



Vol. 2 No. 4

Naval Mobile Construction Battalion SEVENTY-FOUR

April 2011

NMCCB 74 Det. HOA Seabee Proves 'Can Do' of Enlisted Women

By MC2 Michael Lindsey



CUCM Kellerman talks with UTCN Clark and UTCN Rix while visiting the Ecole 5 project in Djibouti

Whether building structures, operating heavy equipment or planning and estimating future projects, women are seen more and more on nearly every Seabee construction site doing the same jobs as their male counterparts.

There are approximately 150 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 Detachment Horn of Africa (Det. HOA), 22 of which are females.

NMCCB 74 Det. HOA is based out of Camp Lemonnier, Djibouti, and has multiple teams spread out across the African Continent. These teams build schools, water wells, medical clinics, bridges and participate in other civil-military projects.

The detachment's senior enlisted leader, Master Chief Petty Officer Troy Kellerman, says she has seen a lot of change for women Seabees during her 27 years of service. Kellerman began her Seabee career as a Builder Constructionman Recruit in 1984. Before enlisting, she worked as an assistant manager for a toy store, but decided she wanted something more challenging.

The news of Kellerman's decision to serve her country came after she had visited a recruiter on her way home from work one day. Her father, a retired Seabee master chief, never imagined his daughter would follow in his footsteps.

"My Dad was extremely supportive of my decision to join the Navy, but wasn't exactly thrilled, at first, that I was going to become a Seabee," said Kellerman." Although I have always known my dad to be very supportive of women in any career field, he was concerned about me

and the hardships I would face being in an extremely male dominated career field."

Kellerman said she has seen many changes for women in the Seabees. There were times when she was the only female Seabee in her command, and she can recall when a supervisor made it abundantly clear that he didn't like the idea of women serving in the military.

"When I got to my first command my Squad Leader and Crew Leader told me that I didn't belong in the Seabees, and if he had anything to do with it I would be out of the Navy before I completed my first tour," said Kellerman.

Kellerman also said that in today's Navy programs such as Command Managed Equal Opportunity ensure all service members are treated equal. In her case, that same Squad Leader not only changed his mind, but nominated her for a Blue Jacket of the Quarter award.

Although Navy Seabee ratings have been open to women since 1972, it wasn't until 1994 that they were permitted to serve in any of the eight ground combat units. Kellerman said she reported to her first battalion, NMCB 5, in January 1997 and was afraid she did not possess the skills to be a strong leader.

"I was already a chief and had never been to a NMCB," said Kellerman. "I lacked a lot of the experience my counterparts had gained by being in NMCBs as junior Seabees. Luckily, I had some really great mentors who helped me through my first few months in the battalion."

Chief Builder Manuel Segura, NMCB 74 Det. HOA's operations officer, said he remembers when women first began to appear in battalion leadership positions. He was with NMCB 5 and worked for Kellerman during her first deployment to Honduras in 1997.

"She was my Chief and the Assistant Officer-in-Charge," said Segura. She has always been passionate about taking care of her troops. It's a tough job being a Seabee, and she wants to help the young Seabees learn from her experiences."

Kellerman said she wishes she could warn any female considering the Seabees that the job is not easy and there is no special treatment.

"If you are overly sensitive and don't like to get dirty, the Seabees aren't for you," said Kellerman. "You have to be able to shoot weapons, wear a ton of gear and keep up with the guys."

One of the newest female additions to NMCB 74, Builder Constructionman Allyson Eppley, says she is enjoying her first deployment. Eppley said she has wanted to be a Seabee since the 8th grade.

"I grew up with my brothers and in high school and I was the only female in my carpentry class, so I was used to standing out," said Eppley. "I researched the Seabees for a while and came to the decision that it was the best building program that anyone had to offer."

Eppley said she was motivated by Kellerman, especially since they share the same career.

"It's inspiring to see her leading Seabees. She really worked hard to get there, and I look up to her and hope to be there one day," said Eppley

Kellerman said she plans to retire in March 2012, but hopes to make the best of her final deployment and legacy of what a "can do" attitude will accomplish.

"My advice for young Seabees who want to make the Navy a career and strive to make Master Chief one day is very simple; have definitive goals for yourself and take every opportunity to educate yourself," said Kellerman. "Always do the right thing and have the courage to stand up for what is right. Believe in yourself, and when it comes to things you want to better your career never take 'no' for an answer."



CUCM Kellerman and BUCN Eppley at the Change of Charge ceremony at Camp Lemmonier



CUCM Kellerman and BUCN Parks at the Ecole 5 project

Message from the Commanding Officer



Fearless Friends and Families,

Congratulations to all for making it successfully over the hump. It has taken everyone from Africa to Gulfport working as a team to realize the success we've seen so far. As always, I could not be more proud of our Seabees and am truly grateful for your continued support of them.

Our MWR teams executed outstanding over-the-hump parties to celebrate our deployment milestone. From the food to the games, even a couple shaved faces and heads, everyone seemed to really enjoy themselves. We even got to give something back while celebrating. Our Junior Enlisted Leadership Organization raised money for the local animal shelter through "pie in the face" sales, and MWR raised over \$3,000 through the Khaki Auction.

Det Macedonia pushed out this month to joined Dets Croatia and Romania who are already doing outstanding work in remote locations, Main Body Seabees continued their quality work for NAVSTA Rota with projects started as soon as the current ones are being turned over, and of course our Seabees in HOA persevere in their non-stop efforts as American Ambassadors building for the future of the African nations.

Everywhere we're working it's getting warmer and warmer as spring comes to full bloom, and were seeing less and less rain, which makes perfect weather for your hard working Seabees out on the projects.

Please remember that our FRG and Ombudsman are always there for you. Through the FRG you can meet and interact with fellow Fearless families enduring the same separation, and quite possibly facing the same challenges. Contact our Family Readiness Officer, Master Chief Kartz, if you have any questions or would like more information.

Stay FEARLESS

CDR Hayes



“Los Perros” de Alfa Company

Four Down, Four to Go

By CM3 Dylan Spangler



CMCN Morrison on the job at Camp Mitchell

After four busy and challenging months in Spain, the Alfa Company Seabees have really stood up and taken charge to move the deployment forward to the best that it can be.

Alfa Company is commonly referred to as either the “backbone” or “heart and soul” of the battalion, and is well known for maintaining a very close bond, and almost family-like relationship, amongst its troops. This is just one reason as to why there are such high spirits and great attitudes throughout the ranks.

Having just recently crossed the midway point of deployment this month, the “Alfa Dawgs” have hit a seemingly endless reserve of stored morale which shows no signs of diminishing. There is a tremendous feeling of accomplishment from all the different shops within the Alfa walls.

Since our arrival in early December, Alfa Company has successfully completed more than 1,300 planned maintenance system (PMS) checks and over 150 corrective maintenance jobs.

“I’ve really learned a lot within my rate as a CM. My confidence as a mechanic seems to increase each day while doing these checks.” said CMCN Vaughn during a shop gathering to discuss how everything is going at the end of the work week.

It really is quite amazing and inspiring to see the Seabees working and living up to their rich history. CMCN Ryan had this to say.

“To really get to see first hand of just what the Seabees are able to do is just incredible. I mean, we’ve all heard the stories and been taught the history of the ‘Bees, but getting to be a part of that history and actually put the DO in ‘CAN DO’ is something else altogether.”

It is a fact that Alfa Company has rightfully earned a reputation as one of the hardest working units of the battalion, it is also true they have earned a reputation as one of the most exciting units to be around after working hours. Every month Alfa Company plans BBQ’s, lunches, and sports

days, along with exciting trips to various Spanish cities not far from Camp Mitchell. Making time for the “Dawgs” to run free and get some well deserved down time has really helped to keep troop morale high. Now while Alfa has been making the most of their off time, they have also kept in mind that there is still a second half of the deployment waiting.

With less than four months until 74 heads back to the good ole US of A, there are still countless tasks and an extensive amount of work to be accomplished.

On top of the grueling workload that the “Dawgs” superbly handled in the first half of the deployment, the second half’s schedule looks to have them even busier! To where some companies may see this as something to worry about, Alfa Company simply loves the challenge and can’t wait to get their hands dirty. After all, the Seabees do live by the motto “the difficult we do immediately, the impossible takes a bit longer,” so it’s in our nature to move forward and keep our game faces on.

“Alfa Company continually surpasses my expectations. It has been an honor to serve with and lead such extraordinary young troops. Their motivation and dedication are boundless, and there is no task they can’t overcome,” said Lt. Segalla, Alfa 6.



CMCN Carter on the job at Camp Mitchell

Bravo Company

Chuck's Column, Hitting the Nail on the Head

By CE2(SCW) Kelton Mortis

NMCB 74 has reached its midway point of this deployment but that hasn't stopped the guys and gals from Bravo Co. As a matter of fact, it's just given the troops renewed energy and focus to finish the second half just as strong.

So far they have completed the MWR Dog Kennel Project, the two Volley Ball Court site upgrades, the Cardio/Elliptical portion of the Gym Re-Hab Project and by far one of the most important projects, the Camp Mitchell Bus Stop Project.

BU3 Penner was left in charge of the Gym Re-Hab Project and finished the job with well ahead of schedule with amazing raves from the troops.

"They all loved it, I'm glad that this side is complete, now people have a place to do cardio without having to go over to the main side gym. I didn't do it alone, we have a great crew working over here and we're looking forward to finishing up the weight room portion next," said Penner.

With the PFA coming up shortly the opening of the Cardio Room gives the troops an opportunity to continue to work on their run even when the weather is not so good. This is surely a great addition to the Camp.

Meanwhile, over at the Galley Bus Stop, the crew led by SW3(SCW) Dalton, just completed their overhead concrete pour. The crew was extremely motivated, because it has been their first brush with concrete since completing BU "A" School for the majority of the crew. It is also a learning experience for the guys that are not builders by rate. All in all, a lot of continued cross training and valuable learning experiences are being gain within such a task.

The Bus Stop is schedule to be completed within the next couple of weeks and will provide a much needed shelter and seating area, especially after a hearty meal from the nearby galley.



The Camp Bus Stop project crew pose in front of their completed project on Camp Mitchell



ENS Korpi, BU3 Perez, BUCR Walshaw, BUCA Morales and BU2 Collier on the job at the Walkway and Lighting project on NAVSTA Rota

About a few yards away, BU2(SCW) Collier and his crew are vigorously working on the improved Sidewalk and Lighting Project. The purpose of this project is to provide not only a walkway for pedestrians but also a bike path for our cyclists as well. The project is in the early stages as the crew continues to make preparation for an upcoming concrete pour later on in the week.

"This is a huge project for us, because it not only shortens the distance between the Galley and the NEX, but it also provides a safe route for the guys who ride their bikes," said CECN Trussell. "When this is finished it will be something we can all look back on and say that we did this, we helped improve the conditions on and around NAVSTA Rota, Spain."

We have a small crew working up in the P&E (Planning and Estimating) Room getting all the specifics ready for the upcoming projects. Next on the list we have a few more beautification jobs around camp, including the renovation of the laundry facilities nearby berthing areas.

All these projects take careful planning and preparation in order to execute a flawless product. Once again Camp Maintenance "ROCKS"

Lastly, I want to say it has been a pleasure keeping you up to date on all the great things Bravo Company does from month to month, but due to the needs of the battalion I have moved to Headquarters Admin Dept. to fill a critical billet. So, this is Chuck signing off (for now).

Take care of yourselves Fearless Families.

Headquarters Company

Medical Care From Head to Toe - and Teeth

By HN Christopher Graves



HN Graves on the job at Camp Mitchell

Camp Mitchell in Rota, Spain is a busy place with multiple projects going on around the camp. Assisting with daily life during this deployment is NMCB 74's "FEARLESS" Medical/Dental Departments, consisting of 16 members (including people transferring in/out of battalion).

Medical readiness ranges from placing a band-aid on a finger cut, to screening a patient's shot record to ensure they are ready for a detachment. Each member of these departments lend valuable services that contribute to the overall effectiveness of the team. So, I would like to take a moment and acknowledge the contributions made and catch everyone up on what has been going on in Medical.

Our new check-ins this deployment are LT Steele, HM2 Sanchez, HM3 Green and HA Watkins. Each person comes from a different duty station which helps the diversity of knowledge passed throughout the department. We will be losing LT Harbuck, HM1 Slaysman and HM3 Wade during this deployment and Chief Burnett as we return back to Gulfport. Their knowledge and expertise will be missed.

When the S3 or S3C need members for a detachment, the medical department is always ready to assist. All members going to HOA need Malaria Chemoprophylaxis and HM2 Ruise is there to assist them with the preparations. Service members need to have: current immunizations, uniforms sprayed or soaked in permethrin solution and be identified for any other medical needs.

Of course, while detachments are much anticipated this deployment, there are still people entering and leaving the battalion. Members transferring to/from NMCB 74 need proper medical screenings, and assisting with these tasks are: HM2 Sanchez, HM3 Green and HN Graves. Members who are preparing for, or completing transfer, need a Physical Health Assessment (PHA) in order to complete the process. PHA's were implemented to replace the Navy's five year physical, and include but are not limited to: having blood testing performed, blood

pressure measurements, immunizations and questions concerning overall health.

Depending on the location of the detachment and needs of the mission, a Corpsman is assigned to provide medical assistance. HM1 Smaltz an Independent Duty Corpsman (IDC) is deployed with Det. Water Well in Africa, and HM1 Slaysman (who deployed with Det. HOA) will be leaving this month for Bethesda, MD. HM3 Letourneau is turning over with HM1 Slaysman, and is a father to be. He and his wife are expecting a baby boy while he is deployed. HM1 Medina recently deployed with Det. Romania, and HM1 Roshell is assigned to Det. Senegal. These Corpsman work independently from the rest of the medical team and are trusted with all care of the sick and injured they may encounter. May they have good fortunes and each of them return safe.

The Medical Department isn't alone in helping NMCB 74's Seabees be mission ready, the Dental Department Consists of LT Stubbs, HM3 Wade and soon HA Watkins. These individuals are the first echelon of dental treatment for all members of NMCB 74. Due to

the outstanding dental clinic in Rota, treatment capabilities are nearly endless. Currently, our dental team has treated more than 300 patients, making almost half the battalion 100% dental ready.

Leading the Medical Department is NMCB 74's Surgeon, LT Harbuck, who will be turning over to LT Steele in July. NMCB 74's Senior Medical Department Representative is HMC Burnett, who will be leaving in August. Medical's Leading Petty Officer is HM1 Palacios, who along with LT Steele, will be overseeing the transfer back to homeport.

Many of the services we provide here at the clinic on Camp Mitchell would be difficult without the assistance from Naval Hospital Rota. The various clinics have coordinated with our staff and the members of the battalion with no difficulties, providing excellent service and outstanding care. Thank you Naval Hospital Rota staff.



HM1 Roshell teaches a CPR class at Camp Mitchell

Det Africa Partnership Station (APS)

NMCB 74 Seabees Complete Second APS Mission

By MCI(SCW/SW/AW) Ryan G. Wilber



NMCB 74 Seabees and USS Bradley Sailors work together on Onisiwo Island, Nigeria

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 returned from their second Africa Partnership Station (APS) West mission supporting USS Robert G. Bradley (FFG 49) in Lagos, Nigeria, and Lomé, Togo.

The Seabees served as construction experts for Sailors from Robert G. Bradley during the two missions, constructing desks and shelving for a school on Onisiwo Island, Nigeria, and renovated a hospital's maternity ward in Lomé.

Builder 1st Class Antione Thompson, project mission commander, explained how working closely with the people who will use the facilities made the projects unique and fulfilling experiences.

“When you go out there and do these types of projects you get to see a direct impact to the community,” said Thompson. “It’s very rewarding work.”



School children use desks built by NMCB 74 Seabees and USS Bradley Sailors

Although this will be NMCB 74’s last mission supporting USS Bradley’s APS deployment, more projects involving NMCB 74 are currently being planned.

“Our last day in Lagos we went out to this orphanage and looked at the roof, so we could plan that and submit the project for this summer or the next APS,” said Thompson.

Before leaving Onisiwo Island, the school children put on a traditional dance presentation for the crew in appreciation for the work they did.

APS is an international security cooperation initiative designed to strengthen global maritime partnerships through training and collaborative activities to improve maritime safety and security in Africa.

NMCB 74, homeported out of Gulfport, Miss, is currently on a scheduled deployment to Rota, Spain supporting Commander, Task Force (CTF) 68.



Det. Croatia

Busy Bees

By UTCN Jackie Bartz



Det Croatia crewmembers on the job

WOW is a good word to start with. Since hitting the ground here in Croatia, so much has been going on. So much, it's hard to put it all in one little article.

The Bees with Detail Croatia have been running at 100%, with little time for anything else. In fact, after a day at the job site, it seems like dinner, a hot shower and sleep are the only things we can think about. But that's only after the work day is done. Let's talk about what's been going on during the work days.

So far, we have poured four concrete pads, two buildings are completed, one of two double-story buildings is close to completion and the second is started with three pads formed up ready for concrete. We've been feeling the burn.

Members of Detail Croatia have been giving their all on this mission so far, and the results have been worth it. Experienced members of NMCB 74 are teaching their block laying skills, while newer members get to find their rhythm and develop their skills. Detail Croatia has

been dealing with a few problems concerning the block itself, but overcame them and adjusted to meet the plan requirements.

A separate project is about to start as well. Renovation of a local school bathroom will start soon, which will give our UTs a chance to get some in rate on the job experience. Some of the Detail's BUs will also have a hand in this project, as it calls for a considerable amount of tile work and a new wall. UT2 (SCW) Delarmente is the Project Supervisor and BU3 Lawrence is the Crew Leader for this project.

There also was a chance of pushing out to a new location once done in Slunj, Croatia, but, due to the short amount of time to plan things out, Detail Croatia will head back to Rota when finished with this mission.

Another visit from the Croatian Army's Deputy gave members of Detail Croatia the opportunity to show what we're really made of. His visit was to check progress on the job site, and he was pleased when he walked around to check things out. Detail Croatia also had a recent visit from our very own S3, S3C and the S3QC. Many good things

Det. Croatia

were said and it was a bit refreshing to get an outside opinion on the work we are doing.

But please don't think Detail Croatia is all work and no play. We've had a few opportunities to take a break and relax. Our MWR Representative, EA3 Strange, has been doing a great job of organizing trips for the Detail.

A very memorable trip was to Croatia's National Park, Plitvicka Lakes. It's a very beautiful place filled with woods, waterfalls and some of the most amazing water you've ever seen. The day was filled with hiking, sightseeing and fun throughout the Detail. Our most recent adventure was a trip to Zagreb, Croatia's capitol. We had a wonderful time experiencing the Croatian culture, dining out and doing a little shopping.

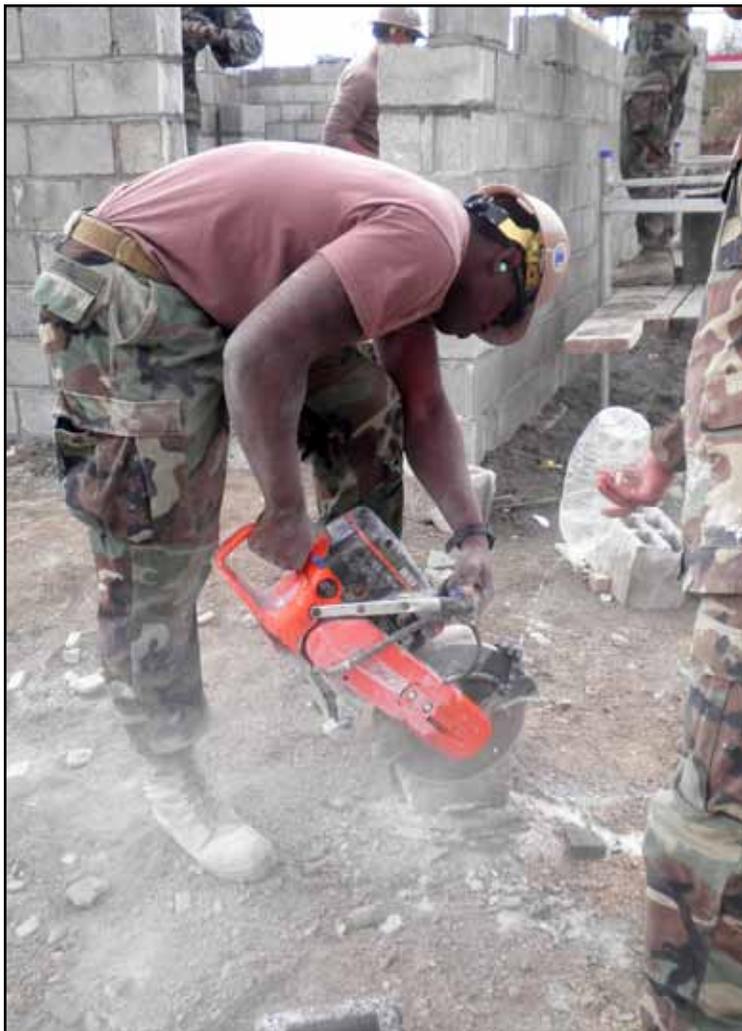
Detail Croatia has plenty on their plates to keep them busy, but that's what makes the time go by faster. Being tired comes with this job, as any Seabee knows, but that's not something that will break our spirits or motivation. Detail Croatia is ready and willing to push through this mission, with the energy and positivity we started out with, even if at times the goal seems very distant. The pace for Detail Croatia was set very fast, and keeping up with that has made us Busy Bees indeed.



Det Croatia at Plitvice Lakes National Park



BU1 Alfano and SW3 Tamplin on the job in Croatia



BU3 Newel on the job in Croatia



BU3 Desalvo on the job in Croatia

Det. Horn of Africa (HOA)

NMCB 74 Det. HOA Change of Charge

By MC2 Michael Lindsey

Lt. Bobby Kendall officially replaced Naval Mobile Construction Battalion (NMCB) 74 Detachment Horn of Africa's (Det. HOA) Officer-in-Charge (OIC), Lt. Cmdr. Michael James, during a Change of Charge ceremony held on Camp Lemonnier, Djibouti April 20.

James was awarded the Navy and Marine Corps Commendation Medal for his successful leadership of more than 150 Seabees since their turnover with NMCB 7 Det. HOA on Dec. 15, 2010. NMCB 74 Det. HOA directly supports Combined Joint Task Force – Horn of Africa's (CJTF-HOA) mission of promoting stability and partner nation capacity. James attributed his success to the Seabees hard work and motivation.

"I think the men and women of Det. HOA have performed exceptionally well in successfully overcoming all the challenges we've faced with the tenacity and can-do spirit that is the hallmark of the Seabees," said James. "The work they are doing and the positive impact they are having on the lives of the people of Eastern Africa is simply amazing."

Kendall reported to NMCB 74 in July 2009, and most recently served as Detail West Africa and Senegal OIC. He has also served as Alfa Company's Commander and Det. 2 OIC during the battalion's previous deployment to Afghanistan. Kendall says that Det. HOA's mission is exactly the kind of work that will continue the Seabee legacy.



LT Kendall assumes OIC duties at Camp Lemonnier

"Our Afghanistan deployment was about supporting the Marines and was an example of the 'we build we fight' motto," said Kendall. "But, the whole motto is actually 'with compassion for others, we build, we fight, for peace and for freedom,' and I believe that is what we are doing here."

The OIC's primary responsibility is to ensure that Seabees have everything they need to complete their mission safely and successfully. The OIC communicates directly with the supporting commander (CJTF-HOA) regarding the Detachment's capabilities and how they can be best used to accomplish the mission.

"We are building schools, clinics, water wells and other civil-military projects that help the community become more stable," said Kendall. "There is a lot of job fulfillment in what folks are doing and when you have those things morale is high, and readiness is high within the detachment."

James' next assignment is in Washington, D.C. as the Military Aide to the Assistant Secretary of the Navy for Energy, Installations and the Environment. He said Det. HOA is in good hands with Kendall.

"Lt. Kendall is an exceptional officer and leader. I'm fully confident he'll lead the Det. to bigger and better things as they finish out the deployment," said James.



LT Kendall and LCDR James turn over at Camp Lemonnier

Det. Macedonia

The Bees Have Left the Hive

By *BUCA(SCW) Bret Redfearn*



*BUCN Redfearn, BUCN French and BUCN Wymer
on the job in Macedonia*

Detail Macedonia would like to thank Bravo Company and everyone who participated in the farewell picnic for our detail. The party consisted of great food, volleyball, softball and football.

Many were amused by BU2 (SCW) Ring's outstanding performance on the field; well worth his 'Impact Player of the Game' nomination. Rounding third base, he jokingly shouted "Wheeeehh! Somebody call the vet, 'cause these puppies are sick,'" while showing off his biceps before sliding into home plate. Chief Blue put on a show kicking dirt and pretending to coach like a pro. Not bad chief.

The picnic was a success and we surely appreciate everything. HOORAH Bravo Company!

On April 18, bags hit the air and the waiting game began on what was expected to be a downhill trip. It started out with a rather nuisance of a bag drag and turned into a tour of several interesting European airports.

Our detail parted ways with Main Body and eventually arrived in Skopje, Macedonia. Groups made the best of their time during the journey and stayed occupied by studying, reading, napping and even playing games to pass the time. Some bought souvenirs; many took pictures of this once in a life time expedition.

Finally, after sore seats and tired eyes our arrival to Macedonia was complete. Over the rivers and through the mountains we drove for what seemed an eternity.

We arrived at our new humble CONNEX homes. It sure wasn't the greatest place, but we know that home is what you make it. UTCN Gatke told everyone in a group discussion,

"I couldn't care less about where we stay, but I don't know what I would do without Facebook," said UTCN Gatke. EOCN Esche "I thoroughly enjoy the Macedonian bathrooms, I mean I never thought about the simple things that I would miss," said EOCN Esche. "It's an interesting change due to a cultural difference, but well manage," added LT Pruneda, Det. Macedonia OIC.

BUCN Redfearn showed off his Martha Stewart qualities as he prepared his curtains and rack for a more 'cozy feeling.'

The first week consisted of adaptation to the new life style, and with that comes a language barrier. The detail is picking up Macedonian rather quickly.

"I'm intrigued and surprised with the abundance of English used by the locals," said Ensign Trejo.

The term "Fala" meaning "thank you" has been used habitually by both the community and Detail Macedonia. The local town has been very anxious about the renovations to their school and beyond supportive to the detail. The upcoming projects will undoubtedly benefit the community by providing a better environment for education and a public works facility.

Upon arrival to Demir Kapija, it seemed as if we were an exhibit at a zoo. The young children watched with curiosity, wondering who we were and why we were here. Soon the children warmed up to the group and began laughing, learning and even teaching the detail phrases in Macedonian.

CE3 Dean has been in charge of the rigorous SCWS program. He has been focusing on instructing, mentoring and preparing troops for the qualification exams. Congratulations to UTCN Gatke for completing the challenging SCWS program.

Another vital aspect to our mission is the physical fitness program. SW2(SCW) Speice has incorporated numerous styles of PT, including a rather difficult run involving elevation variation as well as stairs, log lifts, atlas stones and calisthenics to keep us in shape.

"At this rate, by the time were done I'll look like Brad Pitt in fight club" chuckled BU3(SCW) Gilchrist.

Our new "Battalion Stallion," BU3 Whelan, is demonstrating his strength not with human flags and muscle ups, but with his leadership as a new Petty Officer. He is diligently taking charge of assigned tasks and as Safety for the PEB structure.

We're looking forward to winning the hearts and minds of the community with our projects that will be underway shortly. Look in next month's newsletter for updates on the renovation of the school project and the building of the PEB structure. Until next time "Stay classy Rota!"

Det. Morocco

Shooting A-Round in Sierra del Retin

By BUCN Ana Serrano

Six members of Detail Morocco, along with 73 other members of the battalion began a combat readiness exercise on April 18, 2011.

Together with a Marine FAST Company, they were escorted by Spanish security to Sierra del Retin range. The purpose of this three-day training mission was to capitalize on the battalion's overall combat readiness and to prepare for upcoming assignments. Before their adventure began, line coaches trained the group on the components, operations, and safety procedures of the MK19, M240B and M2 (50 cal) in a full day of training and qualification.

After a long bus ride and finally arriving at the range, participants were able to set up camp and apply some practical hands on knowledge of what was learned.

"I learned how to use my voice loud and clear for the T&E (transversing and elevating). I also learned to sight with and without my eyes closed.



CM3 Allam, Gunnery Sgt. Neale, LSSN Cattoi and EOCN Hurley at the range

She added, I actually had a fun time and enjoyed the outdoors with the hills and great scenery even though there were cows everywhere," said CECN Escobar.

As well as gaining familiarization with the weapons, Gunnery Sgt. Neale explained to us the importance for the roles of the gunner and "A" gunner, and how they must work as a team in order to effectively and safely complete a mission. Gunnery Neale then paired everyone up and had them work on their team communication skills, stating that these skills are extremely perishable.

"If you don't use them, you lose them," said Neale.



EO3 Colquitt and EOCA Moise at the range

Det. Romania

Boots on the Ground... Detail Romania is in Town!

By UTCN Elliot Schultz



Det Romania crewmembers on the job.

With much awaited anticipation, NMCB 74 has finally put boots on the ground in Romania. The 26 Seabee Detail traveled seven hours by C130 to a Romanian airbase just outside the city of Constanta, located on the coast of the Black Sea.

The Det is residing on the Permanent Forward Operating Site (PFOS) for the Black Sea Rotation Force (BSRF) where there is access to an MWR cantina and internet cafe, dining facility, gym, laundry and Army/Air Force Exchange Store (AAFES). Troops are well satisfied with the MWR facilities and their new living conditions.

"I am pleased with our living conditions. We were not expecting to have such nice facilities for our use," said UT3 Roscoe.

Detail Romania has been tasked with the renovation of a 5-story Romanian Naval Dive Center Special Operations Training Group (SOTG) facility. The days are long but the work is rewarding.

Move-in and demolition of the dive center started Tuesday April 19th, 2011. After unloading all supplies and tools, Crew Leader BU2 Mason immediately divided the crew into two groups and instructed them to begin demolishing pre-existing tile. On the following Tuesday 88% of the demolition was complete. Electrical and plumbing fixtures are the next step in the demolition process.

In addition to their already demanding schedule, the Bees are committing their off duty time to SCWS training every Monday, Tuesday and Thursday at 1930 to ensure that each Seabee leaves Romania with 100% satisfactory progression

towards becoming a SCWS warrior. CE2 Guerriero, Det Romania's SCWS coordinator, stated

"I am well aware of the hard work and long days we have ahead of us; if troops want to better themselves to go even further then I will be there to help," said CE2 Guerriero, Det. SCWS coordinator.

The members of the Det. are very thankful for CE2's devotion and time.

With the PFA right around the corner, PT has been a major priority of Detail Romania's leadership. Although the Det has long workdays ahead of them, a rigorous PT session led by the Det. Command Fitness Leader, BU2 Jorgensen, greets them every Monday, Wednesday and Friday promptly at 0500. The CFL states,

"My intention is to hold the Det. to a higher standard in order to enhance the probability that we will achieve our Det goal of zero PFA failures," said Jorgensen.

With everything up and running smoothly for Romania, expectations thus far have been extremely high. Each member is giving his or her best performance to achieve the expected results that the leadership has set before them.

"On a daily basis every member of Det. Romania has shown their ability to stay focused as a unit and work towards the common goal of producing a quality product and keeping the Seabee Legacy intact," said Lt. j.g. Vaughn Det. officer-in-charge.



CM3 Houston and BUCN Vance on the job in Romania

Det. Senegal

Halfway There

By CE2(SCW) Marshall Boos



BU2 Bryant behind the helm of USS Roosevelt (DDG 80) during a ship's tour on NAVSTA Rota

Although Det Senegal is still waiting to push out from Sapin, we are still doing our part to help make Camp Mitchell and NAVSTA Rota a better place.

The MWR Pool Rehab project is coming along great. We have removed all of the old pieces of pool equipment and have started to replace it. The Cyclone slide is already up and is only awaiting a water pump to be complete. The old diving board was a little hard to get remove from the concrete, but it was finally taken out and we are now prepping the area for the new diving board.

Another Fuel Road Access project has also kicked off. The Crew did such great work for the last turf stone project that they have been asked to repeat the process for the Aquatics center. They have excavated, filled and compacted the area to be laid with the turf stone, and are currently prepping for the next step of setting the actual curb stone and the turf stone.

It's always great for Seabees to receive recognition for their accomplishments. It shows the members that their hard work and dedication doesn't go unnoticed. CE2 Boos received a Navy Achievement Medal for his notable work done at Naval Air Station Brunswick, Maine before coming to NMCB 74, BU3 Fisher received the Commanding Officer's coin for his outstanding work on both Fuel Access Road projects, and UT3 Clouser and SW3 Casto both received Good Conduct Awards for three years of unwavering conduct in the Navy.

This month two members of Det. Senegal, CE2 Boos and BU3 Fisher, had the opportunity to go out to the Sierra del Retin Range and participate in crew served weapons training. It all started with a bag drag on Sunday night, then Monday morning we had an hour and a half convoy to the range. We arrived at the range and set up our tents and ate our MREs. Then without delay headed to the firing range.

We had the opportunity to shoot the .50 Caliber Heavy Machine Gun, M-240B Machine Gun, MK-19 Automatic Grenade Launcher and the M203 Grenade Launcher. This type of training is a lot of fun and greatly helps the battalion stay proficient and prepared for any mission the Navy may call upon us to do.

Serve it up! Many of us in Detail Senegal and Detail West Africa like to spend our off time playing volleyball. It is a great way for us to get out and get some good exercise, while better learning to work as a team. It is also a good way to pass the time and it greatly improves morale and Company cohesion.

We have been lucky enough to have a volleyball court on the backside of our barracks which makes it easy to get games going, and as far as the command goes West Africa has not been defeated in a volleyball game yet.

As we are now past our half way point in deployment, many of us are getting eager to return home. We all miss our families and our homes. No matter if it's our spouse and children, mother and father, or just a lonely cat or dog waiting for us, we all are very excited with the idea of being on the downhill side of deployment.



CE3 Jackson at opening day on NAVSTA Rota

Det. Water Well



CMC Taylor, E01 Hill, CM2 Durcholz and IT2 Choe on the job



CM3 Docs on the job

Stories from Camp Mitchell

NMCB 74 breaks ground with their Women's Mentorship Program (WMP)

By LS1(SW/AW) Donna Massie, LS2 Inez Rajo and LS2(SCW) Dori Cavin



CAPT Styles addresses the women at a Women's Mentorship Program meeting at Camp Mitchell

For the leadership of the U.S. Navy, mentorship for the rapidly growing population of women service members is an important aspect of career development. Throughout the NCF and NMCBs the same is true, the number of females serving is increasing and effective mentorship is essential.

Shortly after arriving in Rota Spain the female First Classes reinvigorated the Women's Mentorship Program (WMP) in the battalion. The program provides guidance and personal development to the future female Seabee leaders, which also brings an alliance for all females in the Navy.

WMP originally launched in 2008, exactly 100 years after the first woman enlisted in the Navy. The first female joined the Seabees in 1972. Having females in the Navy in 1908 compared to 2011 is different in all perspectives; from duty station choices, Navy uniforms and career expectations, today a woman in the Navy has unlimited advancement opportunities in her career and every available advantage at her fingertips.

Meetings are held once a month at Camp Mitchell MWR and are open to all military females in the surrounding area.

"It is a really great idea and coming from a command with only three females I was definitely interested in being a part of the program. This program boosts morale and I plan to be here next month," said CE3 Auld, a female assigned to NAVFAC Rota, Spain.

On April 16th, the WMP had a special guest speaker, Capt. Donna Styles. Before her introduction, all stood at attention giving respect to a woman who served her time, made it through the ranks and stands proudly as the CO for NAVSTA Medical Hospital. She greeted all the females and began the courageous story of her Navy career.

As a widow and single parent from the age of 19, Capt. Styles went through school to attain her Bachelor of Science degree in nursing. As she ended her education the Navy was a foresight. Going through OIS she began her career as an officer that has continued to flourish during the last 28 years. She has

triumphed as a female officer taking duties that excelled her personally and professionally.

At her duty station in Hawaii she finished her Master of Science Degree, and a few years later she was the XO for Naval Hospital Camp Lejeune. She then transferred to Rota, Spain taking the title of Commanding Officer Naval Station Medical Hospital.

From the faces in the room you could see amazement, empathy and adulation. The women took advantage of having such an experienced person to acquire advice from.

"You have to come to a decision, follow that dream or wake up and don't follow it. I decided to follow that dream," said Stiles.

NMCB 74 WMP has taken a life of its own in battalion.

"This is the first command that I've been to with this type of leadership and coming from the fleet I am glad to see a mentorship program where there is a time to relax and the junior troops can talk to the uppers and interact with each other as people," said Chief Yeoman Sonya McClendon, NMCB 74 Admin Officer.

The basis of their program is to connect with all females in battalion, from E-1 to E-8. With the curriculum created solely by the first class females, they are also the facilitators. Every meeting has a subject ranging from advancement strategies to balancing personal life while deployed. The interaction between females builds communication throughout the battalion and with an open floor this allows junior troops to speak freely.

During their time together they work with the younger troops on increasing self esteem and gaining confidence. With four khakis and four first class females here in Rota, they are able to share their years of knowledge and personal experience with the junior troops.

With the ideas, curriculum, and overall basis, any command would benefit from a program like this. To be a female in the military is challenge at times and having a female mentor or guide is critical. NMCB 74 WMP is a group of women paving the road for the future.



Females assigned to NAVSTA Rota and NMCB 74 attend a Women's Mentorship Program meeting at Camp Mitchell

Stories from Camp Mitchell

Fearless Hone Crew-Served Weapons Skills In Spain

By MCI(SCW/SW/AW) Ryan G. Wilber



Gunnery Sgt. Neale trains at the range



CMCA Miller and CE2 Otano Otano shooting MK-19s



Firing an M-203 at the range



Gunnery Sgt. Neale and CM3 Cirocco train at the range

Not every weapons range can boast a tree for the right lateral limit and a cow for the left, but that is exactly what 74 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 encountered at the Sierra del Retin range near Barbate, Spain April 18-20.

M-240 and M-2HB machine guns, and MK-19 automatic grenade launchers were loaded up at Camp Mitchell in Rota, Spain and transported to the range for a live-fire crew-served weapons exercise. According to Gunnery Sgt. Jason Neale, NMCB 74's military advisor, the exercise served a dual purpose: sustainment for those previously qualified and familiarization for those new to the weapons systems.

"You have to get the people qualified and trained up initially on the weapons, and then you have to make the time for sustainment training. These are perishable skills. If you don't use them they go away, they become rusty, they atrophy. If you don't get out there and exercise

them, you don't sustain the knowledge, if you don't keep up your training then those skills go away, and the next time you need to use them you are starting from ground zero vice having maintained a level of performance," said Neale.

Neale also stressed the importance of automatic weapons to a defensive unit such as an NMCB, and the ability of Seabees to properly employ and maintain them in the field.

"Crew served-weapons provide the backbone of the defense. Everything you do with your wire plan, site selection, it all boils down to the most effective use of your crew-served weapons. The 240-B, .50 cal, the MK-19, although they all have their own uses they all are vitally important to the defense, so being able to employ them and have a good working knowledge of their use, maintenance, marksmanship, the whole deal is vitally important to a defensive unit," said Neale.

Stories from Camp Mitchell



CECN Escobar fires an M-203 at the range



Seabees assemble M-2s at the range

For many, living in their one-man tents for three days and sustaining on Meals Ready to Eat, served to break up the monotony that often accompanies deployment, and also offered a unique opportunity to learn from Neale and the range coaches.

“I think it was a great range. I think everyone who was out there really liked it. The morale was up out there, because we were away from the camp. We were able to get away and do our own thing for a little while, get away from the daily grind, which is always nice. They [the shooters] were ready to learn and we didn’t have any problems instructing them,” said Construction Mechanic 3rd Class Zach Cirocco, a range coach.

Two of the shooters, Construction Electrician 3rd Class Courtney Demastus and Construction Mechanic 3rd Class Trevor Shultz, cited familiarization as what they most got from the experience and said they felt the range was a success for them and the other Seabees involved.

“You didn’t go through the class, but you are still familiar with that weapon. You can still be effective. If you have to kill someone you could do it to defend yourself and defend the people around you,” said Shultz.

Neale, however, warns that success cannot be determined until the same Seabees get behind the weapons again in the future and demonstrate what they learned at the range today.

“We got on the range, put rounds down range, we came back with 100-percent accountability of personnel and equipment, and with no injuries. Those are the short-term successes of the range. If we come back in another month and start doing some machine gun training here on Camp Mitchell, and the people we took out to the range retained the knowledge, they can tell me the stuff we taught them, they can tell me the stuff they learned while they were actually performing with the weapon then the range will be deemed a success,” said Neale.



ENS Korpi and LCDR Tobias at the range



Firing the MK-19 at the range

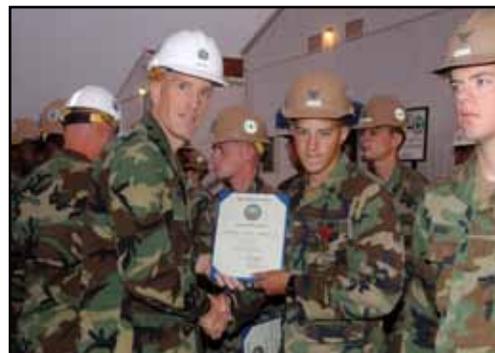
NMCB 74 Recognition Photos



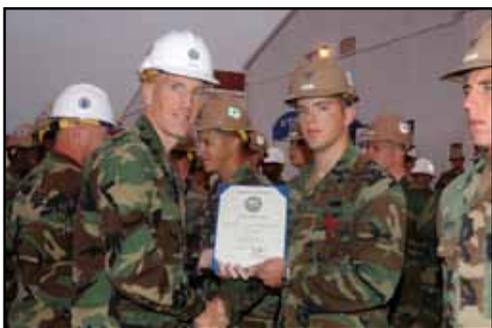
CE2 Boos awarded a NAM at Camp Mitchell



CM3 Austin awarded a Good Conduct Medal at Camp Mitchell



SW3 Baldwin awarded a Good Conduct Medal at Camp Mitchell



CE3 Berkey awarded a Good Conduct Medal at Camp Mitchell



SW3 Casto awarded a Good Conduct Medal at Camp Mitchell



UT3 Clouser awarded a Good Conduct Medal at Camp Mitchell



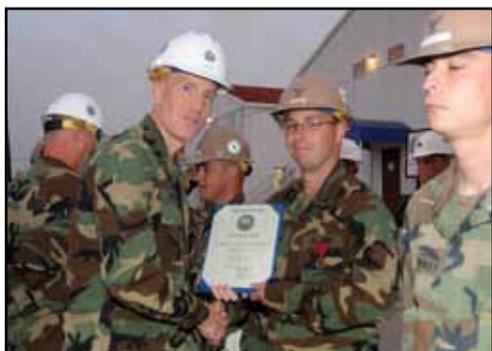
UT3 Cook awarded a Good Conduct Medal at Camp Mitchell



BU3 Fitzgerald awarded a Good Conduct Medal at Camp Mitchell



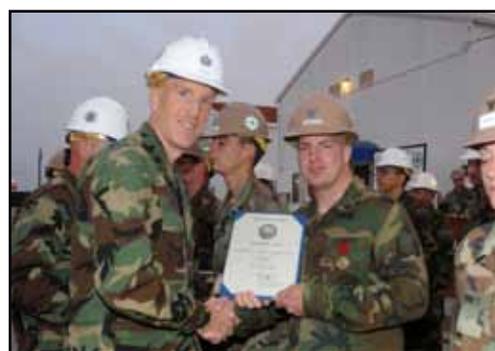
SW3 Holt awarded a Good Conduct Medal at Camp Mitchell



CM3 Rowland awarded a Good Conduct Medal at Camp Mitchell

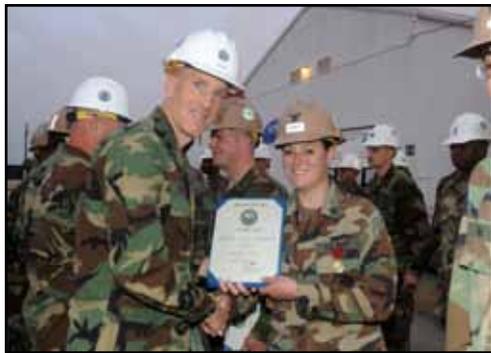


GM3 Sorokey awarded a Good Conduct Medal at Camp Mitchell



CM3 Spangler awarded a Good Conduct Medal at Camp Mitchell

NMCB 74 Recognition Photos



EO3 Spinney awarded a Good Conduct Medal at Camp Mitchell



EA3 Xu awarded a Good Conduct Medal at Camp Mitchell



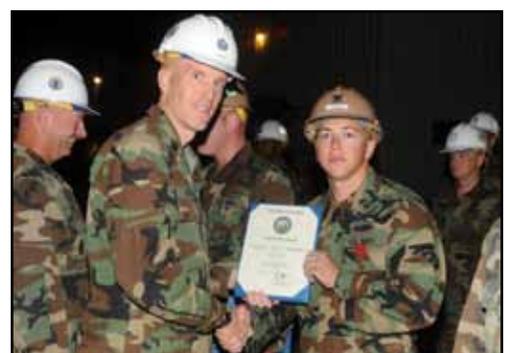
CMCN Fields awarded a Good Conduct Medal at Camp Mitchell



CMCN Hovik awarded a Good Conduct Medal at Camp Mitchell



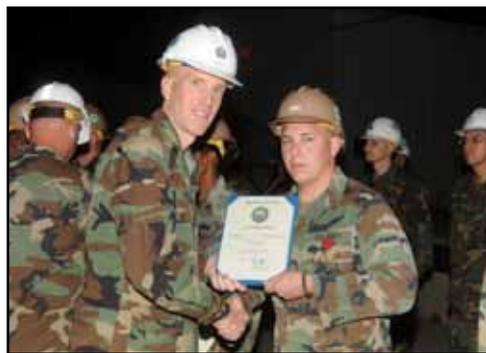
EOCN Brautigam named Safe Seabee of the Month at Camp Mitchell



BU2 Turner awarded a Good Conduct Medal at Camp Mitchell



SW2 Golden awarded a Good Conduct Medal at Camp Mitchell



CECN Brown awarded a Good Conduct Medal at Camp Mitchell



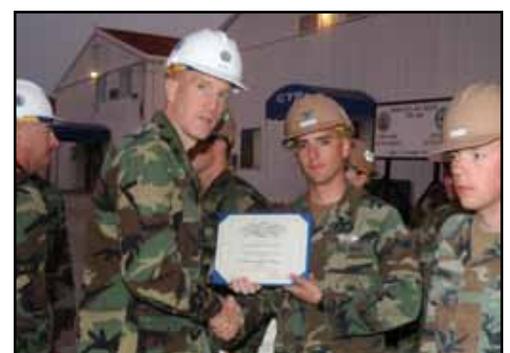
EACN Samson awarded a Good Conduct Medal at Camp Mitchell



BUCN Villasenor awarded a Good Conduct Medal at Camp Mitchell

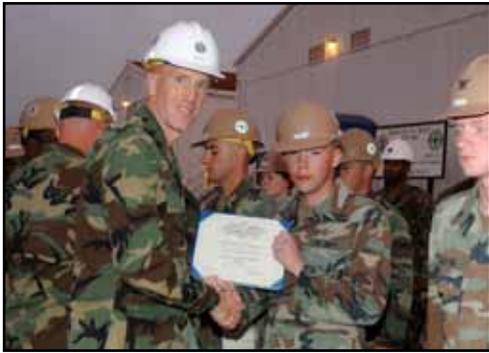


EOCN Washko awarded a Good Conduct Medal at Camp Mitchell



UTCN Hilfers pinned SCWS at Camp Mitchell

NMCB 74 Recognition Photos



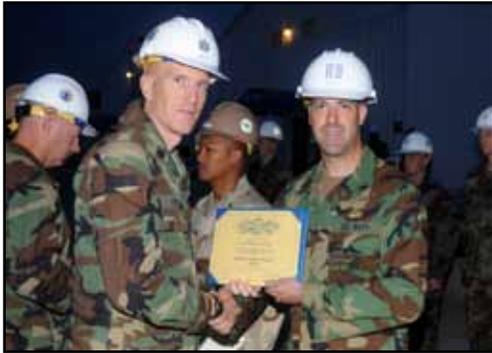
UTCN Lampinen pinned SCWS at Camp Mitchell



CECN Escobar pinned SCWS at Camp Mitchell



EOCR Moise pinned SCWS at Camp Mitchell



LT Segalla pinned SCWS at Camp Mitchell



CM3 Morales pinned SCWS at Camp Mitchell



LTJG Vaughn pinned SCWS at Camp Mitchell



LCDR James awarded a COM at Camp Lemonnier



BU3 Reckers presented a CO's coin in Djibouti



BUCN Parks presented a CO's coin in Djibouti



UT3 Gresham presented a CO's coin in Djibouti



CMCN Fleischmann presented as Bluejacket of the Quarter, 2nd Qtr 2011

Over-the-Hump Parties



BU1 Sperko gets dunked at Camp Lemonnier



EOCA Zintel and CM3 Beers at Camp Mitchell



BUCN Maldonado gives CDR Hayes a \$700 haircut at Camp Mitchell



CM1 Evans, CE1 Bartley and LSC Therlonge man the grill at Camp Lemonnier



EOCN Holtzman vs BU3 Dardano at Camp Lemonnier



Alfa Company pulls their weight at Camp Mitchell

NMCB 74 Deployment Photos



UT3 Ledestich on watch at Camp Mitchell



SWCN Rose, BUCA Merideth and SWCN Moiles on the job at NAVSTA Rota



SW3 Baker and BUCN Hoffmans on the job in Djibouti



ET1 Tapia, EO3 Strusowski and EO3 Wilcher in CPR class at Camp Mitchell



BUI Kitchen, BUCN Hunter and BUCA Merideth on the job at NAVSTA Rota



EOCN Love on the job at Camp Lemonnier

NMCB 74 Deployment Photos



Fearless take a tour of USS Roosevelt at NAVSTA Rota



BUCN Aceves on the job on Camp Lemonnier



Det Manda Bay pauses for a group shot



Ecole 5 crew on the job in Djibouti



CECN Perez on the job in Djibouti



UT3 Smolinski on the job at Camp Mitchell

NMCB 74 Deployment Photos



CMCN Fields and CMCN Vaughn on the job at Camp Mitchell



EAI Piper and CM1 Record practice for an Easter play



Ecole 5 crew on the job in Djibouti



UT3 Gresham on the job in Djibouti



YN3 Morrow on the job at Camp Lemonnier



Det. HOA takes 2nd place in the Captain's Cup competition

If you would like to submit photos to be used in The Beaver Tale or our Cruise Book, email high quality photos to MC1 Ryan Wilber (ryan.wilber@eu.navy.mil). Please include a brief description of what is taking place and who is pictured in the photo. (rate, first and last name). Thank you.