



# 9th Construction Regiment Family Newsletter

## From the Commodore



This has been an interesting deployment experience for all of us; certainly a different deployment experience from others we've been exposed to in South West Asia. In some ways it's been more difficult. However, and to no ones surprise, our Seabees have performed exceptionally in every aspect of our business. They have all stepped up and filled very challenging roles, performing exceptionally in every instance. But before I go too far in this direction, let me provide some information about where we are and what we're doing.

Our Transition of Authority was conducted with the 30<sup>th</sup> Naval Construction Regiment on July 24<sup>th</sup> of this year. At that time, we assumed operational control of the Seabees in the Pacific Area of Operations. We are based at Port Hueneme,

California, and given our very large area of responsibility, there is quite a bit of travel involved to manage our business.



The work is interesting, challenging, and most importantly, rewarding. Many of the Seabees providing construction support are located in very remote locations, and working for people that have very little in the way of infrastructure. An infrastructure we take for granted. Since we've been in this position, our Seabees in the Pacific have built or renovated schools, built basic sanitation facilities, and in one instance, constructed a bridge across a river connecting two communities. The Seabees unique mission and skills leave a tangible product that provides a lasting impression on the impoverished people of those island countries. That's clearly the rewarding part of our job and makes all of us proud to be a Seabee.

The challenges so far have been learning some new Navy systems and process, ensuring the right materials and equipment are at the job sites at the right time to meet our construction schedules, and of course, evolving to our active duty positions. While we're learning, we're also modifying. It's no surprise that our Seabees bring with them some unique business skills that we've applied to the Pacific operations. By integrating these civilian skills with their current job, our Seabees are effecting some great process improvements to an already well run operation. The support and integration of the personnel of the 30<sup>th</sup> NCR remain behind element have been excellent, working every day to ensure we succeed. It's been a seamless transition and operations in the Pacific haven't missed a beat.

I started this letter by saying how proud I am of our regimental Officers and Seabees. No surprise that they adapted to this new environment, picked up their roles quickly, and kept a positive attitude that just makes it a pleasure to work with them every day. We've got several challenges still ahead, but I'm confident our Seabees will succeed in anything that comes our way.

Finally, my personal thanks to all of you for your selfless support. While I know the communications are much easier than a South West Asia deployment, I can only imagine how difficult it is every day for you. If there is anything I can do to help or support you, or you have questions, please do not hesitate to contact me.

Thanks for all that you do and God bless-

-Capt. Steve Young-

## From the CSO



As we push to the half-way mark of our deployment, we continue to stay focused on the mission at hand. Being the first Reserve Naval Construction Regiment tasked with the Naval Construction Force mission in the Pacific has been quite exciting. Many staff members have been fortunate to travel into the Pacific, taking part in inspections, exercise planning and other events to ensure the Seabee battalions working there are ready and fully employed.



Back in Port Hueneme we have been busy planning and executing the mission from afar as well as preparing for our Certification Exercise, which will inspect our ability to conduct operations in a contingency environment.

Our Religious Ministry Team, Morale Welfare and Recreation Committee, Seabee Ball Committee and many other members of the team have been busy keeping our spirits high, holding weekly Bible Studies, conducting lunchtime fundraising cookouts, and cheering on the command softball team. With everything that we do, our minds aren't far from home.

There is constant chatter about the homefront and everything you are doing while we are away. Thank YOU for your important support of this team as we continue our work in the Pacific.

-Cmdr. Janet Merriman-

## From the Command Master Chief

Do you remember reading a poem by Robert Service called “*The Lone Trail*”? Service speaks to us about taking the road less travelled:

*The trails of the world be countless, and most of the trails be tried;  
You tread on the heels of the many, till you come where the ways divide;  
And one lies safe in the sunlight, and the other is dreary and wan,  
Yet you look aslant at the Lone Trail, yet the Lone Trail lures you on.*



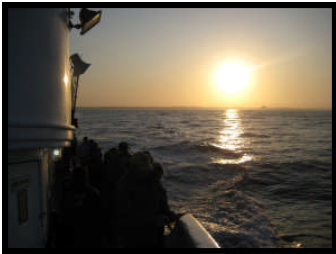
That is what your Seabee is doing out here in Port Hueneme; and what you are doing at home, walking the Lone Trail. Not following the easy path but choosing a path of service to our country that helps provide the prize of freedom and a better life to persons we’ve never met, and in countries we’ve never visited. WE (our Seabees and Seabee Families) are privileged to be among the few who serve a global community; and WE can sleep soundly at night knowing that WE made a difference world wide.

Know that your Seabee is safe and well taken care of. Know that we laugh frequently, work hard at our jobs and get enough time to play a little. Know that all of us miss our families as we tread the Lone Trail (along with you) and will return as soon as our mission is handed on to our relief.

Thank you Seabee Families for loving us, trusting us and supporting us so that we can complete a mission vital to global security.

CMDCM Larry Heikkila

## From “Chaps”



Greetings from the Chaps! Chaps, which is short for Chaplain, is what they call me here. It is a position that I am honored to have, and it has been a great privilege for me to be serving your loved ones. Most of my service to them comes in the form of a ministry of presence. In other words, I am mingling with them and working beside them day by day - always trying to be available to them for a friendly conversation, word of encouragement or a prayer.



I think we are all doing well at the three month point in our deployment, and I hope the same is true for all of you. The only reason we can be doing so

well is because of the support that we continue to receive from you, our families. Without your encouragement, dedication, and willingness to deal with the hassles back home while we are temporarily away, we could never be thriving in the fulfillment of our regimental duties here at Port Hueneme. So, from me and from all of us, thanks for all your support! Our mission success thus far is because of you.

The holidays will soon be upon us, which I hope will allow you some special time together with your Seabee loved one. I know that I am looking forward to my wife and kids coming out to Calif., and spending Christmas week with me. Cherish that time together. Celebrate the blessing of being a family. And be encouraged with the knowledge that our time apart from one another will already be past the half-way mark by the time the holidays roll around.

Please know that while I remain focused on your Seabee’s welfare, I am also available to assist/encourage you by e-mail or phone. Don’t ever hesitate to contact me if a need or a questions arise. I would be pleased and honored to serve you in any way that I can.

Finally, I invite you to share your personal prayer requests with me. We have been sharing prayer requests throughout our regiment and I would be pleased to add personal family requests if you are so inclined. Just e-mail me at the address below.

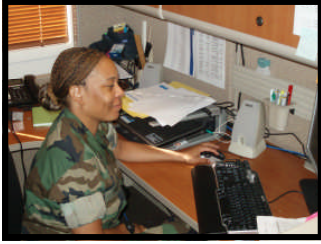
God continue to bless and provide for you and your Seabee during these remaining months that you are apart from one another. Thanks again for all that you do to allow us to do all that we have been called to do.

-Chaplain Ron May-

805-607-1043

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## Logistics



I hope this family-gram finds all of our families doing well. You are on our minds everyday as we work diligently to accomplish the Seabee mission in the Pacific theater. I am Lt. Cmdr. Toal and am responsible for leading our department to success.

### **The Logistic department's official mission is:**



To lead the way by providing proactive, operational planning and logistical support for successful Seabee employment through proper management and accountability of people, finances, material, and equipment, "on time" - wherever and whenever required – while taking pride in finding innovative solutions to complex process improvements with the primary purpose of benefitting the Seabee's, in order to accomplish their mission.

Supply / Financial – CS2 Gonzalez is steadily working on supply related issues such as personal gear issues for the regiment and all of our battalions. LS2 Campbell has engulfed himself in the financial side - from managing project funding (in excess of \$20,000,000) to helping out with the Defense Travel System. This is a key area that our team has identified and implemented valuable process improvements to help us be more efficient in accomplishing our missions.

Equipment – Senior Chief Warren, CM1 Villalobos, EO1 Wickert and CM1 Quiroz have seized this opportunity to assist our battalions, throughout the Pacific, in better equipment management. Other than our people, our equipment is one of our most important advantages in accomplishing missions. Some have been required to travel to Asia and other areas in the Pacific in order to inspect and assist our battalions in upkeep of the equipment. They have done this with the upmost professionalism and the seriousness, knowing that if we lose our equipment, we lose our ability to make a difference to a lot of people in the Pacific.

Material Liaison Office – This is the area that focuses on procuring material for projects and making sure it gets to the right place at the right time. Lt. Harris is MLO division officer and also our newest father (Bill Patrick born Sept 25). Along with other duties, Lt. Harris is also in charge of our command exercise to be conducted in Port Hueneme during the deployment. While his plate is full, he has a great team to help handle project material issues. LS2 Brown, LS2 Beavers and UT2 Reynolds' have been working diligently to get the right material to the right place at the right time to keep our Seabees moving forward toward mission accomplishment.

None of this could be accomplished without the leadership and guidance of our department chief, LSC Kiser. He is involved in every facet of our department from financials to logistics and materials to mentoring our Seabees. No department in the Navy can run smoothly without a good Chief and that is what we have!

I want to let our families know that we have an "outstanding" team in place and everyone is doing an excellent job working together to accomplish the mission! We all know what our mission is – that is to do the very best job we can, in supporting our country, and then return home to you. We are thankful to you, the kids, and our other family members for the sacrifice endured at this time but, be proud of your Seabee and what they are contributing. Their dedication, hard work, and patriotism are making this deployment a success. What we are doing is important for the progress of peace in the Pacific. Until next time, thank you and don't forget - you are always in our thoughts!

## Medical Note

Hello all! I'm HMC(FMF) Jason Fraker. I Just checked in to 30th NCR but will be assisting HMCS(SCW/FMF/PJ) Montes with the 9th. I just came from a three year stint with the 23d Marine Regiment. HMCS is currently on daddy leave so congratulations to his family! Flu season is upon us so included is some "how to" prevent the H1N1 virus from spreading and practice will prevent other virus spreading also.

### Are there medicines to treat infection with this new virus?

Yes. There are prescriptions drugs called "antivirals" that can treat influenza illness, including 2009 H1N1. These drugs can make illness milder and may also prevent serious complications. The priority use for influenza antiviral drugs this flu season is to treat people who are severely ill (hospitalized) and sick people who are at increased risk of serious influenza-related complications. CDC recommends the use of the antiviral drugs oseltamivir or zanamivir this season.

### How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you must leave the house (for example to see your doctor), wear a facemask, if you have one and it is tolerable, or cover coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

### What should I use for hand cleaning?

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

### What can I do if my child gets sick?

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids. If your child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if your child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection, including 2009 H1N1 flu. Talk to your doctor early if you are worried about your child's illness.

### What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu. Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing •
- Bluish or gray skin color •
- Not drinking enough fluids •
- Severe or persistent vomiting •
- Not waking up or not interacting •

Being so irritable that the child does not want to be held

Flu-like symptoms improve but then return • with fever and worse cough

Has other conditions (like heart or lung • disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

For more information, visit  
[www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)

or call

800-CDC-INFO



HMCS Montes



HMC Fraker



HM2 Jackson



## Admin



The Administrative Department is responsible for the following items: Pay, Evaluations, Correspondence, Leave, Directives, Passports, etc. Your Seabee pay is our number one priority. However, our first couple of months with the processing of Travel Claims was very rocky due to the Navy's downsizing of personnel at PSD Port Hueneme, CA, but we survived and have done our best to ensure your Seabee is paid on time and accurately. We are here to serve.



## Operations



Hello 9 NCR Family and friends. The operations department is hard at work making the Navy look good during our deployment to Port Hueneme. It goes without saying that all of your Seabees have been putting in many long hours toward perfecting of naval construction projects in the Pacific and abroad.



As we continue through the Deployment, our focus is still on the PACOM mission, ensuring that our Battalions' in the west as well as the homeport Battalions are gainfully employed, and have all the necessary tools and equipment in our efforts to win the Global War on Terrorism. Several members of the OPS department have made DET site visits to Hawaii, Japan and Guam which is an essential part of our on-going effort. We also have members going through advanced training that is critical for our mission capabilities.

Welcome aboard to the two newest members of the Operations Department, BUC Brad Behlow and SWCS Mark Johnson. Chief Behlow comes to us from NMCB 5 and is here to replace Chief Sanchez who will be transferring in February. His duties are CONUS OPS.

Senior Chief Johnson comes to us from NMCB 18 to fill an open billet as the Operations Chief. Johnson is a Reservist from Cornelius OR. And is a Union Ironworker with Local 29.

## Holiday Safety

The holiday season is near and many will enjoy holiday activities. Please keep safety in mind at all times throughout the holidays.

Remember your personal safety as you shop, maintaining awareness of your surroundings and while at home. Consider checking your home alarm system to ensure that it is monitored and functioning properly. If you are travelling, keep lights on a timer and have someone you trust watch your house for added security.

When decorating your home, make sure that decorations are fireproof and located away from heat sources. Maintain electrical safety by not overloading outlets and extension cords. Keep all decorations out of reach of little children.

Enjoy and be safe this holiday season.

## **Family Services**

### **What Do You Say to Your Children?**

You may be wondering how to talk with your children about recent shooting tragedies. These articles can help.

*[Helping a Child Manage Fears After a Traumatic Event](#)*  
*[When Media Coverage Makes You Anxious](#)*  
*[Taking Care of Yourself After a Traumatic Event](#)*

If you or your family have been affected by the shootings at Fort Hood, you can call Military OneSource 24/7 at 1-800-342-9647 for free assistance and support or see our [Fort Hood resource page](#).

More family information can be found at  
[www.militaryonesource.com](http://www.militaryonesource.com)

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## Awards and Promotions



Lt. Cmdr Niec takes Oath



Lt. Niec Promoted to Lt. Cmdr.



Lt. Slaughter receives the Joint Service Commendation Medal



Lt.Cmdr. Niec receives Navy Achievement Medal



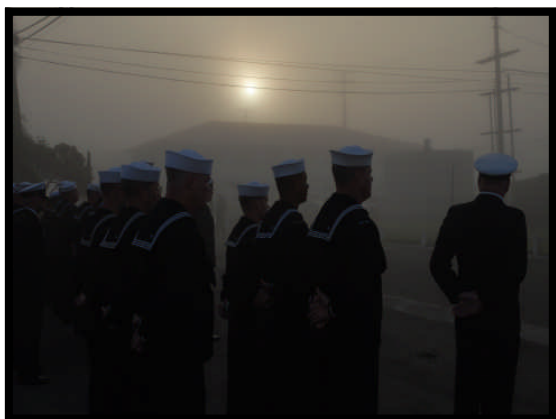
## Your 9NCR Seabees



CE1 Swopes and EA1 Page work on a Community Action Project



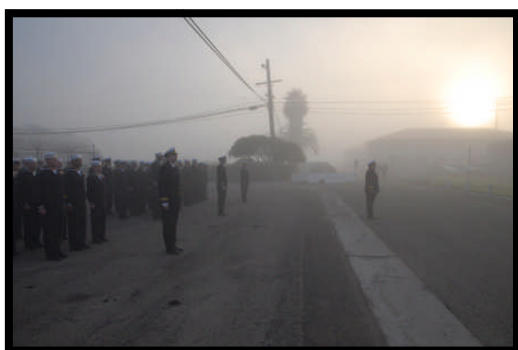
CE1 Swopes and EA1 Page work on a Community Action Project



All dressed up for uniform inspection



UT1 Tighe and EA1 Page work on a Community Action Project



CM2 Tatlock and CM1 Villalobos



UT2 Reynolds, UT2 Wagayen ans E01 Wickert



## More of YOUR 9NCR Seabees



BUC Phillips and CMDCM Heikkila



EA1 Page and UT1 Tighe



CE1 Reger



BU1 Oliphant and LS2 Campbell



Lt. Col Hayward



HMCS Montes



Lt. Harris



BU2 Davis



## CRTX



CE1 Prawl



CE1 Reger and LS2 Campbell



YN2 King, CE1 Swopes and UT1 Tighe



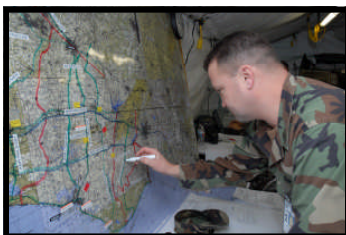
BU1 Thomas and CS2 Gonzales



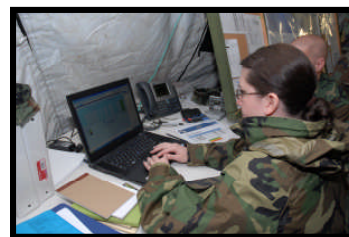
UT1 Tighe



CE1 Prawl



BUC Kettle



PS1 King



LS2 Brown and CS2 Gonzalez



HM2 Jackson



## Guam/ORI

