

SEABEE COURIER

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NMCB 11 takes on homeport training challenges



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 battle with pugil sticks as other members of the battalion cheer them on as part of the Heritage Squad competition. The competition places the Seabees in a physically and mentally demanding environment that instills in them the values of good

leadership, teamwork, and perseverance. The training is part of NMCB 11's homeport training which heightens knowledge, essential mobility skills and command readiness. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

See Heritage page 5

Exercise SOLID CURTAIN-CITADEL SHIELD 2016 Feb. 1 - 12

Know how to update/access Navy Family Accountability and Assessment System (NFAAS) at: <https://www.navyfamily.navy.mil>

This exercise may cause intermittent traffic and base access delays!

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Can my spouse claim another state for income tax purposes?

By Lt. Charles Roman
Legal Assistance Attorney

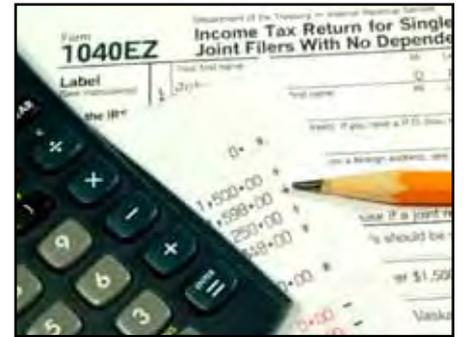
With tax season upon us, it's time to think about how you and your spouse can make decisions that will best allow your family to avoid the tax man. One thing to always remember- tax residency (described here) is a separate concept from your home-of-record (an exclusively military designation).

Under the Servicemembers' Civil Relief Act (SCRA), a service member does not pay state income tax in the state where the service member is stationed if that state is not his domicile (legal state of residence for tax purposes). Instead, the service-member is taxed on his military income in his state of legal residence.

For example, Seaman Paul, whose state of residence is Florida, does not pay income tax to the state of Virginia from his military income earnings while stationed in Norfolk, Va. Rather, Seaman Paul will be taxed based on Florida state tax law – which has no state income tax. Furthermore, no matter where Seaman Paul is stationed, Florida will always remain his state of legal residence, unless he changes it.

Until a few years ago, this benefit under the SCRA did not extend to service members' spouses. Every time a service member moved, the spouse's state of legal residence would change and the spouse would be taxed by the state on all income earned in that state. So before, when Seaman Paul moved to Norfolk, with his wife Kristen, she became a Virginia resident and the state of Virginia would tax her on income earned while she lived there.

The Military Spouses' Residency Relief Act (MSRRA) changed some of the basic rules of taxation in regards to military spouses. Today, the spouse of the military member is entitled to SCRA tax protection for the same domicile (state of legal residence) as the service member - IF the dependent spouse had also previously acquired the same legal domicile. Translation: if Kristen resided with Seaman Paul in Florida long enough to establish it as her residence when they were ordered to move to Norfolk, Kristen's state of legal residence can be Florida. Moreover, if Kristen works while in Norfolk, she will not be taxed by Virginia – she will be subject to Florida state income tax rate (zero). Also, Kristen will not be taxed by



Virginia on automobiles when they are titled solely in Kristen's name or jointly with Seaman Paul.

Keep in mind two things:

- 1) The spouse must be present with the service member in the non-domicile state pursuant to military orders, and
- 2) spouses can keep prior residences as their domicile IF AND ONLY IF the state of domicile is the same as the service member's. Eligible spouses need to designate their appropriate domicile state by filing new withholding forms with their employer. Think about changing withholding forms for next year now!

There are some common misunder-

See **TAXES** page 4

Register to Vote!

- If you want to register to vote, visit FVAP.gov now
- to complete a registration application and request

your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and

request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant (fvap.gov/military-voter/registration-ballots), or fill out the PDF (fvap.gov/uploads/FVAP/Forms/fpca2013).

pdf), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

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.

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Children from Three Rivers Road Elementary School watch Rio 2 at the Seabee Cinema on board Naval Construction Battalion Center Gulfport, Jan. 22. The students were rewarded for their good behavior and were each provided popcorn and a soft drink to enjoy while watching the show. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Air Force Structures Airmen use the Built-up Hot-mop Roof (BUR) system of roofing construction during an advanced course at Naval Construction Training Center (NCTC) on board Naval Construction Battalion Center, Gulfport, Jan. 26. The BUR system is one of the oldest and most durable roofing systems available. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Aviation Ordnanceman 3rd Class Bernice Hillegass assists Construction Mechanic Constructionman Apprentice Aaron Long and spouse Lauren, with 2015 tax returns at the Volunteer Income Tax Assistance (VITA) Center on board Naval Construction Battalion Center Gulfport, Jan. 25. VITA is located in building 60, room 116Z and is open 8:30 a.m. to 5 p.m., Monday, Wednesday and Friday and 8:30 a.m. - 6 p.m., Tuesday and Thursday. Walk-ins are welcome Monday through Thursday and appointments can be made at any time. To schedule an appointment please contact the VITA office at 228-871-2301. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

"We are entering cold and flu season. What advice do you have for everyone to avoid getting sick?"

"I remind everyone to wash their hands, not share any food or drink, and to make sure to keep a healthy balanced diet to keep your immune system strong."

**Hospital Corpsman 1st Class (SW/AW)
Brandon Girard**
Naval Branch Health
Clinic Gulfport



"I tell everyone to practice good hand washing because your hands spread tons of germs!"

Christina Taylor
LPN, Naval Branch Health
Clinic Gulfport

"I would advise everyone to wash their hands thoroughly and to keep their distance from anyone who has a cold or the flu."

Hospitalman Bradley Reilly
Naval Branch Health
Clinic Gulfport



From **TAX** page 2

standings that need to be addressed:

1. The MSRRA does not allow a spouse to pick or choose a state of legal residence.
2. The MSRRA does not allow a spouse to "inherit" or assume a service member's domicile upon marriage. There is not a standard form to be filled out that allows a spouse to change their residency. Actually, the spouse must have lived in the state, intend to return to there, and have a tangible connection to the state. Connections that help establish residency are: voter registration, driver's license, professional licenses, homestead declaration, purchase of residential property, registration or titling of vehicles, and even executing a will under the laws of that state. Basically, you need to show a bona fide intent to return to the state from which the military has ordered you to move away. While it is not necessary to establish all of these contacts, the more the better in order to ensure residency is sufficiently established.
3. The MSRRA does not allow a spouse

to recapture a former domicile unless the spouse physically returns to the state with the requisite connections and intent to remain there permanently.

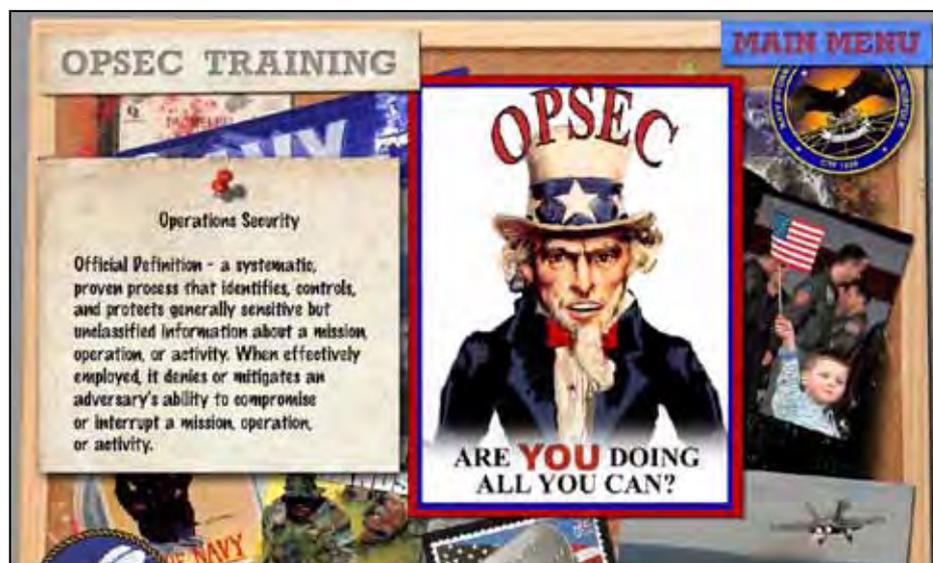
4. The tax exemption for working spouses only applies to wage income and income from services performed in the non-domiciliary states. Thus, if Kristen sells their Norfolk house or rents out their extra home in Virginia, she will be taxed by Virginia on this income. Also, Kristen will pay Virginia state income tax on businesses she has opened while in Norfolk.

Legal residency and how it applies to your taxes is a confusing topic and is detail specific. Hopefully, this article makes the MSRRA a little easier to understand, but if you have more questions contact your local legal assistance JAG.

This article is not intended to substitute for the personal advice of a licensed attorney.

Editor's Note: Reprinted from "The Advisor - Navy Region Southeast"

Uncle Sam's OPSEC



Our adversaries are everywhere and they want your critical and personal information. Do you know how to protect your information? To learn how, take the GMT course, Uncle Sam's OPSEC. You can access this course through Navy Knowledge Online or by downloading the Naval OPSEC App from the Google Play Store or the Apple App Store. Courtesy of Naval Operations Security (OPSEC)

Buy a Brick for the Gulfport Seabee Heritage Center Memorial Plaza

Show your support for those who gave of themselves in the U.S. Navy Seabees with a commemorative brick at the new Seabee Memorial Plaza. The Plaza will be built at the east end of the Seabee Heritage Center in Gulfport and will serve as the new entrance to the Seabee Heritage Center.

The Memorial Plaza will have over 10,000 paving bricks available for engraving. Customize your brick with your own special message. It can be a tribute to a former or current

Seabee, a Seabee unit, your own service or any other appropriate text.

Order now and save \$25 per brick. Special introductory pricing of \$100 per brick ends Jan. 31, at which time the bricks will revert to regular price of \$125 per brick. If two or more bricks are ordered, placement together can be arranged, if requested.

The first bricks will be placed when the Memorial Plaza is completed in 2017 and will be unveiled at an event commemorating the 75th anniversary of the creation of the Seabees. Subsequent placements will be made

once a year.

For more information and to order a brick, visit: <http://www.seabeehf.org/museum/buy-a-brick-for-the-gulfport-seabee-heritage-center-memorial-plaza/> or contact the CEC/Seabee Historical Foundation at 228-865-0480 or via email at info@seabeehf.org.



NMCB 11 honors heritage with squad level competition



Above: **Builder 2nd Class Caleb Walters and Information Systems Technician Seaman Jeffrey Dumag program radios with crypto in almost record time. NMCB 11 is a Seabee battalion providing contingency construction, disaster relief, and humanitarian assistance in support of Combatant and Component Commanders. Below: Builder Constructionman Nikolas Krecu hurls dirt as he digs a fighting position for the fighting position challenge.** (U.S. Navy photos by Ensign Via Ronic Snow-Hill/Released)



By **Cmdr. Jorge R. Cuadros**
Commanding Officer
NMCB 11

It was an atypical Tuesday morning. The ambient temperature was at freezing but the spirit and enthusiasm that “Lucky ELEVEN’s” Seabees mustered reached boiling levels. We were in our PT gear on the main grinder as opposed to our Navy Working Uniform (NWU) Type 3 uniform on the mini-grinder. The reason, a cause for excitement; Lucky ELEVEN was kicking off its Heritage Squad events, a week-long and fierce competition.

Under our motto of “Constructing the Future, Remembering the Past,” we completed our squad competition Jan. 19 – 22, through challenging events with a focus on honoring the battalion’s heritage. Each day embodied a particular characteristic of our personality as the engineer force of choice and the competition challenged our Seabees in related ways.

On Tuesday, we remembered the endurance of Lucky ELEVEN Seabees who in 1953 arrived at Cubi Point in the Philippines and completed a 10,000 foot runway by “moving a mountain.” As the first of many battles in this week-long competition, the challenge for each squad was to complete the entire Physical Readiness Test (PRT).

On Wednesday, we focused on our defensive capabilities by, once again as a squad, digging a standard two-Seabee fighting position using E-tools and pioneer kits with only one Seabee working on the position at a time. This was followed by a weapons breakdown and re-assembly challenge. When we think about valiant defensive operations, it is hard not to think about Construction Mechanic 3rd Class Marvin Shields’ heroism over 50 years ago.

Thursday morning, the challenges tested proficiency and consisted of Mission Oriented



Engineering Aide 1st Class William Atwater perseveres to push out final few push-ups during the opening event of Heritage Squad Challenge. (U.S. Navy photo by Ensign Via Ronic Snow-Hill/Released)

Protective Posture (MOPP) Level attainment and radio programming with crypto to communicate with “higher.” In the afternoon, we capitalized on the “I’ve got your back” concept by participating in range safety instruction and a Combat Life Saver event with litter carriers, buddy aids and other combat aid skills inspired by the actions of NMCB ELEVEN’s Construction Electrician Wiring 3rd Class Richard Supczak, who in April of 1965 saved several lives when he identified and hurled out from a truck a live grenade that was thrown by the enemy, saving the lives of those in the vehicle.

The culminating event on Friday celebrated the fighting spirit and resiliency of the Seabees and included a Pugil Stick competition that drew dozens of spectators and fans.

NMCB ELEVEN was decommissioned in 1969 and re-commissioned in 2007, and in August of 2009 completed its first deployment in 40 years with the same spirit and courage that has characterized the battalion through its rich and proud history.

As I observed the multiple events this week, I was inspired by our Sailors. Yes, generations are different but the spirit is the same. The document titled “What is a Seabee” captures it well and

universally. From Engineering Aide 1st Class William Atwater’s preciseness to layout the fighting position, to Equipment Operator 2nd Class Andrew Vaughn’s ability to keep all motivated through humor, to Construction Electrician 2nd Class Robert Lee’s agility to dig dirt, to Utilitiesman 3rd Class Rein Johnson-Esquire’s impressive sub-nine minute mile and a half run, to Utilitiesman Constructionman Felisha Nelson’s impressive speed to get to MOPP Level 4, to Steelworker 2nd Class Brianna Keeler’s determination to get one last push up in as the stopwatch neared 1:59; I’ve found renewed energy to keep going and make the upcoming FTX my personal favorite. We are producing readiness one event at a time.

After all of these timed and scored events are tallied, we will have a new reigning winner and inaugural Heritage Squad Champion. As I write this article, I don’t know who the winner will be and, in all honesty, it doesn’t matter that much. All that dared to compete are winners to me. They represent the best America has to offer and I am inspired by their determination, enthusiasm, and energy. The Heritage Squad competition is a testament of NMCB ELEVEN’s commitment to individual and unit readiness through innovation.



Seabees with Naval Mobile Construction Battalion (NMCB) 3 work together to exit a mud-filled trench during a jungle warfare training evolution hosted by Marines with the Jungle Warfare Training Center

(JWTC). The JWTC endurance course tests the Seabees will, stamina and the ability to work together as a team. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Gomez/Released)



Construction Electrician Constructionman Jacob Raines, assigned to Naval Mobile Construction Battalion (NMCB) 3, fights through knee-high mud and water while running a six-hour endurance course at the Marine Corps Jungle Warfare Training Center (JWTC). NMCB 3 is deployed to several countries in the Pacific area of Operations conducting construction operations and humanitarian assistance projects. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Gomez/Released)

NMCB 3 tackles Japan's jungle

By MC1 Michael Gomez
NMCB 3 Public Affairs

OKINAWA, Japan – Seabees, assigned to U.S. Naval Mobile Construction Battalion (NMCB) 3 successfully completed jungle warfare training, Jan. 15.

The 47 Seabees took to the Northern Training Area (NTA) at the remote Marine Corps Jungle Warfare Training Course (JWTC) at Camp Gonsalves to participate alongside Marines in the Basic Skills Course. The rigorous five-day course teaches the skills necessary to sustain combat operations in the jungle environment.

JWTC is a training camp run exclusively by Marine instructors to build confidence by

introducing tough, team-building exercises to every service member that participates. For this particular exercise, the instructors pushed Seabees through a 3.4 mile jungle endurance course.

“I loved it,” said Builder Constructionman Apprentice Anthony H. Harris. “I jumped into it not knowing what was going to happen. My favorite part was the endurance course (because) it tests your skills physically and mentally, pushing yourself to the very limits.”

The course focused on practical application of skills such as first aid, communications, booby traps, knot tying, rappelling, land navigation and patrolling.

“We kept each other motivated,” said Builder 2nd Class Octavio Garcia. “I liked it

because we figured out how to work together. Someone had an idea (so) we tried it and it worked. Team work was the most important part of the training.”

The JWTC occupies 17,500 acres of jungle in the NTA. The hilly and rugged terrain, topped with single and double canopy forest has been challenging Marines and Sailors in the art of jungle warfare for more than 50 years.

NMCB 3 is homeported in Port Hueneme, Calif., and is currently deployed to Okinawa, Japan. The mission of NMCB 3 is to support Navy and joint forces throughout the U.S. Pacific Command (PACOM) Area of Responsibility (AOR) through construction projects and humanitarian missions in more than 13 different geographical locations.

January 28, 2016

Seabee Ball

March 5, IP Casino Resort & Spa
850 Bayview Ave, Biloxi

Cocktails are at 6 p.m., dinner and ceremony at 7 p.m. Uniform is Dinner Dress Blue: (Mandatory for E7 and above, optional for E6 and below), Full Dress Blue: (E6 and below), Coat and Tie/Cocktail Dress: for civilians. Ticket prices are: \$25 for E4 and

below, \$30 for E5/E6, \$40 for E7 – 03, Retirees Federal Employees and Warrant Officers, and \$50 for Civilians, 04 and above. Tickets are on sale now. Contact Senior Chief Houk at 228-871-2031 or email daryl.houk@navy.mil for more information.

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Command rep for CBC is UTC Kiel Dahlke, 228-871-3802



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Seabee Courier



Seabees with Naval Mobile Construction Battalion (NMCB) 27's south region listen as a C-130T Loadmaster assigned to Fleet Logistics Squadron (VR) 53 discusses equipment and supply loading during a weekend training session at Joint Base Andrew, Md., Jan. 9. (U.S. Navy photos/Released)



NMCB 27 teams up with VR-53 for Embark training

By Lt. Charles Lincoln
NMCB 27 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 27's south region took a break from the normal business associated with a drill weekend at their detachment sites in Washington, DC and Baltimore, Md., to accomplish some hands on training, in a partnership with Fleet Logistics Squadron (VR) 53, "The Capital Express," at Joint Base Andrews, Md., Jan. 9.

All NMCB-27 detachments across the northeastern U.S. have been tasked with conducting a regional Unit Driven Training (UDT) exercise that utilizes local assets to facilitate hands-on, meaningful training that will help prepare the unit for future mobilization missions.

For this particular UDT exercise, personnel were

focused on achieving practical embarkation skills from a C-130T Loadmaster from VR-53. After the inevitable power point presentation and academic discussion on the basics of load planning and the determination of the center of gravity, the real hands-on training began.

Seabees loaded pallets filled with seabags, netting and tying the loads down, and weighing the full pallets. Once the center of gravity for each pallet was calculated, they were lined up for actual loading onto the C-130. In addition to the pallets, Seabees loaded a 15 passenger van onto the C-130.

At the end of the day, 22 Seabees walked away with invaluable pallet loading skills and developed a newly formed relationship with the Sailors of VR-53.

Back in Time: Seabee History

Jan. 24

1968: Cmdr. William J. Richeson, Civil Engineer Corps (CEC), commanding officer, Naval Mobile Construction Battalion (NMCB) 62, relieved Cmdr. Gordon W. Schley, CEC, commanding officer, NMCB 74, at Camp Haskins South, Republic of Vietnam (RVN).

1968: The main body of NMCB 62 arrived in RVN.

Jan. 25

1963: Seabee Teams 0501 and 0502 were the first Seabee Teams to arrive in the Republic of Vietnam. Team 0501 was employed at Dam Pau in central South Vietnam and Team 0502 was employed at Tri Ton, southwest of Saigon near the Cambodian border. Both teams were



Seabee Team 1011 attempting to place form for footing of a pier, Republic of Vietnam, 1968. (Photo courtesy of U.S. Navy Seabee Museum)

employed in support of the United States Army Special forces.

Jan. 26

1967: Seabee Team 0511 departed the main body at Da Nang for training at the 31st NCR, Port Hueneme, Calif.

Jan. 27

1967: NMCB 9 main body departed Da Nang, RVN.

Jan. 28

1968: NMCB 3 main body flights departed Vietnam for continental U.S.

Jan. 29

1968: NMCB 8 main body deployed to Camp Wilkinson, Gia Le Combat Base, Phu Bai, RVN by C-141 and C-124 aircraft.

Jan. 30

1967: NMCB 4 main body arrived at Da Nang, RVN.

Focus on Education

Deadline nears for DeCA scholarship applications

By DeCA Public Affairs

The time remaining to apply for one of the 2016 Scholarships for Military Children, each worth \$2,000, is rapidly dwindling, as this year's Feb. 12 deadline approaches.

Applications, including the required essay, must be received at a military commissary by the close of business that day. They should be hand-delivered, but if that is not convenient, they can be sent to a commissary via the U.S. Postal Service or FEDEX/UPS. They cannot be faxed or emailed. At least one scholarship will be awarded at every commissary location with qualified applicants.

This year's essay question has to do with childhood obesity and its effect on military recruitment: "Obesity is among the leading causes of military ineligibility among people 17 to 24, affecting nearly 30 percent of men and women in this age group. Specifically, how would you address this problem and what are your proposed solutions? What would be the challenges with implementing your plan?"

Essays must be 500 words or less, typewritten or computer-generated, double spaced, and no longer than two pages. Last year, 700 students were awarded scholarships from

the 4,000 applicants who submitted entries by the deadline.

Applications are available in commissaries worldwide and online at the Scholarships for Military Children website. To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 (or 23, if enrolled as a full-time student at a college or university) of either a service member on active duty, a reservist, a guardsman or a retiree, or the survivor of a military member who died while on active duty, or the survivor of a retiree.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2016 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides

for payment of tuition, books, lab fees and other expenses.

The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. Since its inception, the program has awarded almost \$14 million in scholarships to nearly 9,000 children of service members.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards the military scholarships. If students have questions about the scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarshipmanagers.com.

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

Education Notes

Ten Steps to a Federal Job

Ten Steps to a Federal Job will be held from 8 a.m. – Noon, Feb. 22 at Fleet and Family Support Center (Building 30). Please call FFSC at 228-871-3000 for additional information or to register.

Fort Hays State University

Stop by the Navy College Office (NCO) in Building 60, Room 231 and have your military credits evaluated. Fort Hays State University will accept a maximum of 60 semester hours toward a Bachelor Degree. FHSU offers a variety of Bachelor of Sciences, Bachelor of Arts and Bachelor of General Studies Degrees. Dr. David Drye is available on Mondays of each week to discuss the various programs available.

Boots to Business

The Small Business Association (SBA) is hosting a Boots to Business Two Day Workshop from 9 a.m. - 1 p.m., Feb. 8 - 9 at The Innovation Center in Biloxi. Please call Fleet and Family Support Center at 228-871-3000 for additional information and/or to register.

Armed Services Vocational Aptitude Battery (ASVAB)

Listed below are the dates for ASVAB testing in the Gulfport Region for 2016. Members need to be in the uniform of the day at PSD by 7 a.m. the day of the exam. To sign up, members must provide proof of further education and an approved request chit. Refer to MILPERSMAN 1236-010 for justification to retake the ASVAB. Deadline for submission and exam dates: Feb. 9/Feb. 15; May 10/May 17; Aug. 9/Aug. 16 and Nov. 8/Nov. 15.

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'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Unknown: A military spouse's greatest worry

"What's next? When will we move? Where will we go?"

Like any military spouse, these are the questions that swirl in my mind now that my Navy husband, Francis, is in the last year of his current tour of duty.

But unlike most level-headed military spouses, I'm one of those people who doesn't deal well with unknowns.

You know the type. The ones who incessantly scribble lists entitled "Stuff I Gotta Do," "Movies I Wanna Watch on Netflix," "Household Projects I Never Quite Finished," "Weight Loss Goals I've Been Working on Since 9th Grade," "Meals That the Kids Won't Hate," and "Embarrassing Questions to Ask the Doctor."

Yep, that's me.

Needless to say, military moves really stress me out. In our 22 years of military marriage, I've often told my hus-

band, "I don't care if we live in a cardboard box under an overpass, just tell me where we're going, and I'll plan where to hang the pictures."

All joking aside, there are legitimate worries that military families face every time they move, such as: Will my spouse have to move without us so the kids can stay in school? And if we decide to "geobach," how will that affect our marriage? Will I be able to find work in my field? If the kids change schools, will they struggle with a new curriculum, or will they have to sit through material they've already learned? Will they fit in? Will we be happy?

We have several more months to go before our rotation date, but guaranteed, I'll work myself into a tizzy over all the unknowns about Francis' next job and our next home.

To make matters



worse, we're waiting for decisions on our daughter Anna's college applications. At 17, she's taking it all in stride, while I'm a veritable basket case. Where will she go? Can we afford it? Will she need a shower caddy? What if she gets a roommate with green hair and bolts in her face who boils ramen in her hot pot and sets the dorm on fire, ruining Anna's entire freshman experience?

Our oldest, Hayden, has only two and a half years of college left. If we don't go bankrupt first, he'll graduate with a degree in Com-

puter Science and get snapped up by some tech firm, and then where will he be? Half-way around the world in California? Will he learn how to iron shirts all by himself? Who is going to pair up all his mismatched socks? Will I have to fly all the way out there to disinfect his bathroom and make sure he's eating enough fruit?

And what about our youngest Lilly? Will she even be able to get into college with that Chemistry grade? Should she forgo college altogether, considering that we'll be flat broke by the time we pay tuition for Hayden and Anna? Could we all fit in a cardboard box under an overpass if we had to?

It's not easy being a nut job.

I'd much rather be the type of person who drifts contentedly through life like a twig on the shoulders of a mighty stream, embracing spontaneity while

belting out Doris Day's best "Que, Sera Sera!"

I've often wondered if, at the heart of all my obsessive planning, are deep seeded "control issues" that if left unchecked, could spiral into a psychotic episode that would leave me wandering in front of the courthouse in a dusty wool coat and a tin foil turban, muttering something about campaign finance reform, and pushing a shopping cart full of empty tuna cans.

There I go again.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @ [MolinariWrites](https://twitter.com/MolinariWrites).*

Energy Savings Tip

Bundle Up and Save

Bundle up with warm accessories. This is one of the easiest ways to save on your heating bill. Instead of turning the heat up, put on a cozy winter sweater and warm socks. Keep throw blankets on your couch, and add an area rug to insulate the floor.



See Something Suspicious, Say Something Immediately!

Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

NCBC Helping Hands

BEL-AIRE ELEMENTARY SCHOOL - Volunteers are needed at Bel-Aire Elementary School, 10531 Klein Rd. in Gulfport to serve as Science Fair Judges, from 8 a.m. - noon, Feb. 3. To volunteer, please contact Dani Sandusky, 228-234-4146.

PERSHING SQUARE PROJECT - Volunteers are needed to prepare an installation site consisting of two 4 foot by 10 foot squares on each side of a walkway and install engraved pavers honoring our living and deceased veterans of World War I, World War II, Korea, Vietnam and the Middle East who served in the Military, preserving our freedom. The pavers are to be installed in the Spring of 2016 at the site of the World War I Monument in front of the Mary C. O'Keefe Cultural Center located at 1600 Government St., Ocean Springs. Point of contact is Richard Eckert Sr., American Legion Post 42, Ocean Springs: 228-875-5233 or email: reckert11@cablone.net.

ST. MARTIN EAST ELEMENTARY - St. Martin East Elementary, 7508 Rose Farm Road, Ocean Springs is asking for volunteers to assist with an outdoor deck project on the school campus. Help is needed with engineering/design work, drawings, advice on construction and skilled labor. Point of contact is Principal Whitehead, 228-875-3204.

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.

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.

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.

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

USO GULF COAST - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

FEED MY SHEEP - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. Point of contact to volunteer is Christina Lipke, 228-731-4883.

Final Call for Artists ... Design the theme and/or logo for the 75th Anniversary of the Seabees. Show us your "CAN DO" spirit and your submission could be used as the Official logo and/or theme for the year-long celebration in 2017! This is your opportunity to be part of the Seabee legacy. Send entries for consideration to seabee75thanniversary@gmail.com by Jan. 31. Download submission information and view official rules at <http://navfac.navy.mil/seabee75thanniversary>.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School
10:30 a.m. - Protestant Service
11 a.m. - Children's Church

Wednesday

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)
11:30 a.m. - Men's Bible Study
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at gulfportchapel.fct@navy.mil or by phone at 228-871-2454.

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

Catholic

Sunday

9 a.m. - Mass
10 a.m. - CCD Class

Monday, Tuesday & Friday

11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour
6 p.m. - Mass
6:30 p.m. - Fellowship

FEB. 7TH
FREE!

SEABEE CINEMA

USA

SUPER BOWL BASH
AT SEABEE CINEMA

Come meet Saints Cheerleaders!

DOORS OPEN AT 5 P.M.

Paid sponsorship. No Navy or Federal endorsement implied.



JAN 29 - FEB 4



Throw Me Something Mister
Mardi Gras Workouts!

February 1-5
Mon-Fri
All Day!

Pick a pair of beads (Purple, Green or Gold)
& complete the attached workout
(Circuit, Strength or Functional training)

Be entered to win a King Cake!

Call the Fitness Center for details at 228-871-2668

Free for All Hands!

MWR LIBERTY

SATURDAY
JANUARY 30TH

Buy your tickets today!

\$36 - Liberty Patrons
\$40 - Non-eligible Liberty Patrons

SEATTLE DEPARTS
LIBERTY CENTER @ 1600

For more information Call 228-871-4684

NEW ORLEANS PELICANS **VS** **NETS**
BROOKLYN

MWR LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

1/30 – 3 p.m., Hoops for Troop : Pelicans vs. Nets, \$36
2/1 – 5:30 p.m., Marvel Movie Marathon, Free Popcorn
2/2 – 6 p.m., Tournament Tuesday: Ping Pong, 1st Place Prize
2/3 – 6 p.m., Watercolor Workshop, Free
2/4 – 6 p.m., Guitar Lessons Workshop, Free
Call 228-871-4684 for more information

SEABEE CINEMA

Regular movie showings Thursday- Sunday of every week!
Showing this weekend: Star Wars: The Force Awakens, Concussion, The Big Short, Daddy's Home,
Coming Soon: Alvin and the Chipmunks: The Road Trip, The Revenant, Joy, The Forest
For more information, call the 24-hour Movie Hotline at 228-871-3299 for show times

February Lunch Special

SLOPPY JOSE

Flavors from south of the border with the zing of jalapenos!
Served with choice of fries or potato chips & refreshing fountain soda

ONLY \$6.00!

THE GRILL
371-2499

Call 228-871-2499 to order

It's ALWAYS a great time for camping with an A-liner!

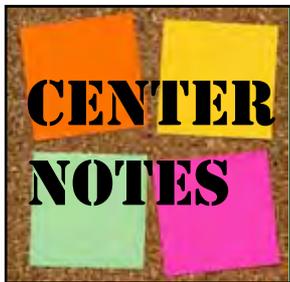
ONLY \$35/day
(plus \$17.50 deposit)

Take a tour & make reservations today!

Call 228-871-2127 or stop in at Community Recreation Outdoor Rental Center

MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
The Hive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		



SUPPORT
NMCB 1 Family Readiness Group (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 baby sitting is provided during deployment.

NMCB 11 FRG invites 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 nmcb11frg@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 baby sitting 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 **Gulfport 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.

TRAINING

Naval Sea Cadets
 The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide 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 noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info. **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.

Contact Post 3937 at 228-863-8602 for details. **Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary** - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email cfetters@cablone.net 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 second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for 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://nmcb62alumni.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 happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, 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. Contact them at www.seabee-museum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

NCBC Public Affairs
 Inside the Gate: 228-871-3664
tinyURL.com/NCBCITG
 Seabee Courier:
tinyURL.com/CBCourier
 Facebook:
 NCBCGulfport
 Twitter:
 @SeabeeCenter

Stay in Touch with NCBC Gulfport



Veterans Crisis Line



1-800-273-8255
 PRESS 1

'BEE INFORMED
 DOWNLOAD SEABEE MOBILE 3.0



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

United States Navy Marksmanship Team



The mission of the United States Navy Marksmanship Team (USNMT) is to train Sailors in marksmanship and small arms safety, while implementing Navy innovations in small arms technologies. The USNMT proudly represents the Navy in inter service and national rifle and pistol competitions. If you're interested in competing with the USNMT and want to learn more about the competitions, please contact Cmdr. Jason McCoy (jason.c.mccoy@navy.mil) and make time to come to a meeting at 11 a.m., Jan. 29 at the NOSC Gulfport conference room, building 114. For more information about the USNMT please visit <http://usnmt.org/>.

GULF COAST USO
 901 CBC 3rd Street, Building 114
 228-575-5224
 Office hours: Monday - Friday
 8 a.m. - 4 p.m.

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

