

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

November 13, 2014

Veterans Day Parade, Biloxi



The Joint Service Color Guard from Naval Construction Training Center (NCTC) leads units from Naval Construction Battalion Center (NCBC) Gulfport during the 14th Annual Gulf Coast Veterans Day Parade, Nov. 8 in Biloxi, Miss. The parade included antique military vehicles, marching bands, JROTC groups and military marching units to include a joint unit from NCTC with Army, Navy and Air Force personnel as well as a combined unit comprised of personnel from Naval Construction Group (NCG) 2, and Naval Mobile Construction Battalions (NMCB) 1, 11 and 133. NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal and NCG 2's Commanding Officer, Capt. John Adametz were among the dignitaries featured in the parade as they rode in World War II-era jeeps. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

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November is Military Family Appreciation Month

"Our nation owes each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."

- President Barack Obama -

From Mary Lewis

NCBC CREDO Facilitator

Throughout November, families of military members are honored for their commitment, their many contributions, and sacrifices they make every day in support of the military and our nation.

The stress of war, multiple deployments and frequent moves can affect the wellness of our military families. Children and spouses can experience anxiety, changes in relationships with family and friends, isolation or emotional challenges in dealing with deployments, illness or injury and high mobility.

Here at the Chapel of Choice, our focus is on family wellness. Through hosting Marriage Enrichment Retreats, Family Enrichment Retreats, and Personal Resiliency Retreats, we focus on the holistic approach to family and personal wellness. We aim to emphasize the importance of the whole, and how each part is dependent on each other. "There is no perfect family, but we must learn to bear with one another and learn to get along with the family that we are in," said Father Patrick Mockler, Roman Catholic Priest of the Chapel.

"For me, a Christ-centered household is key to ensuring a family's values and morals are in place. It makes my

home run smoothly," said Construction Mechanic 2nd Class Jeremy Williams, Facilities Manager.

You can do many things to help ensure family wellness in your household. Set a good example through healthy behavior and create a safe, stable environment for children during deployments. Devote time to your family and be an active participant in your household.

Focus on being flexible and compromising when possible. When confronted with a choice between acting in self-interest or in interest of the family, family should come first. Communication is also a very important facet to any healthy family.

"Constant communication between parents and their children is important. Spending time together, praying together and loving one another for the unique person they are is part of family wellness," said Religious Program Specialist 1st Class Robert Washington.

This November, show your support and appreciation for services members and their families, and do something special for the people who fight for our freedom every day!

Americans from the White House to Gulfport, are encouraged to remember military families not only during November, but all year long as well.

Victim Legal Counsel Note

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to all eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault;

advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the courts-marital process; and provide other legal advice and assistance connected to a sexual assault. It is never too early or too late for an eligible victim to seek the assistance of a VLC. All communications between eligible victims and VLCs are confidential! Those eligible for VLC services include active duty sailors, certain reservists, and if the

alleged offender is an active duty member, both adult and child dependents.

Victims of sexual assault are encouraged to contact the Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the VLC, or to contact the VLC directly.

To reach the VLC who supports NCBC, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.rieke@navy.mil.

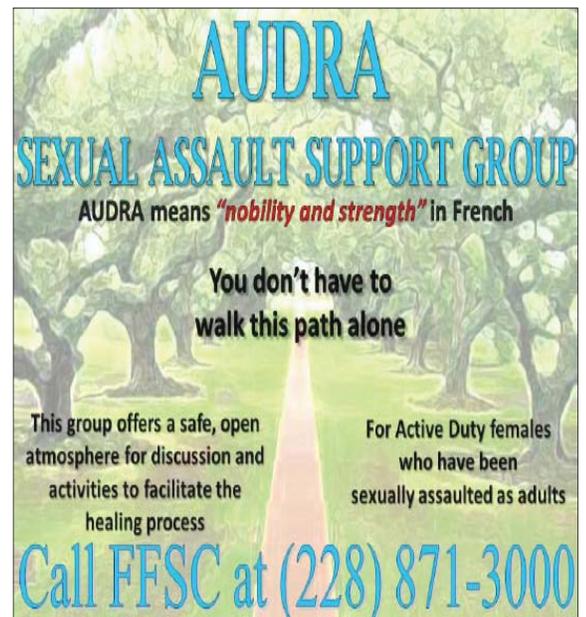


Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



AUDRA
SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000



Construction Electrician 3rd Class Kelly Barrow, a food service assistant at Colmer Dining Facility on board NCBC Gulfport, slices radishes in preparation for lunch, Nov. 3. The hours of operation for Colmer Dining Facility are: Monday through Friday, breakfast 5:45 to 7:45 a.m., lunch 11 a.m. to 12:30 p.m., and dinner 4:30 - 6 p.m., Saturday and Sunday, breakfast 6:30 to 8 a.m., lunch 11 a.m. - 12:30 p.m., and dinner 4 - 5:30 p.m. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Builder 2nd Class Belinda Walker from Naval Mobile Construction Battalion (NMCB) 11 teaches a fun and information-packed Couponing 101 class Nov. 6. Belinda teaches tips, websites, smart phone apps, ways to get organized, store savings programs, and much more. The class will be offered again Nov. 15, from 2 - 4 p.m., at Fleet and Family Support Center on board NCBC Gulfport. Call 228-871-3000 to sign up. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Vincent Vautour, an instructor at Naval Construction Training Center, enjoys the nice weather and completing a crossword puzzle during his lunch break at Seabee Lake on board NCBC Gulfport, Nov. 4. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Saving energy with LED Lights

By **BUCA Elizabeth Mills**
NCBC Public Affairs

The Naval Construction Battalion Center (NCBC) Public Works Department (PWD) recently competed for regional funding under Restoration Modernization energy (RMe) program for \$1.3 million. The award was given by Naval Facilities Engineering Command (NAVFAC) Southeast and installation began on an exterior lighting project in late September.

NAVFAC and Facilities Engineering and Acquisitions Division Gulfport issued a sole source award in August to Hernandez Consulting to retrofit exterior building lighting.

Hernandez Consulting will install over 3,000 energy efficient exterior LED lighting systems on 128 different building structures, replacing the old lighting systems. The LED lighting systems are expected to realize an annual savings of more than \$87,000. Fixtures range

in price from \$55 - \$260, depending on the wattage which varies from 10W to 85W. The wattages of the existing fixtures range from 70W to 400W.

According to Jason Poe, PWD's Energy Installation Manager, each fixture has a life expectancy of 50,000 hours or greater which will significantly reduce maintenance costs.

The lighting project will help NCBC Gulfport reach its goal of 50 percent reduction in energy costs by 2020, as mandated by the Secretary of the Navy.

The project will also increase lighting around buildings and walkways which supports the sexual assault prevention initiative to increase personnel safety.

Once complete, approximately 95 percent of the NCBC's exterior lighting will be LED. In 2015, PWD has a \$450,000 project planned which will upgrade interior lighting systems to LED in 21 buildings.



Jason Poe, Public Works Installation Energy Manager on board Naval Construction Battalion Center (NCBC) Gulfport, showcases the new model of exterior LED lighting recently installed on NCBC facilities as part of a more efficient and less costly energy policy. Wattage of the old fixtures was 20 times higher than their new LED replacements. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

Fraud, Waste and Abuse Hotline

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse Hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

Donate To
The Seabee Memorial Scholarship Association (SMSA)
Through The Combined Federal Campaign
CFC CODE 11959

The Seabee Memorial Scholarship Association's purpose is to provide scholarships for sons, daughters, and grandchildren of Seabees, both past and present, active, reserve, or retired.

Important Facts

- SMSA has awarded scholarships to over 650 students since 1972
- SMSA has 116 named perpetual Scholarships
- 15-25 new scholarships are awarded each year
- The value of scholarships awarded totals over \$3.6 million with the current value of each award at \$2,300
- Approximately 75% of scholarships go to children or grandchildren of Seabees in the active component from all eras

Help Seabee Families by donating through the Combined Federal Campaign!
CFC CODE 11959

Thank you for giving. Your contribution makes all the difference.

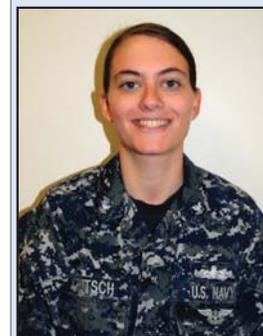
Buzz on the Street

By **BUCA Elizabeth Mills**
NCBC Public Affairs

"What is the biggest personal change you've ever made?"



"To convert from an operations specialist to a Navy career counselor."
NC1 (SW/AWS)
Terrance Pringle
NCBC
Hometown: Mobile, Ala.



"Coming to the Seabees as a Fleet rate. It was a shock at first because I didn't even know what a platoon was because we have divisions on a ship."
LS3 Rachael Kruttsch
NCBC
Hometown: Jackson, Mich.



"Starting a family of my own with my husband."
EOCN Kylee Ingalsbe
NCBC
Hometown: Cheyenne, Wyo.

NCBC receives Gold level SECNAV Energy and Water Management Award

By BU3(SCW) Amanda Hollister
NCBC Public Affairs

The Secretary of the Navy (SECNAV), Ray Mabus announced the winners of the Energy and Water Management Awards for the NAVFAC Southeast Region, Oct. 21. Naval Construction Battalion Center (NCBC) Gulfport received the Gold level certificate of achievement, indicating a very good to outstanding energy program for fiscal year 2014.

Water and energy conservation percentages are not the only criteria in play when choosing winners. According to Public Works Department's (PWD) Installation Energy Manager, Jason Poe and PWD's Production Division Director, Matt Schultz, it runs on a points system. Energy council meetings, training, international energy certifications, implementation of new technologies, keeping up-to-date water and energy policies, and new policies considered or put into place within the year all add into an installation's total point score. Water and energy reduction percentage is computed from a baseline taken in 2003, and from previous year's usage.

"SECNAV'S goal is to reduce

usage by 30 percent by the year 2015. We're already at just over 33 percent, a year early. The ultimate goal is to reach a total of 50 percent reduction by 2020," said Poe.

In 2013, NCBC was awarded the overall winner of the SECNAV Energy and Water Management Award, Small Shore category.

According to Schultz, NCBC received the highest level of Gold this year, which is only three points below Platinum. In previous years, NCBC has received two Gold and one Blue award certificate.

On the agenda for 2015, Poe says we can expect to see replacement of inefficient dry-type transformers with new high-efficiency units, air conditioning unit upgrades, solar hot water systems in barracks and the Fitness Center, and light emitting diode (LED) interior lighting.

"LED lighting is expected to save about \$87,000 annually. They last about 50,000 hours," said Poe.

"That's about 20-24 years," said Schultz. "You could work in a building your entire career and never change a light bulb. It's also brighter, and whiter, it gets rid of the shadowy effect in barracks hallways."

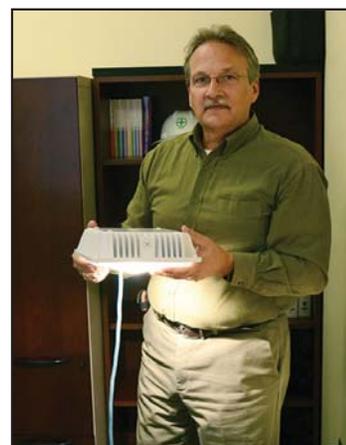
Schultz explained that the Navy

has a three-tier approach to energy conservation: new technologies, behavioral or cultural change, and renewable energy. NCBC Gulfport is well into the new technologies phase, and asks that base personnel and their families do their part to support the behavioral or cultural change by being conscious of energy and water usage.

"The quicker you can turn off a light, the quicker you can start saving," said Schultz. "But no amount of money can remind you to turn off your computer for the weekend, or turn off the lights in your office." Renewable energy, the third tier, is very costly to install, but is a no-cost form of energy thereafter.

According to Schultz and Poe, renewable energy systems are cheaper in the southern region of the United States, which could be an advantage for NCBC's future water and energy management.

"Congratulations and thank you for your efforts," said Mabus in his award announcement. "Energy and water management are critical to the accomplishment of the Navy's mission ... We will reduce consumption, waste less, and free up funding to better support our warfighters."



Public Works Department's Production Division Director, Matt Schultz, demonstrates how interior LED units will be placed in facilities on board Naval Construction Battalion Center Gulfport, and how much brighter and whiter the output is than current room lighting. Schultz says that barracks buildings, in particular, will appear less dim and therefore safer for Sailors, while saving energy and money.

(U. S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

A holiday safety message from NCBC Fire and Emergency Services

The holidays are approaching and careless mistakes can ruin your celebration. Let's take a look at two common occurrences that happen during the upcoming holiday season.

Turkey tragedies – If you enjoy a deep fried turkey, make sure your fryer is sized correctly and placed in a stable location. Many units easily tip over, spilling the hot oil within the cooking pot. If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.

DO NOT cook in garage or under carport/patio area. Also be sure to completely THAW the TURKEY before cooking as placing partially frozen turkeys into the fryer can cause a spillover effect. This too, may result in an extensive fire.

Space heaters - When buying a new space heater, make sure it carries the mark of an independent testing laboratory and is legal for use in your community;

i.e. Underwriters Laboratory (UL). Install your stationary (fixed) space heater according to manufacturer's instructions or applicable codes or better yet, have it installed by a professional. Keep things that can burn, such as paper, bedding or furniture, at least THREE feet away from heating equipment. Do not hang wet clothes on heater to dry. Plug your electric-powered space heater into an outlet with sufficient capacity and NEVER into an extension cord. Space heaters are not allowed in work areas on board NCBC Gulfport.





ABOUT TO SEPARATE?

Do you have courage, honor, integrity, loyalty, commitment, and humility?

JOIN THE GULFPORT POLICE DEPARTMENT TODAY!

RECRUITER:
(228)868-5940
policerecruiter@gulfport-ms.gov

www.gulfport-ms.gov/police/employment.html

NMCB 133 Detail Rota Seabees



Naval Mobile Construction Battalion 133 Detail Rota Seabees, Engineering Aide Constructionman Brice Krauth, Engineering Aide Constructionman Joshua Johns, and Engineering Aide Constructionman Daniel Walkowski, prepare concrete cylinders for concrete strength testing while at the Shipboard Electronic Systems Evaluation Facilities (SESEF) construction site aboard Naval Station Rota, Spain. The SESEFs provide test and evaluation services to U.S. Navy, U.S. Coast Guard and Military Sealift Command activities as well as allied foreign navies. (U.S. Navy photo/Released)



Seabees assigned to Naval Mobile Construction Battalion 133 Detail Rota use a pump truck attachment hose for concrete placement and a concrete vibrator to eliminate air pockets to begin the construction of the Shipboard Electronic Systems Evaluation Facilities (SESEFs) aboard Naval Station Rota, Spain. (U.S. Navy photo/Released)

NCBC Gulfport Commissary Thanksgiving schedule
Open Monday, Nov. 24, 9 a.m. - 6 p.m.; Closed Thursday and Friday, Nov. 27 - 28



Seabee battalion OEF deployments to Afghanistan end with NMCB 25

Cmdr. Jennifer Donahue, Naval Mobile Construction Battalion (NMCB) 25 commanding officer, and NMCB 25 Command Master Chief (SCW) Michael Helgeson prepare to case the NMCB 25 battalion colors during the NMCB 25 casing of the colors ceremony Nov. 1 at New Kabul Compound, Afghanistan. NMCB 25 is the last Seabee battalion to serve in Afghanistan during Operation Enduring Freedom. The event brought a ceremonious end to NMCB 25's operations in Afghanistan, as well as 13 years of Naval Construction Force operations in the country. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

Keep What You've Earned

The KWYE campaign seeks to encourage responsible drinking among Sailors by celebrating the achievements in their Navy careers. Through recognition of their hard work and dedication, Sailors are reminded of their accomplishments—and how much they have to lose if they make poor choices regarding alcohol. The campaign actively engages Sailors as advocates for responsible drinking.



NMCB 14 on board NCBC for technical training

Builder 2nd Class Jason Watkins, assigned to Naval Mobile Construction Battalion (NMCB) 14, uses a level to plumb a baluster at the tech trainer site on board NCBC Gulfport, Nov. 7. A small group of Seabee from NMCB 14 are enrolled in a stair construction class at the NCBC tech trainer. The Battalion consists of over 600 Ready Reserve Seabees who train at 10 Navy Operational Support Centers (NOSCs) located throughout Florida, Georgia, South Carolina, and Puerto Rico. NMCB 14 is headquartered at the Readiness Support Site, Jacksonville, Fla. (U.S. Navy photo by Builder 3rd Class Amanda Holister/Released)



See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

NAVFAC Southwest Seabees remove tree houses in San Diego River

By Mario Icarl
NAVFAC Southwest Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southwest Seabees and San Diego River Park Foundation (SDRPF) volunteers worked together on a waste clean-up effort at San Diego River, Calif., Oct. 1.

"Our guys, along with the volunteers, work great as a team," said Builder 1st Class Demar Machuca, a NAVFAC Southwest Seabee. "How we planned it as a team came together and it was shown on what we accomplished today. The foundation was very impressed and our Seabees are getting thanked for how they dedicated time and know-how to help our community out, especially since we all share the beaches here in San Diego and this stuff ends up on the shore where we take our families."

The San Diego River clean-up effort included NAVFAC Southwest Seabees assigned to Naval Base Point Loma, Naval Base Coronado, Naval Base San Diego, San Clemente Island and 1220 Pacific Highway; and Navy officers and chief petty officers from NAVFAC Southwest and Space and Naval Warfare Systems Center Pacific.

The clean-up involved removal

of trash and the deconstruction of three large tree house structures found to be inhabited by groups of local homeless people in the San Diego River areas near the intersection of Interstate 805 and Interstate 8 underpass.

"I have the utmost respect for the Seabees," said Doug Taylor, San Diego River Park Foundation river ambassador. "I appreciate their help for creating a better future for the San Diego River. The impact to the river is tremendous. We are out here today working together to clean the river and give it a better future. We'll probably fill two 40-yard dumpsters completely full with trash and debris just today."

Seabees were the primary group involved in the deconstruction of the tree houses due to their expertise in demolition work. The SDRPF volunteers were the primary group involved in removing the trash from the surrounding areas. Both groups will be involved in hauling out the debris to a dumpster.

"We saved the community and the foundation over \$15,000 in contractor fees if they would have hired someone to demo, and another \$5,000 to haul the trash," said Machuca.

The tree houses and their former occupants were relocated to



NAVFAC Southwest Seabees assigned to self-help Naval Base Point Loma, Naval Base Coronado, Naval Base San Diego San Clemente Island and 1220 Pacific Highway, along with San Diego River Park Foundation volunteers and other Navy personnel, worked together on a waste clean-up effort along the river in San Diego, Oct. 1. Seabees took the lead in the deconstruction and relocation of tree houses during the waste clean-up effort along the San Diego River. (U.S. Navy photo/Released)

a sensitive riparian (river bank) habitat.

The tree houses caused a significant amount of trash and debris to be washed up the river during rain storms, which leads directly to the Pacific Ocean. Hazardous materials such as latrines, paint and electronics contaminate the soil and ground water, negatively

impacting the river ecosystem.

A large portion of trash was located on the south bank of the San Diego River and in the river water itself. Removal of the waste will ensure that it doesn't end up in the ocean, stops further contamination of the soil and ground water, and allows plants to return to the area.

Focus on Education

Education Notes

COUPONING 101

Fleet and Family Support Center will host Couponing 101, Nov. 15, 2 – 4 p.m., at FFSC. Call FFSC at 228-871-3000 to sign up for the class.

JOB FAIR

Fleet and Family Support Center will host their November Job Fair, Nov. 18, 10 a.m. – 2 p.m., in the FFSC classroom. New vendors who were not present at the October Job Fair will be represented. Spouses are welcome and all with authorized access to NCBC are invited!

LATCHKEY KIDS & BABY-SITTING

A Latchkey Kids class (for ages 10-11, 8:30-10:30 a.m.) and Baby-sitting Class (for ages 11 and up, 8:30 a.m. - 12:30 p.m.) will be held at Fleet and Family Support Center Nov. 24. Call FFSC at 228-871-3000 for information or to reserve a seat.

COASTLINE COMMUNITY COLLEGE

Registration for the Spring "A" Term, 2015, which runs from Feb. 2 – March 29, will begin Nov. 24 and end Jan. 21. Additional information can be obtained in the Navy College Office, building 60, room 239 or by contacting Dr. David Drye, 228-871-3439 or email at DDRYE@coastline.edu

NCBC School Liaison
Officer Kevin Byrd
MWR, Building 352,
1706 Bainbridge Ave.
Phone: 228-871-2117
email: kevin.r.byrd@navy.mil

Veterans Day with Next Generation



NCBC Gulfport's Command Master Chief, CMDCM Mark Thomas speaks at Long Beach Middle School's Veterans Day program, Nov. 7. Thomas was the guest speaker for the event which included performances by the school's band and choir as they honored veterans from World War II to the present. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Female leaders needed for Shore Special Programs

From Navy Personnel Command Public Affairs

Career opportunities for active-duty female Sailors are abundant with the Women Ashore program, Navy detailers said Nov. 12.

"There are opportunities for female Sailors to earn their Instructor Navy Enlisted Classification (NEC) (9502), their master training specialist qualification, corrections specialist NEC (9575), or even their Survival, Evasion, Resistance and Escape (SERE) instructor NEC (9505)," said Chief Yeoman (AW) Anna Masterson, detailer, Shore Special Programs.

Currently available billets include:

~ Instructor Duty at Training Support Center (TSC) Great Lakes, Ill. This duty is primarily designated for Navy Military Training Instructors (NMTI). NMTIs at Great Lakes perform essential "Sailorization" functions for thousands of apprentice-level ("A" school) students following their initial accession training at Recruit Training Command. There are currently 17 E-5/E-6 billets available, and those selected will earn a 9505 NEC en route.

See SHORE page 9

Parents - don't miss out! Homework Motivation Strategies & Support Webinar Nov. 19, Noon (CDT)

- ~ Explore ways to encourage good study habits
- ~ Provide support and motivation at home
- ~ Work with your child's teacher

This interactive webinar offers research-based information and ideas for participants

Register at: <https://cc.readytalk.com/cc/s/registrations/new?cid=r7hna02vla5l>

Funded by the Navy Child & Youth Program, Child & Youth Education Services

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Gobble Gauntlet

I'll admit it. It was a calculated move.

Two weeks ago, I bought all the kids' favorite candies. But, then I threw a bag of Almond Joys into the cart, knowing full well that the Trick or Treaters would leave them in the bowl, for me to enjoy. Later. In front of the television. With my feet up. Peeling back the little blue wrappers. Saving the bite with the almond for last. Night after night. Until they were all gone.

Now, as I nibble the milk chocolate perimeter of the last coconut treat, I realize that I've been tricked. Again.

This happens every year, as sure as the change in seasons, the shifting tides, and dryer lint. Mindlessly, we drift into these cyclical food-related events of life, and before we know it, there's no escape.

It all starts with the irresistible perils of fall, when we are inundated with warm donuts and fresh apple cider, spicy football wings and cold beer, and pumpkin spiced this-that-and-the-other. We feel compelled to indulge ourselves; after all, the season wouldn't seem right without these traditional delicacies.

But then, Halloween kicks it up a notch. Bam! When my kids were young, they would race home from Trick or Treating and inventory their booty. After a few heated rounds of bartering, they would discard the "rejects" - any candy with weird nuts or unknown filling that they found objectionable. Ironically, these were the treats I loved the most.



Now that my teenagers are too old for trick or treating, I'm still duped by the colorful Halloween displays. As if my body has been invaded by a sugar-seeking alien, I find myself buying the candy I want to eat while I tell everyone that "it's for the kids, bless their little hearts."

When I've finished consuming all the leftover Halloween candy and reach my maximum level of personal disgust, I make a futile effort to "get healthy." For a few days, maybe a week if I'm lucky, I cleanse myself of excess calories, believing naively that, this year, I will make it through the holiday season without gaining another 10 pounds.

Yeah, right.

Before I know it, my pantry is stuffed to the gills with brown sugar, chocolate chips, pecans, corn syrup, canned pumpkin, chicken broth, corn bread mix, and those french-fried onion thingies that go on top of the green bean casserole. My refrigerator groans under the weight of sticks of butter, sweet potatoes, green beans, cranberries, onions, a twenty-something pound turkey (go big or go home) and a jar of those

miniature sweet pickles for the relish tray.

Resistance is futile.

On Thanksgiving Day, I cook for more than 20, and serve less than 10. For days after, we eat turkey noodle soup, turkey divan, hot turkey sandwiches, cold turkey sandwiches, turkey tetrazzini, turkey enchiladas, and turkey pot pie.

When the turkey is gone, I officially surrender and start wearing my fat jeans in anticipation of the holiday food frenzy to come. Helpless to avoid it, overeating becomes my job. Every day I get up, punch the clock, and belly up to the mandatory feast of the season.

Over consumption reaches its pinnacle around Christmas, when, in our weakened state, we succumb to the cheese balls, spiral hams, eggnog, candy canes, hot cocoa, mixed nuts, red and green M&Ms and the cookies ... oh, the cookies.

As my chins double, my inner dialogue attempts to justify the gluttony.

"My belly button disappeared." "That's what bulky sweaters are for."

"There's a roll on my back." "Now it matches your front."

And inevitably, when I finally emerge from the gauntlet, bloated and dizzy, I admit to myself, "I've gained 10 pounds." "Consider yourself lucky. Now you have a New Year's Resolution."

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @MolinariWrites

White House Communications Agency Recruiting Visit

Nov. 18, 1 p.m.

White House Communications Agency (WHCA) is committed to recruiting the best and the brightest. WHCA members come from all Services, with varied levels of experience and multiple specialties. Members assigned to WHCA will provide direct service to our mission in Washington, DC or on a travel team in support of the President, Vice President, First Lady, and others as directed. Military job opportunity for service members in the following skills:

Army Enlisted: 12H, 12W, 12Y, 25B, 25C, 25E, 25L, 25M, 25N, 25P, 25Q, 25R, 25S, 25T, 25U, 25V, 25W, 25X, 35F, 35L, 35P(RU), 35Q, 35Y, 36B, 42A, 88M, 88N, 91B, 91D, 91E, 92A, 92Y, 94E, 94F, 94W, 94Z

Navy Enlisted: BU, CE, CTI(RU), CTM, CTN, EM, ET, IC, IT, MC, PS, SW, YN

Air Force Enlisted: 1A3X1, 1B4X1, 1N3X1 (RU), 1SOX1, S2OX1, 3A1X1, 3D0X0, 3D0X1, 3D0X2, 3D0X3, 3D0X4, 3D100, 3D1X1, 3D1X2, 3D1X3, 3D1X7, 3E6X1, 3NOX2, 3NOX5, 3SOX1, 3X2S1, 6COX1, 6FOX1

Interviews: NCBC Gulfport, Tactical Training Facility Building 433, classroom 156

For questions call 202-757-5150 or visit www.disa.mil/whca or search: Facebook.com/WHCARecruitingTeam

From **SHORE** page 8

~ Transient Personnel Units (TPU) Jacksonville, Fla., Norfolk, Va., and San Diego. TPUs are responsible for the efficient and expeditious processing of all transient personnel assigned and the operation of the disciplinary barracks. TPU customers include those Sailors traveling to a deployed or underway command, personnel being separated from a deployed or overseas command who have orders, and personnel transitioning between two commands. There is one E-5 billet available at Jacksonville, one E-5 billet at Norfolk, and three E-6 billets at San Diego.

~ Navy Consolidated Brigs (NAVCONBRIG). Brig duty enables Sailors to develop their leadership skills through work in a challenging and demanding environment. Duties include guarding, directing, guiding, mentoring and training incarcerated men and women for successful reintegration into society. Those selected for brig staff duty will undergo three weeks of Corrections Specialist Training at the Naval Corrections Academy in San Antonio where they will earn the 9575 Correctional Custody Specialist Ashore NEC. There is currently one E-7 (NEC 3529) billet and one E-5 (NEC 3527) billet at NAVCONBRIG San Diego, one E-4 billet at NAVCONBRIG Chesapeake, Va., and one E-7 and two E-6 billets at NAVCONBRIG Charleston, S.C.

Women Ashore billets are available to active-duty female Sailors and are advertised in Career Management System-Interactive Detailing (CMS-ID) under the 9999 NEC. Interested applicants should speak with their detailee 12 months prior to their projected rotation date (PRD). After speaking with their detailee, Sailors can submit an application in CMS-ID upon entering their permanent change of station orders negotiation window, nine months prior to their PRD.

For more information visit the Women Ashore page at www.npc.navy.mil/ENLISTED/DETAILING/SHORESPE-CIALPROGRAMS/Pages/WomenAshore.aspx, or talk to your Command Career Counselor.

NCBC Helping Hands

PATHWAYS TO POSSIBILITIES (P2P)

Volunteers are needed to work inside and outside in support of P2P - an interactive career expo for approximately 6,000 8th graders in private and public schools in the six lower counties of Mississippi. P2P will take place Nov. 19 - 20 at the Mississippi Coast Coliseum. Outside volunteers will help direct buses, greet students, collect student information and help students get back on buses safely, etc. Indoor volunteers will guide students around the exhibits, greet students, bring supplies to Pathways and check in volunteers. To find out more about P2P or to sign up to volunteer, visit: http://unitedwaysm.galaxydigital.com/volunteer/agency/display/?agency_id=15424

WEST HARRISON HIGH SCHOOL PROCTORS - Volunteers are needed to proctor test exams at West Harrison High School, 10399 County Farm Road, Gulfport, Dec. 1 - 5, Dec. 8 - 12 and Dec. 15 - 17, from 7 a.m. - 3 p.m. Volunteers will serve as test proctors or hall monitors for the testing area. No cell phones will be allowed in testing area. Volunteers are asked to remain at the testing site until each day's testing is completed. Point of contact is Julie Cullinan, 228-539-8900 or email: JCullinan@harrison.k12.ms.us.

SANTA IN THE HARBOR - The city of Gulfport is asking for 45 volunteers, Dec. 20, for "Santa in the Harbor" at the Barksdale Pavilion in Jones Park. Volunteers are asked to arrive at the pavilion by 4 p.m., and be prepared to remain until 10 p.m. During the event, volunteers will help with

Santa's toy line, serve refreshments, help at college station and perform other event-related tasks. To volunteer, please contact Brittany Dyess, 228-860-4444.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience

is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvation-army.org.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

A reminder from NCBC Security:

Holiday Awareness! As the holiday season approaches, remember while shopping or just out and about, park in well-lit areas; don't carry large amounts of cash; keep personal

items secured and close to your body while moving through crowds. Try to do bulk shopping for gifts or groceries during daylight hours. Quickly load and unload vehicles and always keep your vehicle secured. Be extra

cautious of anyone asking for help, change, directions, etc. Don't be a target! Stay vigilant and aware of your surroundings. Keep personal and physical security at the front of your mind.

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivium Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship

through music)

- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.
Quarterly "State of the Chapel" meetings
The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members.

NOVEMBER
11 - 20

YOU are invited!
GRAND OPENING
NCBC MWD
DIGITAL
THEATER!



UNTIL THEN...

Beehive

11/15 @ 7pm
UFC 150 DVD Event!
Door Prizes & FREE Snacks

Get Turkey and Stuffing
Smothered in Gravy
Accented with
Cranberry Sauce
All on a fresh baked
Potboy!
Choice of Fries or Side Salad

THE
GRILL
NOVEMBER
SPECIAL!
- THE POTBOY -

Program Telephone Numbers & Hours

Arthritis and Eagles	870-8007	Hours	Tu-Th 2-4p
Auto Skills Center	870-2008	Hours	Mo-Fr 9:30-11p, Sat 9a-1p
Beehive	870-4000	Hours	Mo-Th 4:30-10:30a, Fr 4:30-10:30a Sat 5-11:30p
CBC Fitness Center	870-2488	Hours	Mo-Th 6:30a-9p, Fr 6:30a-9a, Sat 9a-1p
Algebra	833-5385	Hours	Mo-Fr 6:30a-7:30a, Sat 9a-11p
Child Development Ctr	870-2122	Hours	Mo-Fr 9a-5:30p
Free Movie Matinee	870-3289	Hours	Open 30 min prior to movie showings
GY	870-4436	Hours	Mo-Fr 10a-6:30p, Sat 10a-1p
Liberty Center	870-4884	Hours	Sat 10a-8:30p, Mo-Th 10:30a-11:30p, Su 8-11:30p, Fr 10:30a-11:30p-11p, Sat 10a-11p
Outdoor Recreation	870-2127	Hours	Mo-Sa 1p, Th-Fr 10a-4p, Sat 1a-1p
School Lessons/Office	870-2117	Hours	Mo-Fr 7:30a-11:30p
Shelbyville Park	870-5425	Hours	Mo-Sat 8a-4p, Sun 8a-1p
The Grill	870-2488	Hours	Mo-Fr 7am-11:30pm
Youth Activities Ctr	870-2125	Hours	6-7:30a & 1:30-3:30p
YAC		Hours	Mo-Th 3:30p-8:30a, Fr 1:30p-5a
Teen Center		Hours	Tu-Th 5:30p-8:30a, Fr 6:30p
Rec Center		Hours	

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"

Auto Skills

11/13 @ 1100
Women's Intro to Basic Auto
Maintenance
\$5

Fitness

November - April
WINTER POOL HOURS
M-F, 6:30-13:30 Sat, 10:00-16:00

11/14 @ 0700 - Turkey Trot 5K
FREE for ALL HANDS!
1st place male/female winners
will receive
a FREE TURKEY!

November - December
10 Mile SWIM CHALLENGE
Sign up TODAY!

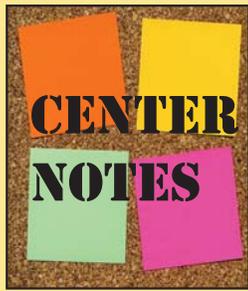
Outdoor Recreation

5 NEW
INFLATABLES
to RENT!

Visit your
Outdoor Rec
Center to make
your reservation
today!



NOV 11 - 6:00p, Tournament
Tuesday - Corn F-cle, 1st place
PRIZE
NOV 13 - 6:00p, Auto Skills 101 -
Enter to win FREE Winterization!
NOV 15 - 6:00p, Scrapbook Concert,
\$17 Admission
NOV 16 - 9:00a, New Orleans Saints
vs Cincinnati Bengals, \$40 Ticket
NOV 18 - 6:00p, Tournament
Tuesday - F-ccl, 1st place PRIZE



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmc11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and babysitting is provided. Please bring a dish to share. For

more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families Overcoming Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Officer's Spouse Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building

29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are

welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmc62alumni.org>.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading
program, Computers
with web cams, Internet/
email access, X-Box

Office hours: Monday -
Friday, 8 a.m. - 4 p.m.

NCBC Housing Yard Sale Nov. 15, 8 a.m. - 1 p.m.

Please place the items for sale and signs advertising the yard sale in your front yard. Balfour Beatty Communities will advertise your sale on the BBC Facebook page. Call 228-863-0424 or email lladner@bbcgrp.com with information.



RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates



- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at DEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

Energy Savings Tip:

Check for leaks ... Every duct, wire or pipe that penetrates walls, ceilings or floors has the potential to waste energy. Plumbing vents can be especially bad, since they begin below the floor and go all the way through the roof. Seal them all with caulking or weatherstripping. Electric wall plugs and switches can also allow cold air in. Purchase simple-to-install, pre-cut foam gaskets that fit behind the switch plate and effectively prevent leaks.