support the mission," said Chief Storekeeper (SCW) Steven Price. "I feel really good when at the end of the day I can look back knowing that the team found a hard-to-come-by part that will keep the equipment in service."

From Camp Moreell in Kuwait, Culinary Specialist 1st Class Maximo Perez, left, and Construction Mechanic 3rd Class Carlos Carpio keep operations equipment up and running in Iraq.

U.S. Navy photo



The short timeline and fast-paced construction tempo of Seabee-led projects has placed an unusually high demand on the local Honduran economy and workforce. However, building local infrastructure has created stronger relationships and a cooperative trust between the military team supporting New Horizons and the Honduran community they aim to serve.

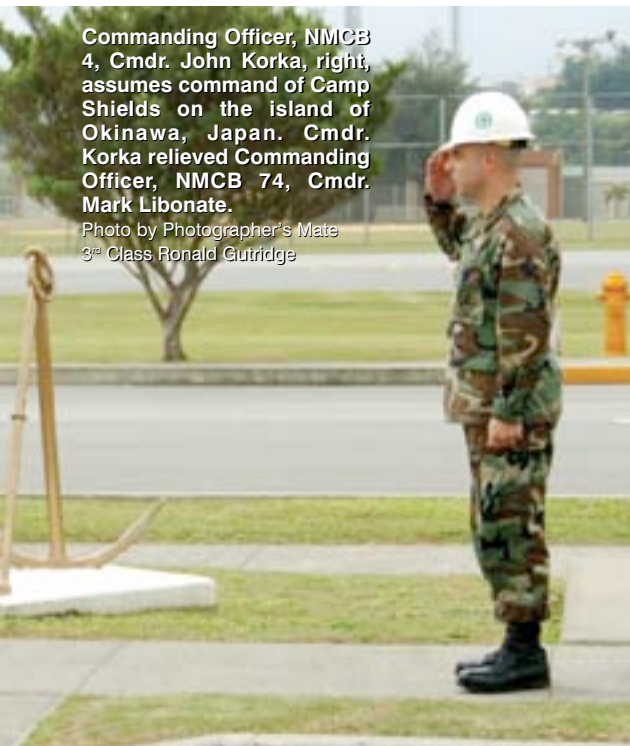
"There will be many lessons learned, and one of the most important is that we depend on the local economy and small businesses to support our construction efforts," said Lt.j.g. Richard Pocholski, NMCB 7 Honduras engineering projects lead officer.

Seabees on the job site have applied their "Can Do" culture, work ethic and standards to the entire joint task force project.

"We want to make sure we build a great product and we're able to walk away knowing that we did a good job. It's a pride thing for us," said Steelworker 1st Class (SCW/FMF) Jeremy Rich. "A lot of Seabees are in Kuwait, Iraq and places like that, but we're happy to be in Honduras because it's something we're doing for the community that will affect them for a long time."

Commanding Officer, NMCB 4, Cmdr. John Korka, right, assumes command of Camp Shields on the island of Okinawa, Japan. Cmdr. Korka relieved Commanding Officer, NMCB 74, Cmdr. Mark Libonate.

Photo by Photographer's Mate 3rd Class Ronald Guttridge



In the days following the attack on Pearl Harbor when the task of building victory from defeat seemed almost insurmountable, the Seabees were created in answer to a crucial demand for builders who could fight. Over the past 64 years, Seabees have left an indelible impression in both wartime and peacetime... World War II to Operation Iraqi Freedom, humanitarian and disaster recovery missions. All of which underscore the Seabee "Can Do" spirit. On the pages which follow, relive how the Seabees earned their motto... "We Build. We Fight."

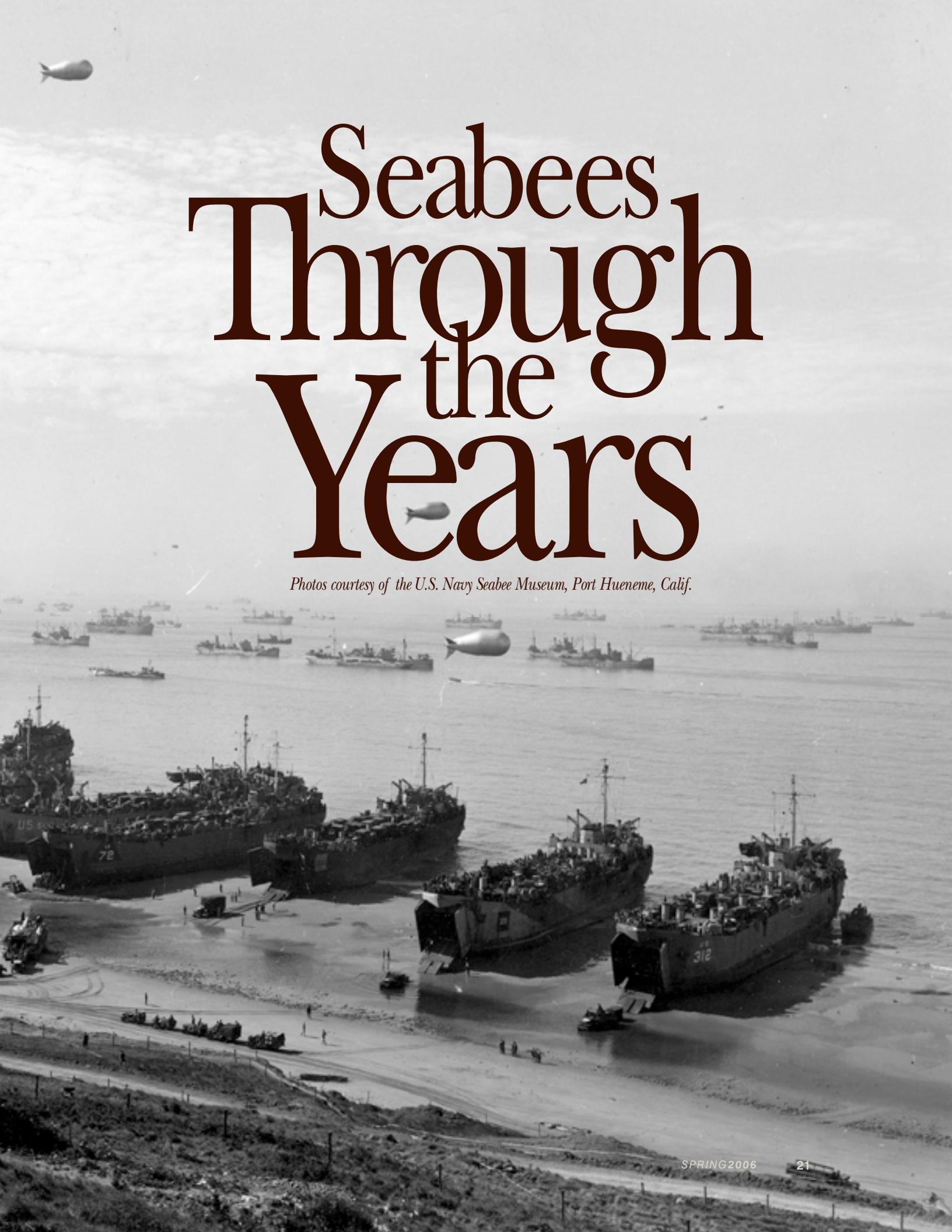
Seabees deployed with NMCB 40's air detachment sent to Mogadishu, Somalia, as part of Operation Restore Hope, drill and install a well for the local community in January 1993. The Seabees set up lights for the Mogadishu airfield, cleared the streets of old cars, sand and debris, leveled terrain for fuel bladders, and built numerous water and sewage facilities for the Marine, Army, Air Force and Allied Forces serving in the region.

1993



1944

Before the Mulberry was installed in June 1944, the 111th NCB landed at Omaha Beach. Ships unloaded on the beach while barrage balloons hovered overhead. The Seabees constructed and operated camps for naval personnel behind the invasion beaches. On D-Day plus six, work began on a beach camp designed to accommodate 6,000 men.

An aerial photograph of a beach landing operation. Numerous Landing Ship, Tanks (LSTs) are beached along the shore, with their bow doors open. The ships are densely packed with cargo and personnel. In the background, many more LSTs are visible in the water. Several blimps are flying in the sky above the ships. The foreground shows a sandy beach with some vehicles and personnel.

Seabees Through the Years

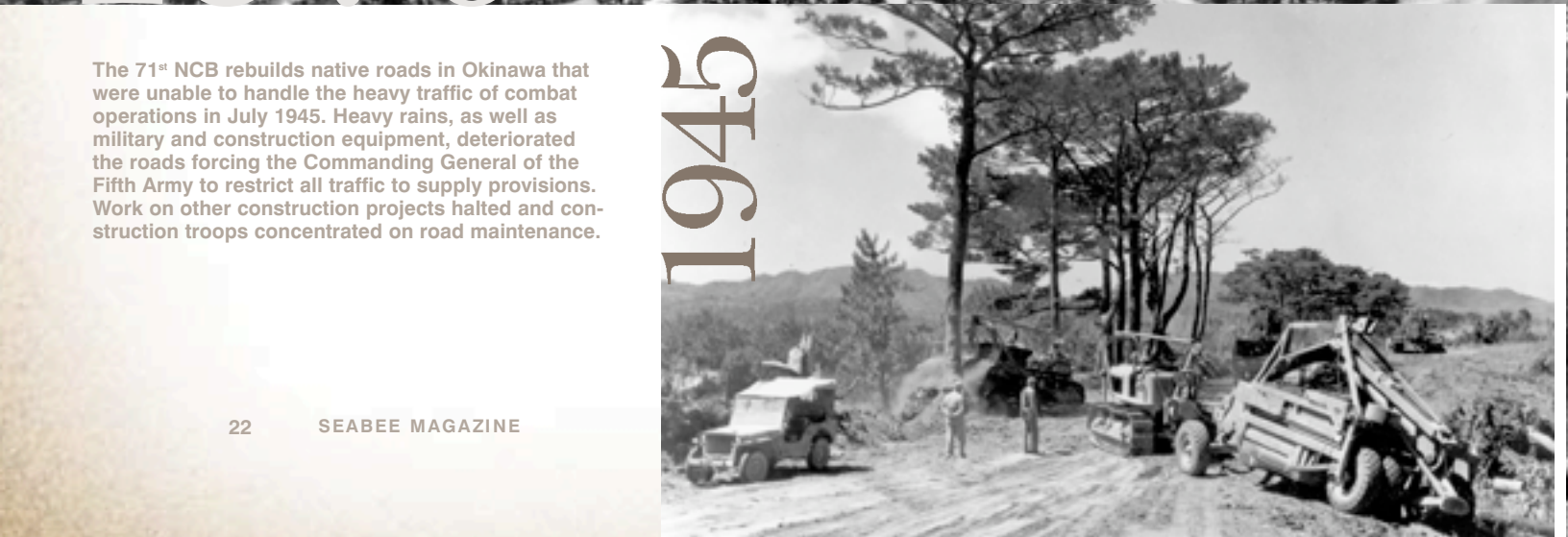
Photos courtesy of the U.S. Navy Seabee Museum, Port Hueneme, Calif.



Seabees assigned to NMCB 5 and Thailand Army soldiers build a community center in Ban Poon Suk, Thailand, in May 2004. Six centers were built for the Thai community as part of Cobra Gold 2004. This initiative was a joint-combined U.S.-Thai military exercise designed to ensure regional peace through the U.S. Pacific Command's strategy of cooperative engagement. The exercise included land and air, combined naval, amphibious and special operations, as well as combined U.S.-Thai medical civil affairs projects, throughout the Kingdom.

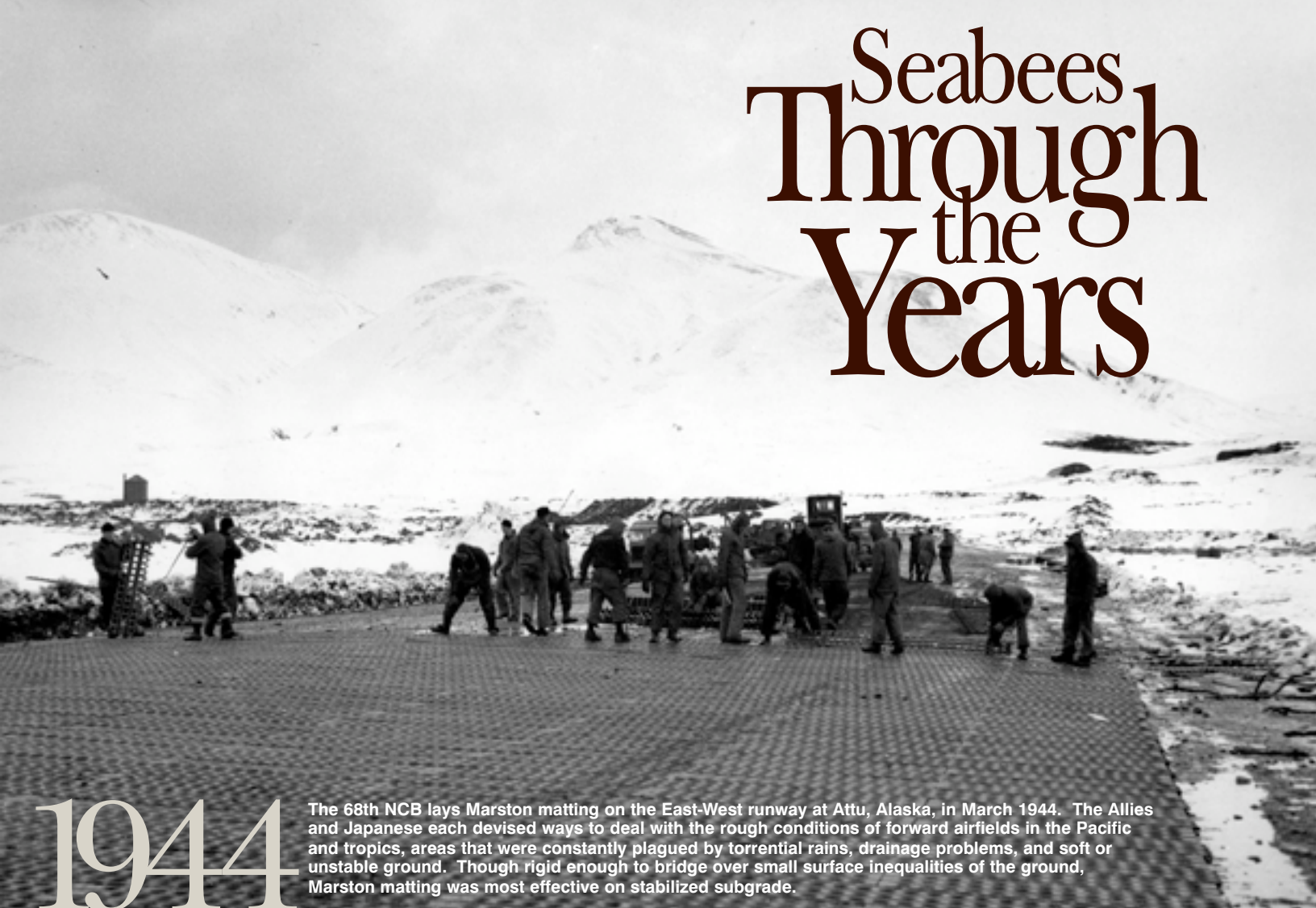


NCB 10 erects Vietnam's Quang Tri Highway Bridge in September 1970.



The 71st NCB rebuilds native roads in Okinawa that were unable to handle the heavy traffic of combat operations in July 1945. Heavy rains, as well as military and construction equipment, deteriorated the roads forcing the Commanding General of the Fifth Army to restrict all traffic to supply provisions. Work on other construction projects halted and construction troops concentrated on road maintenance.

Seabees Through the Years

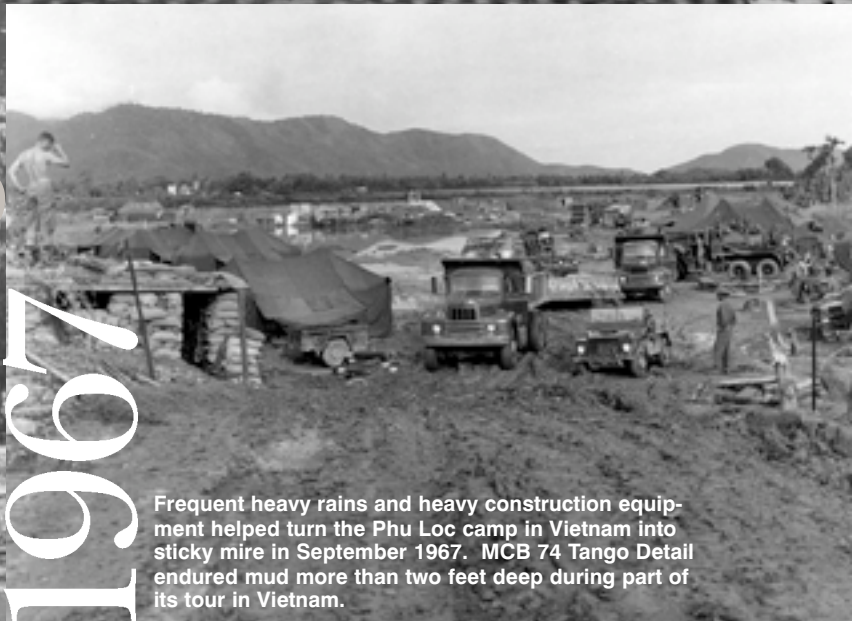


1944

The 68th NCB lays Marston matting on the East-West runway at Attu, Alaska, in March 1944. The Allies and Japanese each devised ways to deal with the rough conditions of forward airfields in the Pacific and tropics, areas that were constantly plagued by torrential rains, drainage problems, and soft or unstable ground. Though rigid enough to bridge over small surface inequalities of the ground, Marston matting was most effective on stabilized subgrade.



1943



1967

Frequent heavy rains and heavy construction equipment helped turn the Phu Loc camp in Vietnam into sticky mire in September 1967. MCB 74 Tango Detail endured mud more than two feet deep during part of its tour in Vietnam.

(Left) The 14th NCB built one of numerous bridges Seabees constructed on Guadalcanal in 1943. The principal objective of the first phase of the battle for Guadalcanal included denying the enemy and acquiring to possess for ourselves the airfield the Japanese had been constructing since early May 1942. Japanese resistance was fierce and persistent continuing for six months until they evacuated all remaining troops in February 1943.

TRAINING: DRASHIEX



A Seabee attached to CBMU 303, Detachment Hawaii, laces together camouflage netting to cover the 30th NCR's DRASH COC during an exercise. The exercise was designed to assess the regiment's ability to erect the COC complex (a group of DRASH tents attached to each other) in a timely manner and subsequently operate the COC command and control systems. The week-long exercise was a precursor to a large-scale exercise at Fort Hunter Liggett near Monterey, Calif., later this year.

Photo by Journalist 1st Class
(SW/FMF) Chad V. Pritt

Seabees from 30th NCR, Naval Station Pearl Harbor, work in a COC inside a DRASH during a week-long exercise. The exercise was designed to evaluate the Seabees' ability to erect and operate the mobile command center. The Seabees will use their new expertise during Exercise Bearing Duel later this year.

Photo by Journalist 1st Class
(SW/FMF) Chad V. Pritt



◀ Hawaii Seabees Practice for Future Exercises, Operations

By Journalist 1st Class (SW/FMF) Chad V. Pritt
30th Naval Construction Regiment Public Affairs

Seabees from the 30th Naval Construction Regiment (NCR) and Construction Battalion Maintenance Unit (CBMU) 303 Detachment Hawaii completed a command post exercise (CPX) at Naval Station Pearl Harbor in late January.

Approximately 40 Seabees took part in the week-long exercise designed to assess their ability to erect a command post under field conditions as part of the 30th NCR's annual training.

The bulk of the exercise was tailored around the set-up of a Deployable Rapid Assembly Shelter (DRASH) tent complex, which housed the working spaces of the 30th NCR. The heart of the complex was the command operations center (COC), from which watchstanders can operate an array of advanced communications hardware for the command and control of subordinate units.

According to Lt. Cmdr. Richard Pringle, operations officer for the 30th NCR, the exercise is part of the annual training cycle for the regiment, and accomplishes many goals.

"Teambuilding is part of it," said Pringle. "People learn how to work with each other, and how different staff codes interact effectively and efficiently. And of course the physical requirement is to expeditiously install

and erect our DRASH system and our COC."

The 30th NCR's training cycle is based on the "crawl, walk, run" idiom, which allows the command to tailor training around its needs.

The recently held DRASH exercise (DRASHEX) was held as part of the "crawl" phase, allowing the 30th NCR to accomplish three goals, including erecting the complex.

"The intent was to put up the physical structure of the DRASH," said Marine Corps Capt. Timothy Barba, training officer for the 30th NCR. "Secondly, we were able to validate the COC layout as far as the watchstanders and map setup. The third was to review COC procedures and shake the dust off.

"We'll put together a training plan over the next couple of months, which will be our "walk" phase," Capt. Barba added.

The next step, the "run" phase held at Fort Hunter Liggett near Monterey, Calif., marks when the regiment will take the skills from the first two phases and incorporate them into command and control of subordinate field units. Exercise Bearing Duel is scheduled to last about three weeks.

The 30th NCR returned in September 2005 after a six-month deployment to Iraq in support of Operation Iraqi Freedom.

TRAINING: NMCB 5



Utilitiesman 1st Class (SCW) Courtney J. Wynia sets a security perimeter to ensure safe passage of military personnel during a Convoy Security Training exercise held in February 2006. Seabees from NMCB 5 used the exercise to prepare for their deployment to Southwest Asia. Wynia and members of NMCB 5 completed the intensive training program which makes them capable of providing joint force convoy security support.

Photo by Photographer's Mate 1st Class Kimberly Brown

TRAINING: INLS

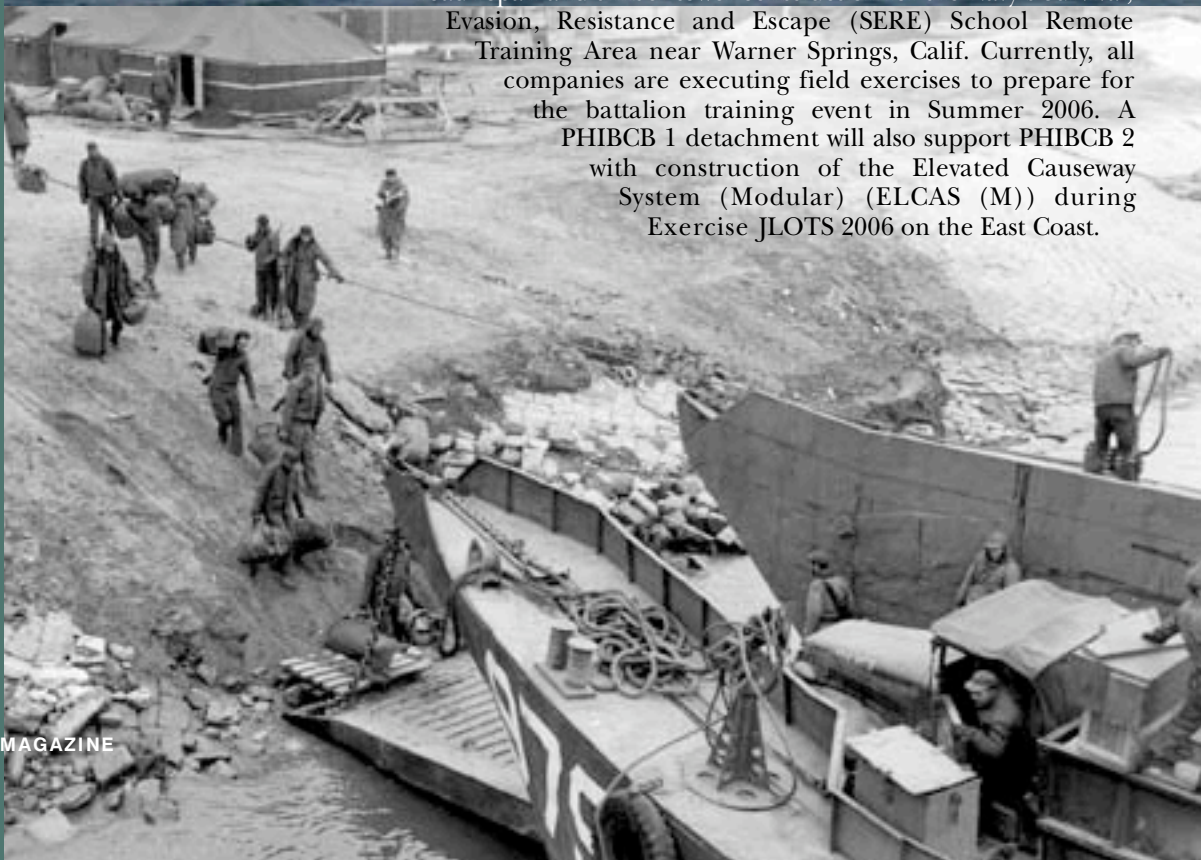


PHIBCB 1 Posts Training Exercise Successes

Returning from Exercise Joint Logistics Over-The-Shore (JLOTS) 2005, Amphibious Construction Battalion (PHIBCB) 1 successfully completed an ammunition offload of the SS CAPE FLATTERY via barge ferries following the arrival of Improved Navy Lighterage System (INLS) craft.

In coordination with Expeditionary Warfare Training Group Pacific, PHIBCB 1 completed developmental testing in preparation for the operational evaluation scheduled for Spring 2006 at Camp Pendleton, Calif. A PHIBCB 1 detachment of 19 personnel deployed with Naval Special Warfare Squadrons 1 and 2 to support operations in Iraq. Bravo Company completed barge ferry well deck operations with the USS COMSTOCK, a first for Pacific Fleet dock landing ships.

PHIBCB 1 Alpha and Charlie Company detachments provided road repair and timber tower construction for the Navy's Survival, Evasion, Resistance and Escape (SERE) School Remote Training Area near Warner Springs, Calif. Currently, all companies are executing field exercises to prepare for the battalion training event in Summer 2006. A PHIBCB 1 detachment will also support PHIBCB 2 with construction of the Elevated Causeway System (Modular) (ELCAS (M)) during Exercise JLOTS 2006 on the East Coast.



**PRE-INLS
SOUTH KOREA, 1950**
Amphibious Construction Battalion 1 landed with the United Nations forces at Inchon, South Korea, in September 1950. The tide at Inchon Harbor rises and falls rapidly, making it dangerous to handle the pontoon causeways. Battling enormous 30-foot tides and a swift current while under continuous enemy fire, Seabees positioned pontoon causeways within hours of the first beach assault. They also built airstrips, cleared mined tunnels, repaired ships and stole three locomotives from enemy forces to transport heavy equipment to advancing forces.

Photo courtesy of U.S. Navy Seabee Museum, Port Hueneme, Calif.



"These Seabees represent the best of the best, and exemplify the extraordinary professionalism and leadership that are the hallmarks of our Naval Construction Force."

*Rear Adm. Robert L. Phillips
Commander, 1st Naval Construction Division*

Moreell Award

*By Senior Chief Journalist (SW/AW) Regina Adams
Naval Facilities Engineering Command Public Affairs*



U.S. Navy photo

The Society of American Military Engineers (SAME) awarded the 2005 Moreell Award to **Lt. Cmdr. Scot Sanders** for his tour as operations officer for NMCB 1 and the 22nd NCR. This medal honors an officer who distinguishes himself among active, reserve, inactive, retired and civilian peers for outstanding contributions to military engineering. The award is named for Adm. Ben Moreell, founder of the Seabees in the early days of World War II.

Sanders' leadership, courage and decisiveness were essential to providing unprecedented levels of success in Iraq's combat zone in support of both the 1st and 2nd Marine Expeditionary Forces. His direct oversight yielded success in 80 tactical convoys, 35 projects and 15,000 man-days of work that directly enabled vital force protection and habitability improvements in an intense combat zone.

When Hurricanes Katrina and Rita ravaged the homefront, he assumed duties as operations officer for the Seabee portion of the Joint Task Force (JTF) created for the response. His tireless efforts in the face of adversity and extreme personal hardship, having lost his own home, resulted in the rapid restoration of five naval stations, quickly enabling them for use as emergency shelters and bases of operations. He effectively developed and executed plans to repair more than 70 schools affecting more than 45,000 students, and to provide transitional housing for hundreds of families. In all, Sanders directed operations of more than 3,400 Seabees during the JTF recovery effort, significantly accelerating recovery of the Gulf Coast.

Sailors of the Year Announced by 1st Naval Construction Division

*By Daryl C. Smith, Public Affairs Officer
1st Naval Construction Division*

SEA SAILOR OF THE YEAR



U.S. Navy photo

**Equipment Operator 1st Class (SCW)
Jason S. Phillips, Naval Mobile
Construction Battalion 5**

Phillips was cited for his performance as an Air Detachment Platoon Commander and Embark Petty Officer in support of Combined Joint Special Operations Forces in Iraq. His embark support enabled the movement of more than 1,100 Seabees from five commands and more than 550 short tons of heavy equipment to critical missions. Phillips further distinguished himself when a helicopter delivering gun turrets came under enemy fire and sustained multiple hits, causing it to make an emergency landing. The actions of Phillips and the pilots allowed the helicopter to land in an area that could be quickly secured, preventing possible loss of lives. In homeport, he served as project supervisor for 14 personnel repairing and upgrading 10 miles of road at 29 Palms, Calif.

SHORE SAILOR OF THE YEAR



U.S. Navy photo

**Engineering Aide 1st Class (SCW/DV)
Roseanne Oliveros, Underwater
Construction Team 2**

Oliveros served as Command Career Counselor, Assistant Training Officer, Armory/Ammunition Manager and Diving Supervisor, UCT 2. She was cited for preparing personnel for Operation Unified Assistance to aid Tsunami victims in Southeast Asia. Oliveros also merged several types of training for UCT 2 members during three Field Exercises with NMCBs. She supported recruitment efforts by preparing Seabee Diver candidate packages, and mentored candidates for the Basic Underwater Construction Technician course.

SELECTED RESERVE SAILOR OF THE YEAR



U.S. Navy photo

**Engineering Aide 1st Class
(SCW/FMF) David Frankenfield,
Naval Mobile Construction
Battalion 23**

Frankenfield served as navigator and vehicle commander for a Tactical Movement Team in Iraq. His team successfully completed more than 60 missions through 12,000 kilometers of hostile territory without any navigational errors. As commander of the lead convoy vehicle, safety depends largely on knowledge of the terrain and ability to recognize dangers. A complex attack on Frankenfield's team was stopped due to his fast action in performing a blocking maneuver. Upon demobilization, he volunteered to help form a traveling training team to share skills and lessons learned for the next deployment.

Seabees from UCT 2, NMCB 1 receive 2005 Stethem, Combs and Shields Awards

By NAVFAC Headquarters Public Affairs



Chief of Civil Engineers Rear Adm. Mike Loose announced the recipients of the 2005 Stethem, Combs and Shields awards. These annual awards are presented by the Civil Engineer Corps and Seabee Historical Foundation to recognize individual contributions to the legacy of the Seabees and to the Civil Engineer Corps.

STETHEM AWARD



U.S. Navy photo

**Builder 1st Class (SCW/DV)
James Hodge, Underwater
Construction Team (UCT) 2**

Hodge flawlessly led his 14-person air detachment through rigorous Fleet exercises, contingency operations and seven critical Marine construction projects. His managerial and operational expertise resulted in more than \$300,000 in work in place and \$1.1 million cost avoidance for the operational Fleet. As a result of Hodge's inspirational leadership skills, his air detachment was able to overcome insurmountable odds during two high-profile projects in Sangley Point and Zamboanga, Philippines, in support of Operation Enduring Freedom. As a mentor, he fostered a phenomenal record of achievement in dive and warfare qualifications of junior troops.

Named for Steelworker 2nd Class (DV) Robert Dean Stethem, this award recognizes outstanding individual moral courage in support of the traditions of the Seabees while in the course of actual operations. Petty Officer Stethem was a victim of the hijacking of TWA Flight 847 in June 1985, after being singled out from passengers as a U.S. Navy Sailor and killed when terrorist demands were not met. He was returning home with fellow members of UCT 2 after completing a routine assignment in Greece.

COMBS AWARD



U.S. Navy photo

**Construction Electrician Senior
Chief (SCW/FMF) Perry Pitchford,
Naval Mobile Construction
Battalion (NMCB) 1**

As tactical movement team officer in charge and convoy commander for NMCB 1 during Operation Iraqi Freedom, Pitchford expertly trained and led three Seabee tactical movement teams in direct support of Second Marine Expeditionary Force (II MEF) counter-insurgency efforts throughout Iraq. His personal exhaustive research of enemy tactics, situational awareness and superior training knowledge provided the framework for more than 120 tactical convoys and security escort missions spanning over 8,000

miles. Through innovative ideas in convoy tactics and training, he laid the foundation for effective strategies currently employed in theater and preserved in standard operating procedures and naval doctrine. Pitchford's courage under fire was evident during an improvised explosive device attack on his convoy. His immediate and rapid medical response to injured personnel was critical in reducing personnel casualties and damaged equipment.

This award is named in honor of Rear Adm. Lewis B. Combs, who served as chief deputy to Adm. Ben Moreell, the founder of the Seabees, and helped create the "fighter builders" and the Civil Engineer Corps. Combs was active with the Seabee Memorial Scholarship Association from its inception in 1970, first as Chairman of the Board of Directors and later as Chairman Emeritus, until his death at age 101.

SHIELDS AWARD



U.S. Navy photo

**Builder 1st Class (SCW/FMF)
Jerry Johnson, Naval Mobile
Construction Battalion (NMCB) 1**

During Operation Iraqi Freedom while deployed to Fallujah with NMCB 1, Johnson delivered timely contingency construction in direct support of the 2nd Marine Expeditionary Force (II MEF) counter-insurgency mission by improving the quality of life for Marines, Soldiers and Iraqi forces throughout the entire area of operations. Despite sporadic ground attacks and persistent indirect enemy fire while deployed to the Fallujah-Ramadi corridor, he expertly led the renovation of a battle-damaged barracks building which was used as a tactical operations center by the Army's second brigade combat team. In Eastern Ramadi, he was the driving force behind constructing habitability and quality of life facilities and other base improvements at Camp Ali, an Iraq security force training complex. In addition to his operational achievements, Johnson was actively engaged in mentoring programs for Seabees under his charge. His proactive leadership and enthusiasm further increased the readiness of the battalion.

This award is presented for outstanding technical and leadership ability, and is given in honor of Construction Mechanic 3rd Class Marvin Shields, a 26-year-old Seabee serving in Vietnam with NMCB 11 in 1965. Shields' unit, along with Army Special Forces and South Vietnam Defense personnel, came under attack by 2,000 Viet Cong; although greatly outnumbered, they withstood intense, close-range combat for almost three hours. Shields and an Army lieutenant volunteered to man a rocket launcher, destroying an enemy machine gun position. Despite repeatedly being hit, Shields fought on until he was mortally wounded; he died the following day while being evacuated by helicopter.

(Awards continued on next page)

Peltier/Perry Awards

By Daryl C. Smith

Public Affairs Officer

1st Naval Construction Division

SOCIETY OF AMERICAN
MILITARY ENGINEERS' (SAME)
PELTIER AWARD

Naval Mobile Construction Battalion (NMCB) 4, an active duty Seabee battalion based in Port Hueneme, Calif., was recognized for many aspects of its deployment in support of Operation Iraqi Freedom as the recipient of the 2005 Peltier Award. NMCB 4 crews provided engineering and construction support for infantry battalions to improve their force protection, command and control, habitability and maneuverability during ground combat operations against Iraqi insurgents. The battalion also deployed 225 Seabees to the Gulf Coast to aid disaster recovery efforts in the wake of Hurricanes Katrina and Rita, removing debris and cleaning up schools and other public facilities in southern Mississippi and Louisiana.

The Peltier Award is named for Rear Adm. Eugene J. Peltier, former Chief of the Bureau of Yards and Docks and Chief of Civil Engineers, and past president of SAME. The annual award is given to the active duty Seabee battalion selected as the most outstanding during the prior fiscal year.

CHIEF OF CIVIL ENGINEERS'
PERRY AWARD

As the 2005 Perry Award recipient, **Naval Mobile Construction Battalion (NMCB) 24**, a reserve Seabee battalion based in Huntsville, Ala., was cited for combat construction, Table of Allowance readiness and management, and training in support of Operation Iraqi Freedom. NMCB 24 staffed construction detachments at eight bases in Iraq. Members constructed three battalion-size base camps for Iraqi forces, demonstrating logistics proficiency and efficiency with mass production.

The Perry Award is named in honor of the late Rear Adm. John R. Perry, CEC. It was originated by the Bureau of Yards and Docks, approved by the Secretary of the Navy in 1964, and is awarded annually to the top reserve Seabee battalion in the country.

NEWSBREAK



The new ADAL 0261 is a highly mobile field dental system. Each ADAL is equipped with a field dental chair and patient chairs, stools, light, digital X-ray unit, sink, sterilizer and dental unit. The system is transported using two four-wheeled Charles Horse carts shown in the background.

NAVAL DENTAL CARE GOES HIGHER TECH

At California's Port Hueneme Naval Ambulatory Care Center Dental, the new Naval Construction Force Authorized Dental Allowance (ADAL) includes the latest in technology. Via laptop computer, Seabee dentists take, develop and make dental diagnoses through digital X-rays. ADAL 0261 brings Naval Construction Force dentistry into the 21st Century with its reduced logistics footprint and advancements in dental technology over the previous Vietnam era version, ADAL 0260.



(Above) Hospital Corpsman 2nd Class Avelino Ramirez, right, demonstrates the new field dental system's digital X-ray on Hospital Corpsman Murillo Leo during the Naval Construction Force Medical/Dental Conference earlier this year at Port Hueneme, Calif.

(Left) Hospital Corpsman 2nd Class Avelino Ramirez, left, and Hospital Corpsman Murillo Leo set up the new ADAL 0261 during a demonstration for Naval Construction Force dentists.

Photos by James P. Cencer



SEABEES HELP CONSTRUCT NEBRASKA MEMORIAL

By Lt. Cmdr. Mark Bauermeister, Naval Reserve Force, Lincoln, Neb.

Seabees had a special hand in a new addition to the Veterans Memorial

Garden in Nebraska's Antelope Park. After all, who better to create, build and oversee a fitting tribute to a unit that thrives on design and construction expertise as its wartime and peacetime mission? "Seabees Can Do! We Build. We

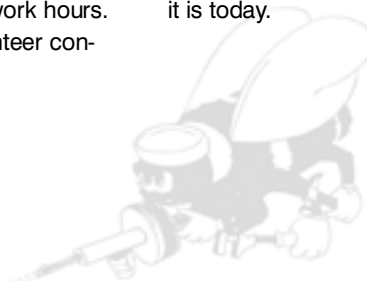
Fight." is the motto of the Seabees, and Naval Mobile Construction Battalion (NMCB) 15, Detachment-0415, from Lincoln, Neb., would not allow construction of a Seabee memorial without having a big part in it.

From early spring of last year to its dedication on Veterans Day, members of NMCB 15 helped construct their own Seabee memorial. With Lt. Cmdr. Bruce Davidson creating the memorial's design, Senior Chief Petty Officer Wayne Klusaw provided overall construction expertise and supervision for all required surveying, excavations, formwork installation, steel reinforcing, and concrete pouring and finishing.

Construction took place after work hours. The all-volunteer con-

struction crew assisting Klusaw and Davidson included the following Seabees: Chief Petty Officer Paul Magee, Chief Petty Officer Gerald Ramaeker, Petty Officer 1st Class John Kroese, Petty Officer 1st Class William Pope, Petty Officer 1st Class Edward Chlmelka and Petty Officer 3rd Class Gregg Harre.

The Seabee memorial was funded by Det-0415 personnel, as well as through a large donation from Nebraska Island X-1 of Navy Seabee Veterans of America. Without the help of these Seabees from the past, the Nebraska Seabee Memorial would have remained a vision and not the very real tribute it is today.



FOX NEWS HIGHLIGHTS SEABEES

The "Builder Warriors" of the U.S. Navy took center stage in "War Stories with Oliver North," a TV program airing in March on the FOX News Channel. The program featured interviews with Seabee veterans from various wars and covered Seabees from World War II through today. Rear Adm. Robert L. Phillips, Commander, 1st Naval Construction Division, was also interviewed for the program, along with Seabee Museum Director Lara Godbille and Archivist Gina Nichols. In addition, Seabees were included during the Field Exercise at Fort Hunter-Liggett near Monterey, Calif.

SEABEES REUNITE YEAR-ROUND

Close to 50 reunions are scheduled for 2006, bringing together Seabees from all eras. Two All Seabee Reunions will be hosted by the West Coast and the Gulf Coast:

JUNE 22-25, 2006
Port Hueneme, CA
Contact: Ed Kloster
3815 Rio Hondo Ave.
Rosemead, CA 91770
626-280-9495
mccb@earthlink.net

NOVEMBER 8-10, 2006
Gulfport/Biloxi, MS
Contact: EQCM Glen B. Kellerman
P.O. Box 998
Long Beach, MS 39560
228-255-9687
eqpackrat@aol.com

For more information, go to www.allseabees.com. Or, visit the Seabee Historical Foundation at www.seabeehf.org.

CMDCM (SCW) TIMMONS RETIREES WITH 30 YEARS OF SEABEE MEMORIES

*By Daryl C. Smith, Public Affairs
Officer, 1st Naval Construction
Division*

After 30 years with the Seabees, Master Chief Kevin Timmons retired in February as Command Master Chief of the 1st Naval Construction Division (NCD). He recently talked about his career and the impressions Seabees have made in his life.

His life with the Seabees began shortly after graduating from high school in Croton-on-Hudson, New York. Timmons worked briefly for a general contractor building houses and doing side jobs, but soon decided he wanted to experience other things. He joined the Navy in 1976, completed boot camp at Great Lakes, and Builder "A" school in Gulfport, Miss.

His first deployment was with NMCB 74 in Okinawa. He loved the Seabee life from the very beginning. "I was like a kid in a candy store," Timmons recalled. "This was my first time away from home, first time overseas, first time seeing other cultures. I was taking skills I had learned and was putting them to use. It was a rewarding and eye-opening experience."

Through his career, there would be many more.

His deployment to Guadalcanal with NMCB 3 in 1986 made a lasting impression. Being in a location that was key to the U.S. victory in the Pacific during World War II and seeing much of that history still untouched, was an experience he will always remember. He also fondly recalls the friendliness of the local people. "It was like a ticker tape parade for us every day. The people there were just so appreciative," he said.

Another highlight of his career was his assignment to Camp David from 1996 to 2001, where he



actually saw history in the making, including the Peace Talks hosted by President Clinton between Ehud Barak and Yasser Arafat. At Camp David, he dealt with the President, met heads of state, and learned a great deal about how government works.

In the aftermath of the September 11 attacks, the role of Seabees shifted from peacetime to wartime, and Timmons flew to Afghanistan with NMCB 133. "Seeing the troops in Afghanistan, and seeing the impact that small group of Seabees had on the Joint Task Force was very impressive," he commented.

Another lasting highlight was the march to Baghdad with the 1st Marine Expeditionary Force Engineer Group during Operation Iraqi Freedom. "Our interaction with the Marine Corps, working with the troops, seeing the smiles on the faces of the Iraqi people and knowing we had made a difference," is what he remembers most.

Along the way, Timmons rose through the ranks, making Chief in 1986, Senior Chief in 1989 and Master Chief in 1992.

Timmons has served as Command Master Chief for the 1st NCD since August 2002. The

most rewarding part of his job has been "getting out and seeing the Seabees." And, getting positive feedback from the troops about the help and guidance he provided was particularly rewarding.

"I never cared about the money or the long hours, but knowing that we made a difference in that Seabee's life was what was important," he said.

Timmons has learned many lessons during the course of his career, such as: "People have value — treat them with respect... Strive for excellence without arrogance... Attention to detail is very important... Keep an open mind... And always keep your ego in check."

Although he has seen many changes over the years in uniforms, equipment and training, Timmons is most impressed with the way Seabees have not changed.

He remarked, "No matter what the mission, Seabees make it happen every time. From sunup to sundown, we'll always give 110 percent...always. For over 60 years we've been the construction force of choice, because no one does it better than the U.S. Navy Seabees."

Happy Birthday, Seabees, Naval Facilities Engineering Command Civil Engineer Corps!

My heartiest birthday greetings to the men and women of the Naval Facilities Engineering Command, the Civil Engineer Corps and Seabees everywhere. Thank you for serving our nation and our Navy with great distinction. I could not be prouder of your tremendous achievements and sacrifices as we celebrate the 164th birthday of NAVFAC, the 139th birthday of our Corps and the 64th birthday of the Seabees.

In March 2006, forward deployed Seabees at Camp Moreell, Kuwait, celebrated the 64th birthday of the Seabees, the 139th birthday of the Civil Engineer Corps and the 164th anniversary of the Naval Facilities Engineering Command. It was most fitting that the 64th Seabee birthday celebration was acknowledged and honored at the camp named for their founder, Adm. Ben Moreell, "father of the Seabees."



As we celebrate these special occasions, let us not forget those who have come before us. It is our honor and privilege to carry on their rich legacy. In this time of conflict, please keep our heroic wounded and fallen comrades and their families in your thoughts and prayers.

(Above right) Pictured from left to right are Commodore 22nd NCR Capt. Eric Odderstol, NMCB 22 Assistant Officer-in-Charge UCCM Craig Nelson, NMCB 7 representative CSSN Kevin Beckworth, and 1st NCD Deputy Commander Rear Adm. Albert Garcia III.
Photo by Journalist 1st Class Leslie A. Shively

Our future is very bright as we continue to accelerate our support to the Navy/Marine Corps combat team and to our sister services. It is a very humbling honor to serve with such dedicated professionals — the NAVFAC civilian workforce, Civil Engineer Corps officers and “Can Do” Seabees — who have all answered our nation’s call through impressive, selfless sacrifice and patriotic service. May God bless each of you, your families and the United States of America.

Rear Adm. Mike Loose, CEC, USN
Commander, Naval Facilities Engineering Command
and Chief of Civil Engineers

By Jim Fairbanks
Force Master Chief Petty Officer (SCW), Seabees

SEABEES ARE AMAZING! Deployed to almost every continent in the world, they continue to provide tremendous support to humanitarian, security, disaster recovery, Special Operations Forces and Global War on Terrorism missions. I'm truly amazed at the accomplishments of our Seabees, both the active and reserve, who have teamed up to become a formidable force. Over the past several months, Seabees have taken on every mission they have been tasked with and have met or exceeded all expectations.



U.S. Navy photo

As the Global War on Terrorism progresses and the beans, bullets and bandages continue to flow, I encourage each and every Seabee to remember that this is a noble cause to keep our nation safe and free. Deployments to contingencies are tough...but Seabees are tougher. We will continue to press on and further our proud Seabee legacy.

I'm extremely proud of our Seabees — for their “Can Do” spirit, positive attitude and willingness to serve our great country in any capacity. I recently had the opportunity to greet two of our brave young Seabees at Andrews Air Force Base — Construction Electrician 2nd Class Shawn Sullivan and Steelworker 2nd Class Jody Allen, NMCB 133. Both were wounded in an IED attack in Iraq, and were returning home for follow-on medical treatment and to be reunited with their families. Before I departed their company, both expressed a desire to get healed and return to the fight to help out their Seabee and Marine buddies. This is typical of the attitude our Seabees have: highly motivated and extremely dedicated. Talk about honor, courage and commitment — it doesn't get any better than this.

On his recent visit to Al Anbar Province in Iraq, Chief of Naval Operations Adm. Mike Mullen, along with MCPON Terry Scott, had lots of stories about our brave corpsmen and industrious Seabees.

The CNO stated, “I have to tell you they're doing incredible things in the face of significant challenges and great adversity under very, very trying circumstances — and in some of the most austere conditions I've ever observed. I've never been prouder to call myself a Sailor.”

Stay safe, be motivated, remain vigilant and take care of each other. The entire nation is proud of you and of what you accomplish each and every day. Keep charging!

Construimus Batuimus.



Photo by Photographer's Mate 1st Class Eric S. Powell

LOOKING AHEAD

In the next issue of
Seabee Magazine:

Underwater
Construction
Teams

Builders/
Photographers



NAVAL FACILITIES ENGINEERING COMMAND
SEABEE MAGAZINE (Code PA)
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