

# SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

January 8, 2015

## Seabees increase skillset through advanced training



Seabees enrolled in the Equipment Operator C1 Advanced course at Naval Construction Training Center Gulfport repave the parking lot adjacent to the Parade Field on board Naval Construction Battalion Center Gulfport, Jan. 7. The repaving project took approximately four hours to complete and is part of the final phase of the three-month course. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey J. Pierce/Released)



Rene Luna left, Carey Parker, center, firefighters with Fire and Emergency Services on board Naval Construction Battalion Center (NCBC) are pictured with Fire Chief Derrick Walley. Luna, Parker and firefighter Damon Westfaul (not pictured) were recognized by Commander Navy Installations Command Fire and Emergency Services Director, Carl B. Glover for life saving actions that took place Sept. 17. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

## Three Center firefighters recognized for saving a life

By BUCN Samantha Opyoke  
NCBC Public Affairs

Firefighters and paramedics of Fire and Emergency Services on board the Naval Construction Battalion Center (NCBC) Gulfport stand ready to lend a hand or save a life when called upon. That call came at 4:30 a.m., Sept. 17 when they were notified by the dispatcher about an individual who was unconscious and needing help.

When the team arrived on the scene, the patient was barely breathing and in a near-death state. In the very life-threatening situation, the team was able to quickly access the individual and give him life-saving care.

"We hope people know we provide the best service we can for the people on base," said Carey Parker, a paramedic at the fire department. "We are here to provide for them."

Providing the best service in

this case earned Carey and two others assigned to Fire and Emergency Services the Commander, Navy Installations Command (CNIC) Life Saving Award for actions involving lifesaving care to a patient in respiratory distress.

Firefighters Rene Luna and Damon Westfaul along with Carey, were recognized for their efforts by Carl B. Glover, Jr. Director, Navy Fire and Emergency Services, and presented with the award by Capt. Paul Odenthal, NCBC Commanding Officer, during a ceremony Dec. 8. This is the first Live Saving Award each has received.

Every call the department receives could result in a Life Saving Award; however, the criteria for the award is based on whether or not resuscitation was necessary and if a team member prevented death with the use of certain interventions or procedures.

"This is recognition of a job we do every day when the need arises," Parker said.

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# New housing website helps property managers, landlords, service members and DoD civilians connect

## From Navy Installations Command Housing Program

The Navy, along with the other military branches, has announced a new website, HOMES.mil, that is dedicated to helping service members, Department of Defense (DoD) civilians and their families with home finding services.

The new DoD website provides a vehicle for community housing landlords and property managers to create and update their profiles and listings.

HOMES.mil is a secure website that allows property managers, landlords and service members a means to market their properties. Those using the website are able to control their listings, and upload photos and floor plans to the website.

"The Navy has worked alongside the other services to offer the best housing options to service members around the world," said Greg Wright, Navy Housing program director.

"HOMES.mil modernizes the way Navy Housing provides information on local rental properties and im-



proves the Housing Service Centers' customer service to Sailors and their families while helping to alleviate some of the burden and stress of PCS."

Landlords and property managers, who have worked with the Housing Service Centers (HSCs) in the past, can create a login for HOMES.mil and are able to access their previously listed properties. Once a landlord or property manager creates a login, they can manage their property listing. These listings can include a list of amenities, photos and additional information to assist service members in making informed housing decisions.

"The Navy is focused on assisting Sailors and their families in finding safe, suitable and affordable hous-

ing wherever they choose to live. HOMES.mil, in conjunction with the HSC's professional housing staff, will provide an improved experience for our customers," said Wright.

HOMES.mil offers a secure site for landlords and property managers wishing to list their properties for DoD service members and government civilians stationed near military installations. HOMES.mil is integrated with the HSC's management software, allowing a streamlined experience for service members looking for community housing.

HOMES.mil is now available for landlords and property managers to begin uploading information on properties they want to list Dec. 29, the HOMES.mil website became available to all service members and their families to find housing. The HOMES.mil website address is <https://www.homes.mil>.

For questions about HOMES.mil and other housing information, please visit the Navy Housing website: [www.cnmc.navy.mil/HOUSING](http://www.cnmc.navy.mil/HOUSING).

For more news from Commander, Navy Installations Command, visit [www.navy.mil/local/cni/](http://www.navy.mil/local/cni/).

**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.

## Running of the Bulls prohibition

Per Commander, Navy Region Southeast Instruction 5800.2, all Navy personnel within Commander, Navy Region Southeast (CNRSE) area of responsibility are prohibited from participating in "Running of the Bulls" events, including the Biloxi Beach Bull Run Jan. 17. Personnel may attend as spectators.

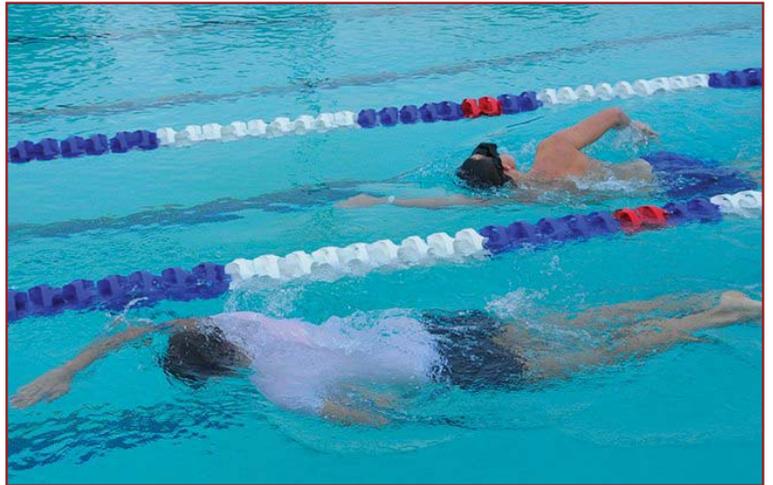
**Safe Helpline**  
Sexual Assault Support for the DoD Community  
Live 1-on-1 Help Confidential Worldwide 24/7

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](http://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.

**VITA** 

**Volunteer Income Tax Assistance**

VITA (Volunteer Income Tax Assistance) will be offered on board NCBC Gulfport. The VITA opens Jan. 12, and will be located in Building 60, room 116Z. Hours of operation will be 8 a.m. – 4 p.m., Monday – Friday. VITA will also be open from 9 a.m. – noon on the following Saturdays: Jan. 17, 31; Feb. 14, 28; March 14, 28 and April 11. To make an appointment, call 228-871-2301.



Michael Robinson (top) and his brother, Benjamin Robinson, swim laps at the Fitness Center pool on board NCBC, Dec. 29. Both men are Air Force recruits and are preparing to leave for boot camp, Jan. 27. Pool hours are Monday-Friday 5:30 a.m. to 1:30 p.m. and Saturday 10 a.m. to 4 p.m. The pool is closed Sundays and when temperatures are below 40 degrees Fahrenheit. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Equipment Operator 1st Class Robert Watkins, left, instructs Equipment Operator 2nd Class Jennifer Scurlock on how to properly mill and lay asphalt on board NCBC, Jan. 6. Scurlock is currently a student in the Equipment Operator C1 Advanced school at Naval Construction Training Center, Gulfport. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Hospital Corpsman 2nd Class Jared Fletcher, assigned to Naval Mobile Construction Battalion (NMCB) 14, sprays uniforms with a pesticide on board NCBC Gulfport, Jan. 5. The pesticide is a personal protective measure from the risk and annoyance of biting insects in preparation for their upcoming deployment. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



# Buzz on the Street

By CE3 Dustie Bond and  
BUCA Elizabeth Mills, NCBC Public Affairs

## "What are your career goals for 2015?"



"In 2015, I leave for Army basic training. I want to complete this and continue with personal training."

**Tre Adams**  
MWR Fitness Trainer  
Hometown: Gulfport, Miss.



"My goals are to make E-5 on the next exam, get into the police reserves here in Gulfport and start working on my law enforcement degree."

**BU3(SCW) Bryan Naquin**  
NMCB 11  
Hometown: Dunn, N.C.



"In May of 2015, I head to the Army's Basic Officer Leadership Course."

**Nikita Meinnis**  
Army Reservist  
Hometown: Gulfport, Miss.

# Taking care of their own: Veterans replace stolen tributes at Marvin G. Shields' grave

By MCCS(SCW/SW) Jeffrey J. Pierce  
NCBC Public Affairs

On Oct. 15, Darlene M. Carpenter, member-at-large of the Navy Wives Clubs of America, Inc., presented Mrs. Joan Shields Bennet, with 25 challenge coins and two medals from Antarctica (1958), to replace ones that were stolen from her husband's grave, in Gardiner, Wash. Her late husband, Construction Mechanic 3rd Class Marvin G. Shields is the only Seabee recipient of the Medal of Honor (awarded posthumously Sept. 13, 1966) and the first Sailor to receive the Medal of Honor for action in Vietnam.

Carpenter, the wife of retired Chief Ernie Carpenter heard about the stolen challenge coins and started asking for donations while home in Mississippi. The donations came from retired Seabees and active duty military.

Carpenter was traveling to Bangor/Kitsap, Wash for the National Convention of the Navy Wives Clubs of America, Inc. when she, along with National President, Julie Sharp; National Parliamentarian, Christel Anderson; National Membership Chairman, Christina Lara and fellow member Audrey Carroll joined Bennet and her husband at Shield's gravesite in Gardiner, Wash.

"Mrs. Bennet was very gracious when talking about her late husband. They both grew up in the area around Gardiner, Wash," Carpenter said. "She gave us a short tour of the area and the group ate lunch at the same restaurant she and Shields hung out at when they were younger."

At the end of the convention, Mrs. Carpenter and her sister; Tina O'Shields, learned that they had been awarded the bid to hold the 2015 Navy Wives Clubs of America, Inc. National Convention in Gulfport Oct. 18 - 23.



CM3 Marvin G. Shields



Members of the Navy Wives Club of America (NWCA) stand with Joan Shields Bennet, left, who is holding a box of challenge coins presented to her by the NWCA. The coins were collected to help replace those stolen from the gravesite of Bennet's first husband, Construction Mechanic 3rd Class Marvin Glenn Shields; the first and only Seabee recipient of the Medal of Honor. With her are, from left to right, Christina Lara, Audrey Carroll, Julie Sharp, Darlene Carpenter, Christel Anderson. (Photo courtesy of Darlene Carpenter)

### The Medal of Honor Citation for Construction Mechanic 3rd Class Marvin G. Shields

"On June 10, 1965, while Construction Mechanic 3rd Class Marvin Shields was attached to Mobile Construction Battalion (MCB) 11, Seabee Team 1104 at Dong Xoai, Republic of Viet Nam, they were attacked. Although wounded when the compound of Detachment A-342, 5th Special Forces Group (Airborne), 1st Special Forces, came under intense fire from an estimated reinforced Viet Cong regiment employing machine gun, heavy weapons and small arms, Shields continued to resupply his fellow Americans with needed ammunition and to return the enemy fire for a period of approximately three hours, at which time the Viet Cong launched a massive attack at close range with flame throwers, hand grenades and small-arms fire. Wounded a second time during this attack, Shields nevertheless assisted in carrying a more critically wounded man to safety, and then resumed firing at the enemy for four more hours. When the commander asked for a volunteer to accompany him in an attempt to knock out an enemy machine gun emplacement which was endangering the lives of all personnel in the compound because of the accuracy of its fire, Shields unhesitatingly volunteered for this extremely hazardous mission. Proceeding toward their objective with a 3.5-inch rocket launcher, they succeeded in destroying the enemy machine gun emplacement, thus undoubtedly saving the lives of many of their fellow servicemen in the compound. Shields was mortally wounded by hostile fire while returning to his defensive position. His heroic initiative and great personal valor in the face of intense enemy fire sustain and enhance the finest tradition of the United States Naval Service."

# Balfour Beatty Communities thanks our NCBC residents for another great year

## By Balfour Beatty Communities

2014 has truly been an eventful year for Balfour Beatty Communities (BBC) at NCBC Gulfport. While resident specialists were busy signing leases and welcoming new residents to our community, LifeWorks coordinators planned engaging events.

We'd like to take the time to thank the community at NCBC Gulfport for their ongoing support and recap some of this year's highlights.

## LifeWorks Events

BBC's LifeWorks program strives to strengthen community relationships by providing events for residents of all ages to engage in a variety of social and learning activities. Programs are held throughout the year and are free for BBC residents. A few of the memorable events from 2014 include:

~ Over the holidays, BBC participated in the Operation Homefront toy distribution. More than 140 children enjoyed food, games, pictures with Santa and the chance to select a toy.

~ This year, BBC partnered with base security and the fire department to host National Night Out. Residents enjoyed face paint, pony rides and a DJ. To view upcoming LifeWorks events, visit the BBC housing website.

## Community Development Updates

~ To improve fire truck accessibility, in 2014 we established new parking regulations on Cardinal Drive. The new policy allows for parking only on the south side of the road. We'd like to thank all of our residents for following this new policy as a way to keep our community safe!

## Giving Back

~ This year, Balfour Beatty Communities Foundation provided 27 academic scholarships to children of

active-duty military members residing at BBC-managed properties.

~ BBC employees have the opportunity to volunteer two days per calendar year to local organizations. This year, the NCBC Gulfport team volunteered with the Boys & Girls Club as well as Habitat for Humanity.

## Resident Feedback

~ This year, 115 Balfour Beatty Communities

neighborhoods across our military housing portfolio received prestigious CEL awards, recognizing excellence in customer service. NCBC Gulfport received one 'Platinum A List' award and six 'A List' awards thanks to your feedback.

## New Leasing Specials

~ An enhanced PCS rewards program has been rolled out across the Balfour Beatty Communities military housing portfolio

and we welcome all PCSing residents to take advantage of this opportunity. If you are a current Balfour Beatty Communities resident and choose to live in a BBC-managed community at your new location, our staff will assist you with a streamlined transfer and you can receive a \$100 reward. Not a BBC resident? View our current local leasing specials on our website.

## Our Promise to You

~ At Balfour Beatty Communities, we are committed to providing high quality homes in welcoming, safe communities so that residents have a positive experience living with us.

To learn more about living with BBC or to contact the Community Management Office, visit [www.ncbcgulfporthomes.com](http://www.ncbcgulfporthomes.com) or call 228-863-0424 (office) or 855-289-2621 (leasing).



# January



**Fire Safety Briefing**  
All new residents are required to attend a Fire Safety Briefing. They are held once a month on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday at 3:30 p.m., in the Base Chapel.

**Ladies' Pinterest Party**  
Join us as we get in the Mardi Gras spirit to make a burlap door hanger! Tuesday, Jan. 13 4 - 6 p.m. 609 Palm Court RSVP to [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com)

**Kids' King Cake Party & Mask Decorating**  
Bring the kids to make their own Mardi Gras mask and enjoy some King cake. 609 Palm Court Thursday, Jan. 15, 4 - 5:30 p.m.

**YES! Informative Session**  
Do you want some tips on how to monitor your electricity usage? Join us Wednesday, Jan. 14, 5:30 - 6:30 p.m. at the Community Management Office.

**Yard of the Month**  
We are always on the lookout for Yard of the Month participants in each neighborhood. Make sure your front flower beds are maintained and backyards are clean.

\*Be sure to like our page on FACEBOOK to stay up to date on all the FREE LifeWorks Events that we host for our residents! Just search "NCBC Gulfport Homes"

Resident Participation in all Lifeworks activities is voluntary and all activities, seminars, and events are FREE! Please feel free to email [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com) if you have suggestions. Be sure to like us on Facebook to stay updated.

# Seabees wrap up Kalaf Clinic project

By Staff Sgt. Kevin Iinuma

Combined Joint Task Force - Horn of Africa

Enduring a 15 kilometer walk to the nearest clinic will soon be part of the past for people living in Kalaf, Djibouti. Now, only a minute away from the village stands a maternity clinic completed Dec. 22.

The clinic construction was the result of cooperation between the Combined Joint Task Force-Horn of Africa and the Djibouti Ministry of Health, and was funded by the Department of Defense humanitarian civic assistance fund.

As stated in the Djibouti Ministry of Health mission strategic plan, the average life expectancy in Djibouti is 46 years old. The major causes of death are from infectious diseases and the Djibouti Ministry of Health is seeking to address these challenges through its national plan for health development. The plan will focus on the reduction of morbidity and mortality

of pregnant women and children under five.

"In a country where the maternal mortality rate is currently more than 20 times greater than that in the United States, with this new clinic, we hope it will have an enormous impact on the village for generations to come," said Lt. j.g. Aaron Kulp, Naval Mobile Construction Battalion (NMCB) 133, Horn of Africa officer in charge.

The new facility, which will be turned over to the Tadjourah Health Minister early this year, can house a maternity ward, nursery, bathrooms, cooking area, bedrooms, two buildings for water storage, an incinerator to burn medical waste and two sewage treatment tanks. The Seabees also installed 20 solar-powered batteries that provide power to the entire clinic.

According to Kulp, the facility was built with structurally insulated panels. This allowed for quick construction, while still providing the necessary strength to withstand



Members of Naval Construction Battalion 133 Detail Horn of Africa assigned to the Kalaf Maternity clinic project install chain link fence around the perimeter of the project site. The project, which consisted of nine different buildings, was completed and turned over the Combine Joint Task Force Horn of Africa Dec. 22. (U.S. Navy photo/Released)

heavy winds and long days of continuous sun, both of which are common to the region.

"Acquiring construction materials that will be able to provide long-term sustainment in Djibouti was a challenge during this project," said Kulp. "We sought to purchase materials that could be readily replaced by the village."

Twenty Seabees from NMCB 133 and 14 Seabees from NMCB 74 worked on the facility from February to December 2014. Throughout the construction process, Tadjourah Trades School students from the Centre d'Apprentissage Cardjin observed the Seabees during concrete placement, residential electrical wiring,

carpentry and welding. "It was great for the students to be able to come out and experience this big construction project," said Kulp. "By developing a relationship with the trade school, the students were given the opportunity to learn valuable construction skills at an active construction site."

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](mailto:bonnie.lindleymcgerr@navy.mil). Check out the website at: [http://www.cnbc.navy.mil/regions/cnrse/installations/nbcg\\_gulfport.html](http://www.cnbc.navy.mil/regions/cnrse/installations/nbcg_gulfport.html). Anyone with Cable One can also view the Commanders Access Channel on Channel 100.

**Energy Savings Tip:** Eliminate drafts in the home by sealing them with silicone caulking or foam sealant in non-movable sources, such as window frames, and these draft gaskets work well for electrical outlets and switches. For movable sources, like windows or doors use weather-stripping. Or for an inexpensive alternative you can make your own weather-stripping from glue and scrap material from old towels or other fabrics, or using a rolled up towel along the bottom of the door. Don't forget to weather strip pet doors.

## 2015 Military Pay information for service members

By MC1 Jeremy Starr  
Defense Media Activity

The 2015 Military Pay Charts have been released and reflect the one percent pay raise from the 2015 National Defense Authorization Act that President Barack Obama signed into law Dec. 19. The raise for all pay grades O-6 and below took effect Jan. 1. Pay is frozen for pay grades O-7 through O-10 at 2014 levels.

The new rates for basic pay, basic allowance for housing, basic allowance for subsistence, and the cost of living allowance rates for the contiguous United States took effect Jan. 1, 2015.

View the 2015 Military Pay Charts at: <http://www.dfas.mil/militarymembers/payentitle->

[ments/military-pay-charts.html](http://www.dfas.mil/militarymembers/payentitle-ments/military-pay-charts.html)

Basic pay for most service members will increase one percent, for example an E-4 with three years of service will see an increase in basic pay of \$22.20 per month, while a lieutenant with six years of service will receive a basic pay increase of \$54.30 per month.

Basic allowance for housing (BAH) rates for service members in 2015 will increase on average \$17 per month. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and without dependents.

Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of one percent to

rates, was eliminated, and the Fiscal Year 2015 National Defense Authorization Act reduced housing rates on average one percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program, officials said. This means that even if BAH rates decline -- including through the elimination of renter's insurance and the reduction in the calculated rate -- a service member who maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that service members who have made long-term commitments in the form of a lease or contract are not penal

See **PAY** page 9

# NCBC Frames

**Intelligence Specialist 3rd Class  
Erik Allen Grace**  
Naval Construction Group (NCG) 2



# FREEZE FRAME

By UTCN Alicia Fluty  
NCBC Public Affairs

**FF:** What single experience during your career stands out the most, and why does it stand out?

**EG:** An experience that stands out the most in my career would be my participation in a Field Exercise (FEX). Participating in FEX has given me an understanding of how the Seabees would operate and handle certain situations while under a strenuous deployment.

**FF:** What has been your biggest motivation throughout your career?

**EG:** My biggest motivation throughout my career has been from my family back home. Their support has given me an extra drive to go above and beyond, both in and out of the office.

**FF:** What advice would you give to

future Seabees and Sailors?

**EG:** Always give your full effort in everything you do, no matter what the situation may be.

**FF:** What is your favorite part about being/working with the Seabees - why?

**EG:** My favorite part about working with the Seabees is constantly being surrounded by the Can Do attitude. It gives Sailors, like myself, a sense that anything can be done as long as you push for it.

**FF:** Who was your most influential mentor during your career, and why?

**EG:** My most influential mentor during my career has been Intelligence Specialist 1st Class Tinner. He has constantly set the ideal example as a Sailor, co-worker, friend, and as a CrossFit master.

Colmer Galley hours of operation - Breakfast: Monday - Friday 5:45 a.m. - 7:45 a.m., Lunch: 11 a.m. - 12:30 p.m., Dinner: 4:30 - 6 p.m.  
Weekend hours - Brunch: 9 a.m. - Noon; Supper: 4 - 5:30 p.m.

**MAR** Martin Luther King Jr.  
Remembrance Run 5K

Fri., January 16  
6:45 a.m.

Begin Behind  
the Fitness  
Center

228-871-2668

## NEX Gas Stations offer assistance to physically disabled customers

By Kristine M. Sturkie  
NEXCOM Public Affairs  
Specialist

The Navy Exchange Service Command (NEXCOM) and Inclusion Solutions "FUEL CALL®," have joined together to better serve those customers with a physical disability who are making a fuel purchase. FUEL CALL® enables NEX customers to get assistance at the gas pump through the use of a call button accessible from their car.

"The call button wirelessly connects to a receiver placed inside the NEX gas station where an associate can respond and provide assistance

by pumping the customer's gas," said Larry Boone, NEXCOM's automotive branch manager. "We are always looking for ways to offer PREMIER customer service to our customers.

I believe FUEL CALL® will offer a great benefit for those customers who need help at the gas pump."

Gas pumps with the call button installed will have a "FUEL CALL® Refuel Here" sign posted along with the day and times the service is available. Only NEX gas stations that have an associate working on-site will participate in the FUEL CALL® program.

The NEX gas station at

Naval Support Activity Bethesda, Md., was the first to receive the new service. According to the NEX Bethesda General Manager, Greg Thomas, it has been well-received on base and by customers.

"The comments we've received from the customer so far are very positive," said Thomas. "The majority of the customers that have used the call button have been senior citizens. Our associates also like that the customer can call from their car instead of walking in and asking for assistance."

NEXCOM expects to have the program rolled out to all its staffed NEX gas stations by spring 2015.

# Focus on Education

## Civilian course opportunities

From OCHR Stennis Operations Training Center

The following civilian courses will be offered at OCHR Stennis Operations Training Center, Training Center, 1800 Dong Xoai Ave, Morrell Building 60, NCBC Gulfport, MS 39501-5001.

~ All About Your Thrift

Savings Plan, April 3, 8 a.m. – 4 p.m., \$70. Enrollment deadline: March 12.

~ Personnel Management for Managers and Supervisors, April 28 – May 1, 8 a.m. – 4 p.m., \$389. Enrollment deadline: April 2.

~ CSRS Pre-Retirement Planning, March 30-31, 8 a.m. – 4 p.m., \$140. Enrollment deadline: March 11.

~ FERS Pre-Retirement Planning, April 1-2, 8 a.m. – 4 p.m., \$140. Enrollment deadline: March 10.

For more information, or to enroll in a course, submit a completed SF 182 to enrollment point of contact: Berlinda McIntyre, DSN 868-2519 or commercial 228-871-2519 or email, [berlinda.mcintyre@navy.mil](mailto:berlinda.mcintyre@navy.mil).

## Fleet and Family Support Center online help for new Navy spouses

Help for New Navy Spouses is available online at: [www.newspouseorientation.com](http://www.newspouseorientation.com).

New Navy Spouse information packets are available at Fleet and Family Support Center.

Contact Paula Ingram at 228-871-3457 for additional assistance.

## Rating Roadmaps to a degree

Rating Roadmaps identify the American Council on Education (ACE) recommended college credit for Navy training, and rating specific work experience across a Navy career in a specific rating.

Degree Roadmaps are rating relevant degrees that make the most of recommended credit for Navy training and on-the-job experience.

The Navy has partnerships with colleges and universities that offer degrees through distance education for all enlisted ratings.

Click on the link below to view the Rating Roadmap for each specific rating, as well as a list of degrees associated with the rating and colleges offering these degrees. <http://www.navycollege.navy.mil/ratings.aspx>.



## Education Notes

### 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](mailto:DDRYE@coastline.edu)

### COASTLINE COMMUNITY COLLEGE SCHOLARSHIPS

2014 – 2015 Scholarship applications are available now! Scholarships can assist you in achieving your academic goals, allows the freedom to seek topics of curiosity, and demonstrate your talents through education. The application is available online at: [www.coastline.edu/scholarships](http://www.coastline.edu/scholarships). Application deadline is Feb. 16. For questions, contact [scholarshiphelp@coastline.edu](mailto:scholarshiphelp@coastline.edu)

### DeCA SCHOLARSHIPS FOR MILITARY CHILDREN

Applications for the 2015-2016 school-year scholarship awards are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Visit the site for details on program awards and requirements.

### NAVY LEAGUE SCHOLARSHIP

The Navy League Scholarship Foundation is accepting applications from high school seniors until March 1, 2015. Children and grandchildren of current or former members of the Navy, Marine Corps, Coast Guard and Merchant Marines, as well as members of the Naval Sea Cadet Corps are encouraged to apply. The Navy League Foundation awards four-year, \$10,000 scholarships. To apply for any of the Navy League Foundation's scholarships, visit <http://www.navyleague.org/aboutus/scholarship>.

## NCBC Gulfport Military and Family Life Consultant (MFLC) contact numbers by district/schools

### Biloxi District

Popps Ferry Elementary and North Bay Elementary: 228-355-8115; Jeff Davis Elementary: 228-239-7393; Biloxi High School and Biloxi Junior High: 228-229-4126

### Gulfport District

Anniston Elementary School, Bayou View Middle School, 28th Street Elementary School, Gulfport Central Middle School and Gulfport High School: 228-229-4234

### Hancock County

Hancock Elementary, Hancock High School and Hancock Middle School: 228-229-4240

### Harrison County

D'Iberville Elementary School, D'Iberville High School: 228-355-8488; West Wortham Elementary/Middle School, Harrison Elementary School, Three Rivers Road Elementary School and Lyman Elementary School: 228-355-8414

### Jackson County Schools

St. Martin North Elementary, St. Martin East Elementary, St. Martin Upper Elementary, St. Martin Middle School and St. Martin High School: 228-239-7493

### Long Beach District

Reeves Elementary, Quarles Elementary and Harper McCaughan: 228-229-4207; Long Beach Middle School and Long Beach High School: 228-229-4210

### Ocean Springs

Ocean Springs Upper Elementary, Ocean Springs Middle School and Ocean Springs High School: 228-229-4151; Oak Park Elementary, Magnolia Park Elementary and Pecan Park Elementary: 228-355-8569

### Pascagoula Schools

Trent Lott Elementary, Gautier Middle School, Gautier High School and Pascagoula High School: 228-239-7404

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



# 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](mailto:policerecruiter@gulfport-ms.gov)

[www.gulfport-ms.gov/police/employment.html](http://www.gulfport-ms.gov/police/employment.html)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Give resolutions a shot

When the holiday is over, the presents have been put away, and the leftover roast has been made into soup, there's a part of me that just wants to savor it all. To snuggle up on the couch with the kids in my new pj's, nibbling from the tin of stale Christmas cookies, basking in the glow of the dying Christmas tree, watching movie marathons until my eyeballs bleed.

These days, there's so much hustle and bustle associated with the holidays, it's nice to linger a while. Let it all sink in. Take a moment to stop and appreciate the richness of our military life, our families, and our traditions, before another hectic year is in full swing.

However, there's another part of me that gets antsy. Like the plaque accumulating in my arteries from too much cheese dip, or the needles piling up under the tree, or the mounting credit card bills -- the holiday builds. By midnight on New Year's Eve, I'm ready to purge.

It's all I can do to make it through the obligatory pork-and-

sour-kraut on New Year's Day, before I want to rid the entire house of holiday décor and begin my new and improved lifestyle. Something takes over in me, and after weeks of excess and sloth, I'm hell bent on eating enough fiber, taking 10,000 steps a day, keeping accurate financial records, compulsively vacuuming, and fundamentally changing my entire personality.

Inevitably, about a month or two into it, my bad habits creep back in. Small setbacks send me into tailspin of guilt, and before I know it, I'm on the couch in the middle of the afternoon watching reality show reruns in order to avoid my responsibilities, with my lips wrapped around an entire can of Sour Cream and Onion Pringles.

Sometimes, I make a little progress, and sometimes, I fail completely. So why bother making New Year's Resolutions at all?

It's not just me. About 45 percent of Americans make New Year's resolutions with some kind of cathartic change in mind.

Lose 10 pounds. Get organized. Quit smoking. Reduce debt. Get a new job. Stop procrastinating. Spend less time on electronic devices. Whether we hope to rid ourselves of debt, chaos, pounds, or bad habits, New Year's Resolutions are supposed to make our lives better. But do they?

Some psychologists believe that New Year's Resolutions make us unhappy because they set us up for certain failure, and nobody wants to feel like a failure these days. According to a 2014 University of Scranton study, only 8 percent of Americans who make resolutions are successful in meeting their goals after one year.

Bummer.

However, 46 percent reported having kept their goals past six months. Not too shabby. Most encouragingly, the statistics show that people who make New Year's resolutions are 10 times more likely to change their behavior than people who don't make resolutions at all.

So, even if science indicates that I'll still be a disorganized pro-



crastinator chomping a king-sized Snickers Bar come mid-February, I'm still giving my New Year's resolutions a try.

Sure, I might screw it up again, but who wants to be a sniveling cynic who never sticks his neck out for fear of failure? Wayne Gretzky once said, "You miss 100 percent of the shots you don't take." The mere resolution to change for the better shows that, at the very least, I have the courage to give it a shot.

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

ized if local housing costs decrease.

Service members can calculate their BAH payment by using the basic allowance for housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.

The 2015 basic allowance for subsistence rates for military members will increase by 2.9 percent.

The new rates are:

\* \$367.92 per month for enlisted members

\* \$253.38 per month for officers

The annual adjustments to basic allowance for subsistence (BAS) -- a monthly nontaxable cash payment to military members intended to be used to buy food -- are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates, officials explained.

The Defense Department also released its 2015 contiguous United States cost of living allowance rates, or CONUS COLA. Roughly 12,000 members will see a decrease in their CONUS COLA payments, while some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location.

Service members can calculate their CONUS COLA rate at: <http://www.defensetravel.dod.mil/site/conusCalc.cfm>.

## 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](http://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.



# NCBC Helping Hands

**BUILD HANDICAP RAMPS** - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

**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 Reington63@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.salvationarmy.org.

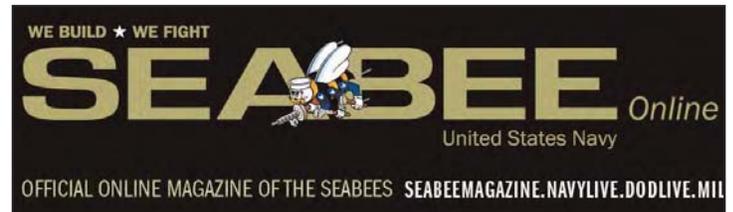
**HELP SENIORS AND DISABLED CITIZENS** Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled

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.

**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](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

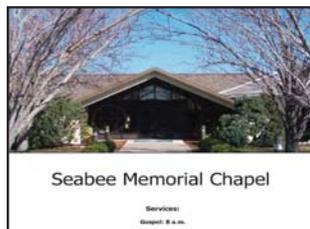
**New to military family housing?** Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.



## Seabee Memorial Chapel

**Religious Services**  
Sunday:

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



Seabee Memorial Chapel

**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:** The Rosary/Confession: 8:30 a.m.; Catholic Mass: 9 a.m.; Protestant Bible Study: 9:15 a.m.; Catholic CCD Class (Confraternity of Christian Doctrine): 10 a.m.; Protestant Service: 10:30 a.m.; Club Beyond (middle to high school students): 2 p.m.; Beyond Club (middle to high school students): 4 p.m.  
**Mondays:** Catholic Mass: 11:15 a.m.  
**Tuesdays:** Catholic Mass: 11:15 a.m.  
**Wednesdays:** Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon to 1 p.m.  
**Thursdays:** Catholic Holy Hour:

5 p.m.; Catholic Mass: 6 p.m.; Catholic Fellowship: 6:30 p.m.; Catholic Bible Study: 7 p.m.  
**Fridays:** Catholic Mass: 11:15 a.m.

The Chapel is undergoing renovations and scheduled events are subject to change. During the renovation Sunday services remain in the Chapel. The Seabee Food Pantry and chapel staff have relocated to Building 1. Please go to the Seabee Memorial Chapel Facebook page for updates on chapel events - <https://www.facebook.com/ncbc-chapel>, email us at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil) with any questions, or call us at 228-871-2454.

**JANUARY 8-15 MWR**



**Navy Outdoor Recreation**

The outdoorsman's go-to spot!  
Boats, canoes, pop-up campers,  
camping equipment, bikes, fishing gear,  
garden equipment, coolers, grills and  
bounce houses!  
Call 228-871-2127 for prices.

Jan. 10- 10 a.m., USS Alabama Tour, Free  
Jan. 13- 6 p.m., Madden 15 Tournament,  
1<sup>st</sup> Place Prize  
Jan. 14- 6 p.m., Food for Thought- FREE pizza  
for event ideas  
Jan. 15- 6:30 p.m., Free Movie Thursday at the  
Digital Cinema, Pick up coupon at Liberty

**Information, Tickets & Travel**

ITT Can Book Cruises!  
5 Day Western Caribbean Cruise  
from New Orleans  
Starting at just \$419 person!  
Call 228-871-2231 for details!

**Fitness**

Get Lean in 2015- NCBC vs. Keesler  
Weight Loss Competition is here!  
Zumba is back! Mon & Wed 6 p.m.  
& Sat 10 a.m.  
Call 228-871-2668 for details

**Program Telephone Numbers & Hours**

Anchors and Eagles	871-4607	Hours:	Tu - Th 2-6p, CLOSED 12/28-1/5/15
Auto Skills Center	871-2804	Hours:	W - Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M - Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M - Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-1:30p, Sat 10a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M - Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th - Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M - Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:30-5:30p
SAC		Hours:	M - Th 3:30p-8:30p, Fr 3:30p-8:30p
Teen Center		Hours:	Tu-Th 5:30p-8:30p & Fr 6p-9p
Rec Center		Hours:	

January 8, 2015

**Digital Cinema at the Training Hall**

<b>Jan. 9</b> 6 p.m. <b>Annie (PG)</b> 8:30 p.m. <b>Top Five (R)</b>	<b>Jan. 10</b> 2 p.m. <b>Penguins of Madagascar in 3-D (PG)</b> 7 p.m. <b>Sneak Peek American Sniper (R)</b>	<b>Jan. 11</b> 2 p.m. <b>Annie (PG)</b> 4:30 p.m. <b>Hunger Games: Mockingjay Part 1 (PG13)</b>	<b>Jan. 15</b> 6 p.m. <b>Hunger Games: Mockingjay Part 1 (PG13)</b> <b>24 Hour Movie Hotline 228-871-3299</b>
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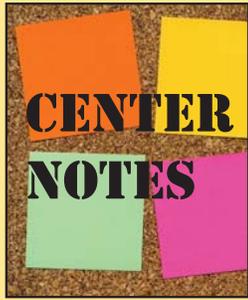
Seabee Courier

Join us for a FREE Sneak Peek of  
**American Sniper(R)** starring

**Jan. 10 – Doors open at 5:30 p.m. Movie begins at 7 p.m.**

Tickets will be available at 4 p.m. – 1 per person present- No electronics of any kind will be permitted

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



**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 baby sitting is provided during deployment.

**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 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](http://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 en-

tirely 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 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](mailto: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 Feters, 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 at-

tend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned 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 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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

**MAKE EVERYONE PROUD - QUIT TOBACCO**

**SNEAK PEEK**  
**American Sniper**  
Jan. 10, Digital Cinema at Training Hall  
Tickets available: 4 p.m. (1 per person), Doors open: 5 p.m., Show time: 7 p.m.  
Absolutely NO electronics permitted!

**New to military family housing?**  
Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

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.