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Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 49 No. 03 | Naval Construction Battalion Center, Gulfport, Mississippi | February 9, 2012

Inside: Military spouse and NMCRS vol spins the big wheel!

Snow days for NMCB 7

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 Detachment Lagman construct wooden flooring to be installed in an Alaska tent for a tenant command at the detachment in Zabul Province. NMCB 7 is conducting contingency construction in support of the International Security Assistance Force (ISAF) as part of Task Force Forager (TFF), operating in the U.S. Central Command (CENTCOM) area of operation. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

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Vice Adm. Bill French (right) relieves Vice Adm. Michael Vitale as Commander, Navy Installations Command (CNIC) at the Washington Navy Yard Feb. 3,. CNIC is a global enterprise tasked with managing the Navy's entire shore infrastructure and oversees a $12 billion budget, more than 83,000 facilities, and 58,000 personnel. (U.S. Navy photo by Mass Communication Specialist 1st Class Monique Hilley/Released)

French takes helm at CNIC

By Patrick Foughty
CNIC Public Affairs

Vice Adm. William D. French relieved Vice Adm. Michael C. Vitale as Commander, Navy Installations Command (CNIC) during a Change of Command ceremony in CNIC Headquarters at the Washington Navy Yard, Feb. 3, 2012.

Vitale has served as the chief officer leading the Navy's entire shore infrastructure for nearly three years and was the third Commander in the history of CNIC. This infrastructure, also known as the CNIC Enterprise, includes 11 Navy Regions, 70 Installations, and 127 Naval Operations Support Centers, and is responsible for 31 business lines and 122 critical shore capabilities across three major categories; operations, quality of life, and facilities management.

Throughout his tenure Vitale lead efforts to standardize, align, synchronize and innovate new methods and processes that furthered CNIC's mission to deliver effective and efficient readiness from the shore that sustain the fleet, enable the fighter, and support families.

Vitale praised the numerous accomplishments of the personnel under his command and of the entire CNIC Enterprise; from molding the Navy Family Accountability and Assessment System (NFAAS) into the model Personnel Accountability System used across the services, to the development of new shore integration methods and a Total Workforce, capable of continuously supporting operations and services.

"The personnel here at the Headquarters, and throughout the entire Enterprise have faced growing numbers of issues and challenges," said Vitale, "I've had the pleasure of witnessing this Enterprise solve complex and dynamic problems, some self-imposed, some caused by outside forces, and forge a way ahead toward a model of shore integration that has forever changed how we do business and provide service the Fleet, Fighter and Family."

Vitale also thanked the many Navy communities throughout the world that support and

See **CHANGE** page 26

NCBC Valentines Blood Drive Today . . . One drive, two locations! Seabee Memorial Chapel: 8 a.m. - 1 p.m. and Liberty Center: 10 a.m. - 3 p.m.

Seabee Courier

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Public Affairs Officer
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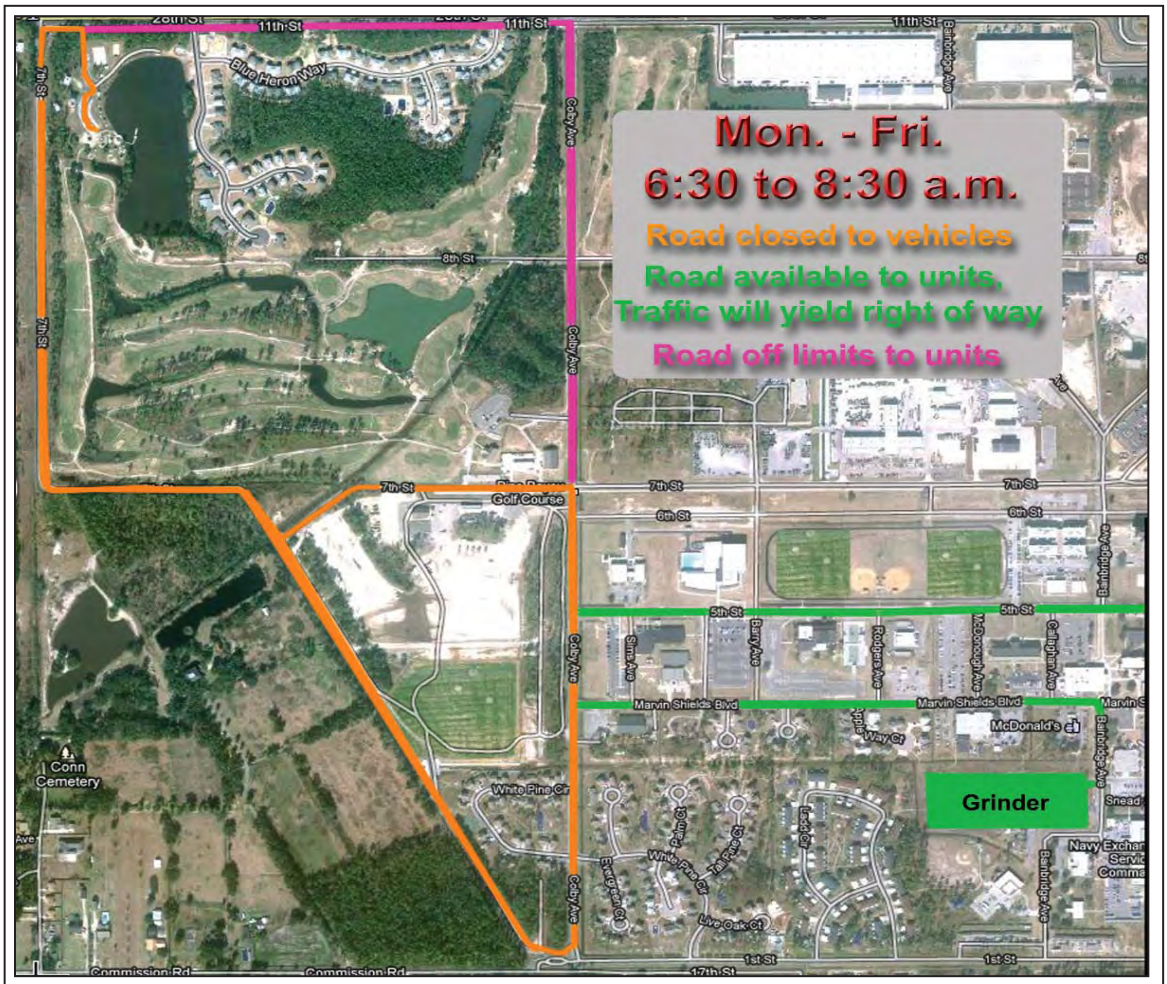


Road Closure due to new PT Route

By NCBC Public Affairs

In order to improve the safety for runners on the road and minimize delays to vehicle drivers, the following changes to running routes will become effective Feb. 13:

(ORANGE) Colby Ave south of 7th Street to Commission/1st Street – Open to units for running and closed to vehicle traffic from 6:30 to 8:30 a.m. Residents of Pinewood West will travel through Pinewood to access 1st Street. All roads around the crane yard and golf course — Open for units for running and restricted vehicle traffic. Note: All paths on the old golf course are open for runners.

(PINK) Colby Ave north of 7th Street and 11th Street from Colby to west most entrance to family housing – Closed to units for running.

(GREEN) Marvin Shields and 5th Street – Open to units and vehicle traffic. Units in formation have the right of way at all times. Units must also have/use required number of road guards.

Base officials are submitting additional projects for unit running paths along the full length of Colby as well as throughout the Seabee Recreation Park.

Questions and concerns can be e-mailed to ncbc_gpt_pao@navy.mil. Subject: PT Route.

Fraud, Waste, Abuse Line

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, E-mail: CNRSE_HOTLINE@navy.mil.

NCBC launches New Channel

Want to know what is happening on base? If you have Cable One (on base only), tune in to channel 87. The new Commander's Access Channel is now on. More programming will be added in the future. Tune in and see what's going on. Note: There are pockets of the base that will not receive the signal, yet (i.e. portions of Pinewood and Ladd housing).

Around the Center

Naval Construction Battalion Center Executive Officer Capt. Stanley Wiles celebrated a milestone Feb. 3 by receiving his new shoulder boards from his children. Brandon, Joshua and Alexandra had the distinct honor of pinning their dad with his new rank. The promotion ceremony marks a prestigious milestone in Wiles' career. He reiterated his continued appreciation to his family for their support throughout his career. (U.S. Navy photo by Builder 3rd Class Cassie Locke/Released)

The Naval Construction Battalion Center (NCBC) / 20th Seabee Readiness Group (20 SRG) Captain's Cup Team were announced as the NCBC 2011 Captain's Cup champions during a presentation on board NCBC Jan. 26. Captain's Cup competition is part of the base intramural sports program in which commands receive points throughout the year for participation, and the cup is awarded annually to the team with the most points. (U.S. Navy photo by Operations Specialist Seaman Brandelyn Gustafson/Released)

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 work together to assemble a Mabey-Johnson bridge at Contingency Construction Crew Training (CCCT) on board NCBC, Jan. 27. CCCT teaches students how to construct a non-assault bridge for the movement of supplies and the re-opening of communications. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Ron Perry, Naval Construction Battalion Center security officer, presents Don Coss, NCBC Director of Public Safety with an American flag during his retirement ceremony on board NCBC, Jan. 31. Coss' 41 years of federal service includes four years active duty and 12 years reserve in the U.S. Navy. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Licensed Physical Therapist Assistant (LPTA) Faye Blackmer supervises Master-at-Arms 1st Class Brian Collings during a "Rebounder" exercise on board NCBC, Feb. 1. The exercise helps with the patients' dynamic balance and hand-eye coordination. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

New physical therapist hired at Branch Clinic

By UTCN Daneia Johnson
NCBC Public Affairs

Naval Branch Health Clinic (NBHC) Gulfport welcomed Licensed Physical Therapist Assistant (LPTA) Fernanda "Faye" Blackmer as its new physical therapist technician Jan. 2.

"Everyday is a learning process when it comes to treating patients, knowing about the diagnosis process, and applying my clinical skills, but I've considered my purpose in life is to help people get better," states Blackmer.

Working in partnership with physical therapists, LPTA's develop patient treatment plans, implement the plans and adjust them as necessary. For every one physical therapist, two physical therapist assistants are needed.

"I'm glad to have her on board. It frees up our physical therapist and approves access to care for our beneficiaries," said Lt. Cmdr. Joe Mastrangelo, NBHC officer in charge.

LPTA Blackmer's arrival benefits the patients of Doctor Edward Goodnite, NBHC's sole physical therapist and LPTA Chandler Ivy, the only other LPTA.

According to Mastrangelo, having two assistants will not only accommodate Dr. Goodnite's needs but will benefit the needs of the patients. With two LPTA's, Dr. Goodnite now has more time to study the patient' symptoms, provide a diagnosis and prescribe a course of treatment.

The LPTA's are then able to help with administering the treatments to the patients.

Physical therapy assistants working in conjunction with physical therapists to treat patients with physical conditions that are painful or limit their mobility due to disease, disability, surgery or injury.

Prospective employees interesting in applying for positions with the NBHC can do so at http://www.usajobs.gov/

Keesler Training Technology and Information Systems Expo - Feb. 9, 9:30 a.m. - 1: 30 p.m. Grab your resume and head to Keesler AFB Roberts Maintenance Facility, KAFB. The Expo is free to all DoD, government and contractor personnel with Keesler AFB gate clearance. Featuring 40+ exhibitors as well as Keesler Training Groups. Call 1-877-332-3976 for info.

Local spouse honored on national game show

By Rob Mims
NCBC Public Affairs Officer

Military members far and wide can attest being a spouse of a military member is one of the toughest jobs out there. The game show Wheel of Fortune felt compelled to honor those who play that supporting role and one local spouse was lucky enough to be selected.

"During military spouse's week it's not just about the men and women serving," said Pat Sajak, Wheel of Fortune Host. "It's about the men and women behind the scenes, the wives, husbands and kids who are doing without someone for a while, they're making sacrifices as well."

Michele Ponte, wife of Chief Warrant Officer Thomas Ponte, commanding officer of the Gulfport Coast Guard Station, never imagined she would be getting a call from the producers of Wheel of Fortune to try out for the show. But, that is exactly what happened in September. She headed to Little Rock, Ark. to test her skills.

"I was so nervous about trying out," said Ponte. "I really didn't know what to expect during the tryout, but was so excited when I got the call to go."

Ponte, who volunteers for the Navy Marine Corps Relief Society on board the Naval Construction Battalion Center, received the call she had been selected and would appear on the first Wheel of Fortune dedicated to military spouses in the show's history.

"It's a way to honor them and to remind all of America that there are a lot of people behind this effort," said Sajak.

"I am so honored to be chosen as one of the first to represent this illustrious group of people," said Ponte. "It is also great that I could represent spouses along the gulf coast," said Ponte. "There were definitely some tear jerker/goose bump moments during a couple of the tapings of the show."

Eighteen spouses of service members were chosen to compete for cash and prizes on the 41-year-old game show, and were filmed on a redecorated set to honor the United States military.

"When I walked in the room, I actually knew another person; another Coast Guard spouse," said Ponte. "I was worried we disqualified each other when legal came in and asked if any of us knew each other." She said she was thankful they weren't. They just made sure the two were on different shows.

Being surrounded by military is nothing new to Ponte, her father, uncle and cousins have served.

"Being married to my husband for 11 years has taught me how tough being the supportive military spouse that job can be," said Ponte. "But, I wouldn't change it for the world."

Ponte traveled with her friend Becky Smith to Culver City, Calif., Jan. 12 to join other military spouses featured as contestants at Sony Pictures Entertainment Studios. Her husband stayed home with their three children.

Michele Ponte stands near a mockup of the "wheel" from Wheel of Fortune after auditioning for the game show Sept. 8 in Little Rock, Ark. See the results of her appearance on WLOX tomorrow at 6:30 p.m. (Courtesy photo)

Rules prohibit the release of the results of the show until it airs; however, Ponte said it was a great experience.

"Winning is part solving and part luck of the wheel," she said.

The show will air locally tomorrow at 6:30 p.m. on WLOX television.

Mass Communication Specialist 2nd Class Trevor Welsh, Navy Public Affairs Support Element West contributed to this article.

Navy Tax Centers open for business

By Dania Bardavid
Office of the Judge Advocate General Public Affairs

More than 100 Navy Tax Assistance Centers around the world are now open for business, ready to assist Sailors and their family members with their taxes.

Tax Assistance Centers (TAC) provide Sailors, retirees and their dependent family members, as well as Reservists in limited cases, and DoD civilians overseas or deployed with the U.S. Armed Forces, the ability to get help with their taxes for free by IRS-trained volunteers.

The purpose of this program is to help out Sailors, primarily junior enlisted Sailors and their dependents, by providing a means for them to get their taxes done at no cost. It is a great service that takes care of the Sailor so that they can focus on accomplishing their mission.

Navy tax assistance centers are a terrific resource for Sailors to get free assistance with their taxes almost anywhere around the globe and afloat. Sailors who electronically file their taxes at our tax centers can expect to receive their refund within eight to 15 days.

During the 2010 income tax season, Navy volunteers with the VITA/ELF program filed more than 58,000 federal and state tax returns, saving service members and their family members more than $6.9 million in commercial tax preparation fees. The tax centers expedited $75 million in tax refunds, with 59% of those for pay grades E-1 to E-6.

This year, Naval Legal Service Command is transitioning to self-service tax assistance at its tax assistance centers within the continental U.S. and Hawaii. This will not affect overseas locations and Guam or tax assistance at most fleet-run sites.

The self-service program educates Sailors on tax preparation and promotes self-reliance and financial accountability, a life-long skill.

Under self-service, Sailors and their families file their own tax returns using free tax filing software on computers established in Navy tax centers with the assistance of IRS-trained volunteers.

Taxes are submitted electronically, and refunds are deposited directly into a Sailor's bank account on an average of two weeks from the date of transmission.

Sailors using a tax assistance center will save money. Commercial tax preparation companies charge on average, more than $170 for the average electronically-filed return. There is no charge for VITA/self-service tax preparation.

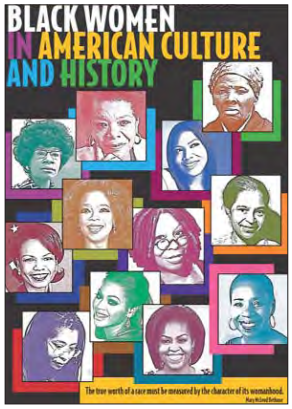
Using a tax assistance center also reduces errors that can occur when preparing taxes on your own. Tax

See **TAX PREP** page 21

Outdoor Recreation Special . . . Rent any grill or canopy and get any size cooler for FREE from ODR Feb. 18 - 20. Perfect for Mardi Gras. Call 228-871-2127 for information on other ODR products and services.

AD SPACE

African American/Black History Celebration



Celebrating diversity and culture, the U.S. Navy and Naval Construction Battalion Center (NCBC) Gulfport recognizes African American/Black History Month. The 2012 theme, "Black Women in American History and Culture," recognizes the importance of diversity as a nation and within the Navy.

Recognizing trailblazers such as Lt. j.g. Ida Pickens and Ensign Frances Wills as the first African American officers in the Women Accepted for Volunteer Emergency Service (WAVES) program or Rear Adm. Lillian Fisburne who was the first black female promoted to the flag rank in February 1998, the Navy honors them.

NCBC Gulfport will celebrate these achievements Feb. 21 at 10 a.m. at the Seabee Memorial Chapel. Hosted by the NCBC Diversity Committee, the event will feature music, a guest speaker and light refreshments. A special meal will served at the Galley on board NCBC beginning at 11 a.m. The meal is open to all civilians and DoD employees with access to NCBC. The cost is $4.55.

Everyone is invited to celebrate African American/Black History Month as NCBC honors those who paved the way to a diverse Navy.

Buckle Up for Safety - Every Time!

AD SPACE

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Steelworker 3rd Class Alan Moiles, a Seabee with Naval Mobile Construction Battalion (NMCB) 74, trims rebar from pilings which will be used to support a boat ramp on Naval Air Station (NAS) Corpus Christi. The boat ramp project is part of a Construction Training Exercise (CTX), which gives Seabees an opportunity to use and perfect construction skills outside of a training environment, while improving quality of life conditions at military bases nationwide. (U.S. Navy photo by Chief Mass Communication Specialist Scott B. Boyle/Released)

NMCB 74 project great for NAS, even better for training Seabees

By MCC(SW/AW) Scott B. Boyle
25 NCR Public Affairs Officer

Training to be a Seabee requires more than studying manuals or sitting in a classroom. To excel in all aspects of construction, today's Seabees need real world, hands-on experience. The Construction Training Exercise (CTX) is designed for that very purpose.

Naval Mobile Construction Battalion (NMCB) 74, has a team of 21 Seabees building a boat ramp to support Naval Air Station (NAS) Corpus Christi, Texas. The homeport project gives Seabees an opportunity to maintain their core construction skills outside of a classroom, while also improving quality of life conditions at the base.

"It gives them a sense of ownership and they are enjoying what they are doing," said project Assistant Officer-in-Charge, Senior Chief Construction Electrician Raquel Jeffers. "It gets them out of the classroom and they get the hands-on experience. To see them work through the challenges is really rewarding," she said.

CTX projects give Seabees on-the-job training, while also exposing them to the elements outside the rigid controls of the classroom. Steelworker 3rd Class Alan Moiles said the boat ramp project is complex but it gives the young Seabees a great opportunity to improve their skills.

"It's very different since we don't get the mud and the water in the classroom," he said. "I've done rebar work before, but nothing like this."

In the classroom, even during the labs in class, everything is controlled said Construction Electrician 2nd Class Joshua Guerreiro, the project crew leader.

"The things we have encountered out here, building the boat ramp, the demolition, the rain and mud, it has made us think outside the box and come up with things they don't teach you in the classroom to overcome obstacles."

Jeffers said learning to adapt to and overcome environmental changes, while still completing a project, is a skill all Seabees need. The different skills needed to build the boat ramp also translate to projects Seabees take on during deployments, such as building schools and airfields. Practicing those skills during homeport projects makes the Seabees more efficient when they are in harsh, deployed environments.

"Most everybody on this crew has come out of the desert, so we're good at building Southwest Asia (SWA) huts," Guerreiro said. "This project will give us a lot of rebar work, a lot of concrete work, things we have never done before and it will really expand our skills," he said.

NAS Corpus Christi Public Works

See **NMCB 74** page 25

'Bees of NMCB 7 . . . Camp Maintenance

Builder Constructionman Alex Behrends, a native of Arlington, Iowa., assigned to Naval Mobile Construction Battalion (NMCB) 7, cuts wood to be used as light fixture supports during a Camp Maintenance project at the Battalion's camp at Kandahar Airfield in Afghanistan. NMCB 7 and its detachments are one of two Seabee Battalions conducting contingency construction in support of the International Security Assistance Force (ISAF) as part of Task Force Forager (TFF), operating in the U.S. Central Command (CENTCOM) area of operation. (U.S. Navy photo by Chief Mass Communication Specialist Yan Kennon/Released)

Command Flag 5K Run . . . All commands are invited to come out and run with their command guidons at the Command Flag 5K Run Feb. 24, at 6:30 a.m. in front of the NCBC Fitness Center. Civilian facilities are also encouraged to make their own guidons and participate.

NMCB 133 takes part in Bold Alligator 2012

CAMP LEJEUNE, N.C. - Marines assigned to the Bridge Company of the 8th Engineer Support Battalion and Seabees assigned to Bridge Detachment of Naval Mobile Construction Battalion (NMCB) 133 tow an improved ribbon bridge during Bold Alligator 2012. Bold Alligator is the largest amphibious exercise in the past 10 years and represents the Navy and Marine Corps' revitalization of the full range of amphibious operations. The exercise focuses on today's fight with today's forces, while showcasing the advantages of seabasing. The exercise will take place through Feb. 12, afloat and ashore, in and around Virginia and North Carolina. (U.S. Navy photo by Mass Communication Specialist 2nd Class Lynn Friant/Released)

NMCB 1 Delayed Party Homecoming

U.S. Navy photos by
Chief Mass Communication Specialist Ryan Wilber
and
Morgan Over
NCBC Public Affairs

AD SPACE

Underwater Construction Team (UCT) ONE
Seabee Diver Recruiting Trip
Feb. 22 - 23, 2012

Recruiting Trip Schedule

Wednesday, Feb. 22:
2 - 3:30 p.m. - Meet with Seabee battalions (building 1, main Conference Room)

4:30 - 5 p.m. - Meet with Seabee "A" school students in Naval Construction Training Center (NCTC) Conference Room
Requirements:
~ Must be in Seabee ratings: BU, SW, EA, UT, CE, EO and CM with
ASVAB of VE + AR = 104 and MC = 50

~ Must be able to pass UCT Diver Screening and PRT (Swim - 14 minutes, Push-ups - 42 in 2 minutes, Curl-ups - 50 in 2 minutes, Pull-ups - 6, Run 1.5 miles in 12 minutes, 45 seconds). * Refer to MILPERSMAN 1220-100, Exhibit 1 for full details on Diver PST*

Refer to MILPERSMAN 1306-912 for more information and program details.
Come out if you have what it takes to become a UCT Diver!!!

Got Beads? If you have Mardi Gras beads that you would like to donate, Liz Burchett is collecting them and giving them to R436 for Seabees participating in parades with the Seabee Float. Beads can be taken to Burchett at building 225A and you may contact her at 871-2427 for more information.

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Buzz on the Street

By UTCN Daneia Johnson

What is something you would like to add to NCBC?

"I think a bowling alley would be a nice addition to NCBC."

BUCN (SCW) Michael Barton
NMCB 1
Hometown: Burlison, Tenn.

"It would be nice to have a Family Fun Center around. A nice money-friendly and family orientated place to hang out at after work."

Ariel Owens
Liberty Center
Hometown: Smithville, Texas

"A bowling alley and beach volley courts would be great additions. They are very entertaining and relaxing ."

BU3 (SCW) Nathan Gilbert
NMCB 74
Hometown: East Bridgewater, Mass.

NCBC FRAMES

Equipment Operator (SCW) Shakenia Ceazer, 20 SRG

By BU3 (SCW) Cassie Locke
NCBC PAO

FF: What single experience during your career stands out the most and why?
EOCN: My tour to Afghanistan stands out the most because it made me realize how important my job is in the Navy. Seabees play a big role in providing for other branches of military in Afghanistan.

FF: What has been your biggest motivation throughout your career?
EOCN: My motivation has been working with my fellow Seabees because they keep the morale up and keep me focused on the mission at hand.

FF: What advice would you give to future Seabees/Sailors?
EOCN: I would advise future Seabees/Sailors to stay motivated throughout your career and always strive to do your best at the task at hand.

FF: What is your favorite thing about working with the Seabees?
EOCN: I would have to say the people I work with because we work well as a team.

FF: Who was your most influential mentor during your career, and why?
EOCN: Chief Terry Spain was my most influential mentor. He has opened up more doors for me than any other mentor I've had in my Navy career.

NCBC Gospel Sound Choir Competition 2012

Gospel Choirs interested in bringing joy to the Seabee community are invited to share their musical talents at the NCBC Gospel Sound Choir Competition 2012. The event will be held Saturday, March 31 from 4 to 6 p.m. at the Training Hall. Registration forms ($50 per choir) and tickets ($2) are available at the Seabee Memorial Chapel. Proceeds from the event will be donated toward the establishment of an installation memorial for the fallen. For more information, you may contact RP2 De'Angelo Wynn at 228-871-2454 or Cmdr. Ruth Goldberg at 228-871- 3504.

AD SPACE

Department of Defense begins prorating Imminent Danger Pay

By Jim Garamone
American Forces Press Service

Service members now will receive imminent danger pay only for days they actually spend in hazardous areas, Pentagon officials said Feb. 2.

The change, which took effect Feb. 1, was included in the 2012 National Defense Authorization Act, which President Barack Obama signed into law Dec. 31.

"Members will see the prorated amount in their Feb. 15 pay records," Pentagon spokesman Navy Capt. John Kirby said.

The act called for DOD to pay service members imminent danger pay only for the time they spend in areas that qualify for the pay. In the past, service members received $225 per month if they spent any time that month in an area where the pay was authorized. "This is a more targeted way of handling that pay," Kirby said.

Now, service members will receive $7.50 a day for days spent in these areas. Personnel who travel to the designated areas for periods less than 30 days should keep track of the number of days they are in the area to verify that they are paid for the correct number of days, officials said.

The military services are working to waive or remit debts for members who may have been overpaid for January, officials said. The services can waive this

See **PAY** page 12

AD SPACE

Pitch In, Use the Bin! NCBC is a No Litter Zone!

AD SPACE

AD SPACE

From **PAY** page 11

"when there is no indication of fraud, fault, misrepresentation, or when members were unaware they were overpaid," Pentagon spokeswoman Eileen Lainez said.

Proration is based on a 30-day month, which translates into a rate of $7.50 per day. It does not matter if the month is 28 or 31 days long, officials explained; if service members serve in affected areas for the complete month, they will receive the full rate of $225 per month.

The Defense Department defines imminent danger pay areas as places where members are subject to the threat of physical harm or imminent danger because of civil insurrection, civil war, terrorism or wartime conditions.

Service members who come under fire, regardless of location, will receive the full monthly hostile-fire pay amount of $225.

Service members will receive notification of the change via emails, on the MyPay system, on social media sites and via the chain of command.

See Something Wrong Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

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: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

There is a reward of up to $1,000 for information leading To a felony arrest or apprehension

AD SPACE

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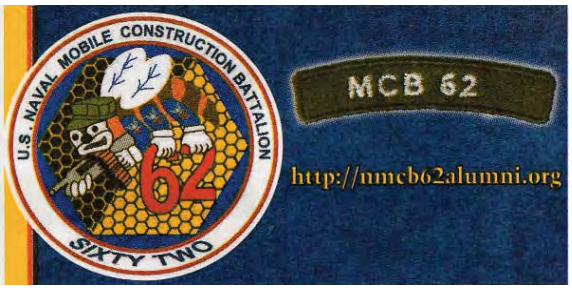
AD SPACE

Wanted: UCT Seabee Divers!!!

Underwater Construction Team ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.
Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.
Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; EA2 Potamitis at marios.potamitis@navy.mil; or visit www.facebook.com/seabee.diver for more information



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Military.com/NCOA Career Expo . . .

March 1,
10 a.m. - 2 p.m.
Courtyard by Marriott at Gulfport Beachfront, 1600 East Beach Boulevard, Gulfport
Companies from accounting, administrative, advertising, aerospace, banking, government, healthcare and many more.
Please pre-register at http://www.military.com/career-expo/

Area Off-Limit Locations . . .

Biloxi: Boulevard Night Club, Blue Note Lounge, Henry Beck Park, YaYa's; **Gulfport:** Bunk Small Apartments, Herbal Alternatives; **D'Iberville:** Guitars and Cadillacs; **Moss Point:** Tony's Lounge; **Ocean Springs:** Pugs; **Pascagoula:** Carver Village, Bunksmall Apartments, H&H Hideaway.
Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board.

Seabee Memorial Chapel

Services:

Gospel: 8 a.m.

Sunday Catholic Mass: 9 a.m.
Daily Mass: Tuesday, 11:15 a.m.

Protestant Service: Sunday, 11 a.m.
Protestant Sunday School, 9:30 a.m.

Center Chaplains:

Cmdr. Michael Brown, Protestant Chaplain
Lt. Yoon Choi, Protestant Chaplain

For information concerning other faith groups, call the chapel office at (228) 871-2454

Emergency updates help Sailors and Families

By Morgan Over
Contributing Writer

When disaster strikes or an emergency occurs the fastest way to ensure you are updated is through AtHoc™, the emergency mass notification system, and Navy Family Accountability and Assessment System (NFAAS).

AtHoc is a personalized emergency update system available to service members, civilians and families on board Naval Construction Battalion Center (NCBC) Gulfport. The feature is easy to use and takes a few seconds to update the information.

AtHoc has been installed on most NMCI computers. When updates, inclement weather, emergencies or exercises are announced, they pop up on the NMCI enabled computers. To ensure you are receiving updates, AtHoc and NCBC Emergency Update Team encourage users from NMCI computers to visit https://waansecdap01.nmci.navy.mil/SelfService/Entry.aspx?pid=2033880 to sign up for AtHoc announcements.

The website will verify your DOD certificate and take you to a self-service page where you can update your contact information. Select "My Info" and update your information.

Once your information is update, select the "Devices" tab. Enter and verify your contact information. Once completed, select the "save."

When the base enters an exercise, an emergency on base occurs or inclement weather is expected, AtHoc sends out a "blast" to all individuals listed. You may receive a pop-up on your computer or a call or text to your phone with the update.

The Emergency Management division on board NCBC Gulfport is in the process of creating a "add/remove" page on the CNIC Gulfport website under the Emergency Management Page. Individuals will be able to enter information to be included in the AtHoc blasts as well as remove profiles when relocating from the area. Details to follow.

The NFAAS system is for Navy service members, civilians, families and overseas contractors who have been affected by a declared emergency. If a declared emergency has been made log onto https://www.navyfamily.navy.mil or call 1-877-414-5358 to update contact information or to report immediate needs such as food, water or shelter.

To update contact information, select "Navy Military, Civilians, OCONUS Contractors, and their Families."

Select Login Method: (1) Common Access Card (CAC); (2) Username and Password, or; (3) Personal Information. If you are a family member or on a computer that is not CAC enabled, personal information is faster but is "update-only access." Ensure the web address is https:// before you enter sensitive information. Enter the Sponsor social security number, the sponsor's date of birth and the last name.

If you are updating contact information during a "non-crisis" time, it will inform you "that you are not in any affected areas, so there is no need to Muster for yourself at this time." You can, however, update your contact details to ensure they have the most recent updates.

In order to update information that is listed as "on file," the user must use the CAC or username and password feature. If an emergency has been declared, the NFAAS system will walk the user through how to muster and who to muster. The assessment will take the user through the steps to note your current location, contact information as well as assess the needs as a result of the event.

If the sponsor left prior to the emergency they can log onto NFAAS through their phone browser. There are simple steps to guide the user through accountability, location and contact update, and assessment (if required).

Seabee Ball Fundraiser Golf Tournament . . . A Golf Tournament to raise money for the Seabee Ball will take place Feb. 23 at 8 a.m. at the Bay Breeze Golf Course on board Keesler AFB. The tournament features a shotgun start and is 4-man, best ball style. There is a $60 entry fee per player. The fee includes 18 holes of golf, with cart and lunch included. Prizes will be awarded for the first, second, third longest drive and the drive closest to the hole. Rental clubs will also be available. For more information or to

sign up, contact Brad Miller, 228-871-2963 or 228-224-3474 or email Bradlee.miller @ navy.mil.

Health Watch

Exercise and cold weather: Staying safe indoors

By Dr. Edward A. Goodnite
NBHC Gulfport Physical Therapy

Though old man winter has seemingly forgotten us this year, most weather forecasters are predicting a winter catch-up period in February and March where the mild temperatures and dry weather will give way to colder and wetter than average conditions. However, you don't have to let cold weather spell the end of your exercise. With these tips for exercising during cold weather, you can stay fit, safe and warm when the weather turns chilly.

First, dress in layers. One of the biggest mistakes you can make while exercising in cold weather is to dress too warmly. Exercise generates heat — enough to make you feel like it's much warmer than it really is. Yet, once your sweat starts to dry, you can get chilled. By dressing in layers you can remove clothing when you start to sweat and then put it back on as needed. Next to the skin, wear a thin layer of synthetic material such as polypropylene to draw sweat away from your body. Remember: cotton kills, so avoid it. Cotton stays wet and will increase your heat loss if it's next to your skin. The next layer should be fleece or wool for insulation. Top this with a waterproof, breathable outer layer. If you're lean, you may need more insulation than someone who is heavier.

Pay attention to the weather forecast. Exercising when it's cold and raining can make you more vulnerable to the cold. If you get soaked, you may not be able to keep your core body temperature high enough, and layering won't help if your clothes are wet.

If it's very cold, you should wear gloves and a hat. Protecting exposed areas of your body prevents frostbite. Skin freezes at 28 degrees. If the ambient temperature is 30 degrees, wind chill produced by a 5 mph wind drops the temperature to 25 degrees. Wind chill extremes can make exercising outdoors unsafe even if you dress warmly. The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body, and any exposed skin is vulnerable to frostbite. Know the signs of frostbite and hypothermia.

Remember sunscreen. It's as easy to get sunburned in winter as in summer. Wear a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 30. Additionally, use a lip balm that contains sunscreen.

Head into the wind. If possible, do the second half of your workout with the wind at your back. This way, you're less likely to get chilled, especially if you've worked up a sweat.

Drink plenty of fluids. Dehydration can occur in the winter just as easily as in the summer but you may have a harder time noticing its signs. Drink water or sports drinks before, during and after your workout, even if you're not really thirsty.

Know your conditioning level. A person with a low fitness level loses more body heat because they tire more quickly than a fit person. Additionally, make sure you get enough rest. A sleep deprived person is more susceptible to hypothermia.

Flexibility. While stretching before and after an activity is preferred, a high number of muscle injuries occur when a cold muscle is improperly stretched. Muscles prior to exercise will not have the same range as the same muscle after exercise. If warming up with light activity for 10 minutes prior to exercise is not possible, then ease into the conditioning activity gradually and slowly increase your effort.

Finally but most importantly, after you finish your workout, be sure to stretch. Remember that a muscle stretch should be comfortable enough to hold for 25 - 30 seconds. Repeat the same stretch five to six times to get the best results. Don't rush! To help prevent muscle tightness, stretch again two hours later. Remember, good flexibility is your primary tool in preventing muscle injuries, especially in cold weather.

NMCB 11 deploys to Afghanistan

Lt.j.g. Sam Webb
NMCB 11 Public Affairs Officer

In the pre-dawn hours of Monday, Jan. 30, about 300 Seabees gathered at Naval Construction Battalion Center (NCBC) Gulfport to begin their long journey to Afghanistan.

The journey will take the members of Naval Mobile Construction Battalion (NMCB) 11 to Camp Leatherneck and other Forward Operating Bases (FOBs) around the country. Another 200 members of the Battalion will arrive in Afghanistan within a few weeks.

NMCB 11 is tasked with conducting engineering and defensive operations in support of counterinsurgency and stability operations throughout Afghanistan. They relieve NMCB 4 at Camp Leatherneck and are one of two Battalions currently deployed to Afghanistan.

This marks the second deployment to U.S. Central Command for NMCB 11 since being recommissioned in 2007 and is the culmination of over nine months of homeport preparation. "I could not be prouder of the extraordinary efforts of every Seabee in the command as they prepared throughout the entire homeport for this combat deployment," said Cmdr. Lore Aguayo, NMCB 11 Commanding Officer. "I asked them to push hard in training and every single one of them delivered their very best," she said.

The homeport months between deployments are often just as demanding on Seabees as the deployments themselves, and just as hard on families.

"Many of them sacrificed considerable time away from home to be part of homeport project crews in order to hone their construction skills, but they executed their tasks with tremendous enthusiasm and motivation," Aguayo said.

Seabees have played a critical role in the buildup of Camp Leatherneck and other FOBs and Combat Outposts (COPs) in Afghanistan. For some of the more seasoned in NMCB 11, this deployment brings them back to familiar territory.

"I'm going back to the same camp I helped build back in 2009, so it will be interesting to see how it's changed," said Equipment Operator 1st Class Joseph Peters. "I never thought I'd be able to go back and look the junior troops in the face and say 'I built this'".

For many of the junior troops of NMCB 11, this deployment provides the first opportunity to put their skills to the test in a contingency environment.

Constructionman Mechanic Robert Farmer looks forward to playing a critical role in maintaining the hundreds of vehicles and construction equipment that will be used by the Seabees during this deployment. "People can't get out to the job sites if the equipment isn't working properly," he said.

Many of the more experienced members of the Battalion look forward to the teaching opportunities that will come from being around the junior Seabees.

"At this point in my career, it's all about mentoring the junior troops. It's a good opportunity to teach them what it means to be a Seabee," said Peters.

No matter what their motivation or level of experience, the members of NMCB 11 look forward to serving their country at a time of war.

"The Seabees of NMCB 11 are well prepared for deployment," said Aguayo. "We are ready to assume the watch from NMCB 4 and proudly support the warfighter and serve our nation."

CAMP LEATHERNECK, Afghanistan - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 offload a bus load of equipment and personal baggage after arriving in Afghanistan as part of NMCB 11's advanced party to begin a deployment in which they will execute projects in support of the warfighter throughout the country of Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

US service members become Americans in Africa

Staff Sgt. Andrew Caya
CJF-HOA Public Affairs

U.S. Soldiers and Sailors waved miniature American flags as they welcomed America's newest citizens into their ranks.

U.S. Navy Petty Officer 3rd Class Kelan Scott and U.S. Army Sergeant Joel Lara raised their right hands and swore the Oath of Allegiance to the United States in front of other U.S. service members during a naturalization ceremony at Camp Lemonnier, Djibouti, January 25.

"This was pretty cool," said Scott, a utilitiesman with Naval Mobile Construction Battalion (NMCB) 5 who emigrated to the United States from St. Lucia, an island country in the eastern Caribbean Sea.

"This was a once-in-a-lifetime opportunity to be naturalized here, at Camp Lemonnier. It was very gracious of the camp leadership to do this."

Homeland Security U.S. Citizenship and Immigration Services Nairobi Field Office Director Sonia Gulati said she has overseen these types of ceremonies for three years, and this was the first time she conducted one at Camp Lemonnier.

"Truly this is one of the best parts of my job – clearing individuals for citizenship who are so dedicated to America. I always end up with tears in my eyes," she said.

Both Lara and Scott said they left their respective countries for a higher quality living standard as well as education.

The two men made serving in the military a top priority when they arrived in the United States and their service was appreciated by many in attendance today.

Constructionman Aarron Emmons of NMCB 5, a friend of Scott, said he thinks immigrants are an asset to the military because of their dedication to America. Even though they are not yet citizens, they are willing to serve, he said.

Diversity "is part of the U.S. military's strength," said U.S. Navy Captain Gerry Hutchinson, Combined Joint Task Force - Horn of Africa director of religious affairs. "To me it's great to have a military force that is diverse as the nation it defends."

Having other service members in attendance during the ceremony was meaningful to Lara, a native of Panama and a sergeant in C Battery, 1st Battalion 161st Field Artillery, Kansas Army National Guard.

"It feels good and I am happy," he said with a smile. "The people here are my brothers and sisters, and I am an American with them now."

Navy Petty Officer 3rd Class Kelan Scott and Army Sergeant Joel Lara recite the Oath of Allegiance to the United States during a naturalization ceremony held Jan. 25, at Camp Lemonnier, Djibouti. (U.S. Air Force photo by Staff Sergeant Andrew Caya/Released)

Left: Wrestlers of Military Professional Wrestling (MPW) go head-to-head as they entertain military members and their families on board Naval Construction Battalion Center. MPW is a U.S. Navy disabled veteran-owned company whose goal is to provide entertainment at its best to the service members and family while showing appreciation to their dedication in protecting and serving.

Below: An appreciative crowd turned out for the Military Professional Wrestling event on board the Seabee Center Feb. 3. Fans were also able to meet with their favorite MPW wrestlers after the event for autographs and photos. (U.S. Navy photos by Chief Mass Communication Specialist Ryan Wilber/Released)

Military Pro Wrestling comes to Seabee Center

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

The high-flying entertainment of Military Professional Wrestling (MPW) came to Naval Construction Battalion Center (NCBC), Gulfport, Miss, for a special "New Years Salute" performance Jan. 27.

The night featured eight professional wrestling matches, including a tag-team match, female match, featuring Jazz a former champion in the World Wrestling Entertainment (WWE) Company, and a three-way one-man elimination match. The show's finale, a title match for the belt, featured Luke Hawx, also known as Alter Boy Luke in the Extreme Pro Wrestling Company and an MTV Wrestling Society X superstar. Percy Pringle, III, better know as WWE's Paul Bearer, the Undertaker's manager, and a U.S. Air Force Veteran was also in attendance.

According to MPW website, MPW is a disabled veteran-owned, first-class wrestling entertainment business that focuses on military members and family member morale, whose goal is to provide entertainment at its best to service members and their family, while showing appreciation to their dedication in protecting and serving.

As evidenced by the cheers and jeers erupting from the crowd as the wrestlers played to their emotions of patriotism and service loyalty, the spectators thoroughly enjoyed themselves. Some even said they had never seen a better Morale, Welfare and Recreation (MWR) event.

"I'm enjoying it. It's the first time I've ever seen some wrestling like this. It's pretty cool. They need to get more like this," said Construction Mechanic 1st Class Adam Record, assigned to Naval Mobile Construction Battalion (NMCB) 74, Papa Detachment.

"I am having a blast, to be honest with you," added a young spectator waiting for an autograph.

Kids, and a few adults, lined up along the ring to cheer on the "good guys," and watch the hard-hitting action of the acrobatic performers. Claudia Del Solis, a six-year wrestling veteran, said that when it comes to military shows it is the kids who always get her, and Chief Aerographer's Mate William Davis, assigned to Naval Meteorology and Oceanography Professional Development Center agreed.

"It was good. It was good for the kids; I mean that's what it's all about. That's the whole reason I came in the first place was to take [my son]. He's never been to anything like this before. My boy got himself a picture, and got to watch some people beat each other up. It's a good night," said Davis.

Della Koen, MPW chief executive officer and U.S. Navy disabled veteran, and Luke Hawx perform for others outside the military through Hawx's Wildkats professional wrestling school, but both say there is something special for them about performing for military members.

"We run shows outside the military too, but I think we work a little harder during the military shows. It's really a lot more meaningful when we do a military show, said Hawx. "We really enjoy doing the military shows. The crowd gives more back to you, so we can give more back to them. It's more fulfilling to work for the military," added Koen.

Koen and Hawx also said they like to take the "celebrity" opportunity to positively influence the kids on the base through meet and greets, daycare visits and autograph sessions.

"We also offer to do mentoring. We make sure we do appearances when we do scheduling. We like to include school visits, daycares and liberty centers," said Koen. "We like to do as much as possible, especially with the kids, because the kids are where it's at. They need good development and good leadership, and we can bring that to them, because they look towards us," continued Hawx.

The event proved to be a resounding success for NCBC, MWR and the MPW.

The kids left the event in what seemed an exhilarated mood, and many met the performers at the base all hands club for an autograph session.

Movie Schedule

Friday, Feb. 10 - The Rum Diary rated R , 6 p.m., Killer Elite rated R, 8:30 p.m.

Saturday, Feb. 11 - Due to official activity no movies will be shown.

Sunday, Feb. 12 - Puss in Boots rated PG, 1 p.m., Killer Elite rated R, 4 p.m., Real Steel rated PG13, 7 p.m.

Friday, Feb. 17 - Anonymous rated PG13, 6 p.m., and Johnny English Reborn rated PG, 8:30 p.m.

Saturday, Feb. 18 - Jack and Jill rated PG, noon, Puss in Boots rated PG, 3 p.m., and The Three Musketeers rated PG13, 6 p.m.

Sunday, Feb. 19 - Puss in Boots rated PG, 1 p.m., Real Steel rated PG13, 4 p.m., and The Thing rated R, 7 p.m.

Monday, Feb. 20 - The Three Musketeers rated PG13, 1 p.m., Jack and Jill rated PG, 4 p.m., and Immortals rated R, 7 p.m.

Friday, Feb. 24 - The Three Musketeers rated PG13, 6 p.m. and The Thing rated R, 8:30 p.m.

Saturday, Feb. 25 - Puss in Boots rated PG, noon, Immortals rated R, 3 p.m., and The Three Musketeers rated PG13, 6 p.m.

Sunday, Feb. 26 - Real Steel rated PG13, 1 p.m., Killer Elite rated R, 4 p.m., and Anonymous rated PG13, 7 p.m.

Movie Hotline - 228-871-3299

Before and After-School Care Program Full and Partial Scholarship Now Available!

•Scholarships are available to minor children of Active Duty Military, DoD Civilians and Contractors, and Reservists on Active Duty.
- Children must be between ages 5-12 years old and currently enrolled in school.
- Program hours are Monday through Friday.
- Before School 6 - 7:30 a.m.
- After School 2 - 5:30 p.m.
For more information please call the Youth Activities Center at 228-871-2251.

MWR

Mission First... Sailors Always

Feb. 9
•AMERICAN RED CROSS BLOOD DRIVE (Liberty Center) 10 a.m.- 3 p.m.

Blood Drive
All Types Needed!

Feb. 10
•PORTLAND TRAILBLAZERS VS. NEW ORLEANS HORNETS (Liberty Center) 5:30 p.m., $45

•MOVIE NIGHT ON THE BIG SCREEN WITH HOTDOGS (YAC) 6 - 9 p.m., $2 and limited to 50

Feb. 11
•VOLUNTEER W/HABITAT FOR HUMANITY (Liberty Center) 7:15 a.m., Earn an LOA

•GATTI'S TOWN PIZZA & ARCADE (YAC) 9 a.m.-4 p.m. Only $7, limited to 30

Feb. 12
•BILOXI BOAT AND RV SHOW (Information, Tickets, & Tours) 12:30 p.m. $5 shuttle fee and $6 admission at gate

•SKYDIVING (Liberty Center) 9 a.m., $160/person

Feb. 13
•CROSSROADS MALL SHUTTLE (Liberty Center) 6 p.m., FREE

Feb. 14
•VALENTINE'S DAY ARTS & CRAFTS & OUTDOOR ACTIVITIES (YAC) 5:30 – 8:30 p.m., FREE

Feb. 15
•NCAA FOOTBALL 12 TOURNEY (Liberty Center) FREE, 6 p.m., Prize for 1st place

Feb. 16
•MARDI GRAS ARTS & CRAFTS & RELAY RACES (YAC) 5:30 - 8:30 p.m., FREE

Feb. 17
•STOP IN FOR YOUR SURGE HOCKEY TICKETS (ITT) Only $12!

•MS SURGE VS. LA ICE GATORS (Liberty Center) FREE shuttle, •6 p.m., Tickets are $6

Feb. 18
•MILITARY BASKETBALL INVITATIONAL (IM Sports) 9 a.m. - 5 p.m. at the Fitness Center. Deadline to sign up is Feb. 10. 228-822-5109

•GET YOUR SURGE TICKETS FOR TONIGHT'S GAME (ITT) Only $12 for a blue level voucher.

•12 & UP MS SURGE HOCKEY GAME (YAC) 5 p.m. - 11 p.m. $6

Feb. 19
•MILITARY BASKETBALL INVITATIONAL (IM Sports) 9 a.m. - 5 p.m. at the Fitness Center. Deadline to sign up is Feb. 10. 228-822-5109

•SKEET SHOOTING (Liberty Center) 8 a.m., $15

Feb. 20
•NATIONAL NAVAL AVIATION MUSEUM AT NAS PENSACOLA (Liberty Center) 9 a.m., $2 for transportation

Feb. 21
•KARAOKE NIGHT (Liberty Center) 7 p.m., FREE

•TUESDAY MARDI GRAS CAMP (YAC) 6 a.m. - 5:30 p.m.

Feb. 22
•GULFPORT DRAGWAY (Liberty Center) FREE shuttle, 6 p.m., $5 admission at gate

Feb. 23
•IMAGE MAKERS & INDOOR DODGEBALL BLAST (YAC) 5:30 - 8:30 p.m., FREE

Feb. 24
•COMMAND 5K FLAG RUN (Fitness Center) at 6:30 a.m. in front of the Fitness Center.

Feb. 25
•THROWDOWN IN D'IBERVILLE (Liberty Center) 10 a.m.

•USS AL TOUR (YAC) 8 a.m. - 4 p.m., $6

Feb. 26
•MS SURGE VS. MS RIVERKINGS (Liberty Center) 6 p.m., FREE shuttle, Tickets are $6

Feb. 27
•BINGO Night (Liberty Center) 7 p.m., FREE and prizes for every winner

Feb. 28
•PING PONG TOURNEY (Liberty Center) 7 p.m., FREE, Prize for 1st place

Feb. 29
•WALMART (Liberty Center) FREE shuttle, 6 p.m.

Chapel Offerings:

Women's Bible Study takes place every Wednesday from 10 to 11 a.m., at the Chapel.

LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. in the Fellowship Hall.

Seabee Pantry – Donations are now being accepted for the Seabee Pantry. Drop off locations are: Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and the Armed Forces Retirement Home. Everyone affiliated with NCBC is eligible to draw from the Pantry.

Drummer needed – The Chapel is in need of a drummer for the Protestant Service Worship Team.

NCBC Gospel Sound Choir Competition 2012 - Gospel Choirs interested in bringing joy to the Seabee community are invited to share their musical talents at the NCBC Gospel Sound Choir Competition 2012. The event will be held Saturday, March 31 from 4 to 6 p.m. at the Training Hall. Registration forms ($50 per choir) and tickets ($2) are available at the Seabee Memorial Chapel. Proceeds from the event will be donated toward the establishment of an installation memorial for the fallen. Contact the Chapel at 228-871-2454 for more information.

Overseas Coupon Program Donate expired coupons to families overseas by dropping them off at the Seabee Memorial Chapel. Military families can use the coupons up to six months after their expiration.

NCBC Dual Blood Drive, Feb. 9, 8 a.m. to 1 p.m., Chapel; 10 a.m. to 3 p.m., Liberty Center.

Praise and Worship Members Needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Protestant Service at 11 a.m. Sundays. If you can sing or play an instrument, you are cordially invited to come share your gift. For more info, call Chaplain Brown at 228-871-2454.

Celebrate Black History NCBC will celebrate Black History Month Feb. 21 at 10 a.m. at the Seabee Memorial Chapel. Hosted by the NCBC Diversity Committee, the event will feature music, a guest speaker and light refreshments. A special meal will served at the Galley on board NCBC beginning at 11 a.m. The meal is open to all civilians and DoD employees with access to NCBC. The meal cost is $4.55.

NCBC Helping Hands Volunteer Opportunities

Harrison County Youth Court - HCYC is looking for volunteers to make a difference in the life of a child. There are two ways to help – become a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achievements in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 for more information.

West Harrison High School - WHHS is looking for 25 volunteers to administer the PLAN test to 10th Grade students Feb, 28, 7:30 to 10 a.m., and Feb. 29, 7:30 a.m. to noon. (Volunteers must be able to work both days). Duties include reading test instructions to students and monitoring test completion. Interested volunteers should email Julie Hadley at jhenderson@harrison.k12.ms.us and provide a contact e-mail and phone number.

9th Annual Smokin' the Sound and Smokin' the Lake – Volunteers are needed April 26 to 29 to assist with Smokin' the Sound at Point Cadet in Biloxi and Smokin' the Lake in Gulfport, May 5 to 6 at the Dock Bar and Grill on Seaway Road. Duties include selling wrist bands and directing spectators to viewing areas. Various shifts are available and lunch and t-shirts will be provided. To sign up or to receive more information on this request, contact Builder 3rd Class (SCW) Cassie Locke at 228-871-3664 or email cassandra.secher@navy.mil.

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70th Annual Seabee Ball
'CAN DO' since '42

March 3, 6 p.m. – Midnight
Cocktails, 6 p.m., Dinner, 7 p.m.

Guest Speaker: Rear Admiral Kurt Tidd,
Commander, U.S. Naval Forces Southern Command, U.S. Fourth Fleet

Menu
Choice of Entrée

Seared Breast of Chicken topped with a
Crimini Mushroom demi glaze
Garlic Mashed Potatoes
Seasonal Vegetables

Top Sirloin Steak seasoned and char-grilled
topped with a Crimini Mushroom demi glaze
Garlic Mashed Potatoes
Seasonal Vegetables

Dessert: White Chocolate Mousse w/Berries

Ticket Prices
E1 to E6: $20, E7 and Above: $40
See your Command Rep
for ticket sales

Free Child Care at CDC
with purchase of Ticket!
First come, first serve
Youth and Teen Lock-In: $15
March 3, 5 p.m. to March 4, 7 a.m.,
with purchase of a ticket.

Uniforms
E1 – E6: Service Dress Blues with
Large Medals
E7 – O3: Dinner Dress Blues
O4 & Above: Dinner Dress Blue Jacket
Civilians: Formal

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From **TAX PREP** page 4

center volunteers are trained and certified by the IRS and are very knowledgeable on how to prepare your taxes.

Sailors using a tax center will also avoid being marketed a short-term, high-interest loan that they do not need by tax preparation companies.

Taxes are due this year April 17, and tax assistance centers in the U.S. will be open through this date to accommodate Sailors.

Sailors overseas will receive an automatic two-month extension to file their taxes; so overseas VITA centers will stay open for that time.

Sailors deployed to a combat zone or who are part of a contingency operation get an automatic extension to file their taxes for at least 180 days upon their return. Tax assistance centers in large fleet concentration and areas such as Norfolk and San Diego assist Sailors who are returning from a deployment year-round.

Sailors who are deployed to a combat zone and wish to file 'married filing jointly' but did not give their spouse a power of attorney may still file their taxes. The spouse must attach a signed statement explaining that the Sailor is currently serving in a combat zone.

The VITA program and self-service program is available to those who qualify for legal assistance, including active duty military and their dependent family members, retirees and their dependent family members, Reservists in certain circumstances and Department of Defense civilians in limited circumstances when overseas, in a combat zone or on a contingency operation.

The Naval Construction Battalion Center (NCBC) TAC is located in Building 60, room 250 and is open Monday through Friday, 9 a.m. to 3 p.m. Self-service is available on a first come, first serve, walk-in basis (no appointments are needed) Tuesdays, Wednesdays and Fridays. Appointments are available Mondays and Thursdays.

To make an appointment or for more information, please call 228-822-7072.

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LifeWorks
@ Bellou Beatty Communities

Biggest Loser Boot Camp - When you join this club you have to be in it to win it! This is an event to help get motivated and meet your goals, whether to lose weight or just became healthier. We will meet at the Pinewood Community Model Home (609 Palm Court), Feb. 16, at 4 p.m., for the club's kick off meeting. At the meeting we will discuss healthy ways to meet our personal goals. Throughout the next four months we will exercise together in locations and times that are convenient for everyone's schedule. In order to win the ultimate prize you must attend the first meeting for the weigh in, and participate in at least three scheduled exercise events. We will meet monthly for our weigh in sessions. So many fun activities are in the works - Salsa, Zumba, Stroller Rollers, Work Out Video Exchange and much more! Just pick classes that are convenient for you and your schedule! Hope to see you at the kick off meeting, and be sure and bring a friend! All Salsa Dance class participants must be pre-registered, if you are interested, please email Addie at abingham@bbcgrp.com

Valentine's Day Crafts and Cupcakes - Happy Valentine's Day! Join us at the Model Home located in the Pinewood Community, (609 Palm Court), Feb. 14. We will be decorating cupcakes and making crafts for Valentine's Day. The fun happens from begin 3:30 to 5 p.m. Please contact Addie if you need directions at 228-863-0424 or email abingham@bbcgrp.com.

Presidents Day - The Community Management Office will be closed Feb. 20.

Ladies Night - All the ladies are invited to attend our Ladies Night Out Feb. 22. We will be meeting at the Model home at 609 Palm Court which is located in the Pinewood Community. This is a great time to meet others in the community and learn to make a trendy jewelry organizer. Bring your favorite appetizer to share with others and bring your friends. This event starts at 6 p.m. Please contact Addie at 228-863-0424 or email abingham@bbcgrp.com if you are planning to attend!

Community Yard Sale - Residents you are welcome to participate in our monthly Community Yard Sales. Simply place your sale items out on your front lawn. Yard Sales are the 3rd Saturday of each month and are held Rain or Shine. All Yard Sales begin at 8:30 am. Good luck with your sales. We will help with the advertisement as well.

Yard of the Month - We will be awarding Yard of the Month in each neighborhood the last week of February. Remember, back yards are important too! Winner will receive a $25 gift card to Home Depot.

8th Annual Run for Relief 5K

Feb. 25, 3 p.m.

RUN-N-TRI, 9138 Carl Legett Road, Gulfport
5k Run, 5K Walk, Military Team of 3
Open to walkers, joggers, runners of all ages and abilities

Registration opens at 2 p.m.
Proceeds go to Navy-Marine Corps Relief Society

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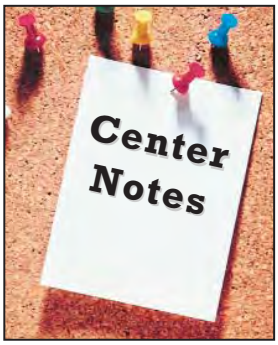

SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Child care is provided during deployment. Please contact the FRG at nmcb7frg@gmail.com for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at http://nmcb11.webs.com.

NMCB 74 FRG All families and friends of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month at the MWR Youth Activities Center, building 335 off Bainbridge Ave. , behind the Grinder on base. Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at http://nmcb74frg.zymichost.com

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 Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail hansonkl54@ yahoo.com. To receive updates log on to the FRG site at http://www.orgsites.com-/ms/nmcb133fsg

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' 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, please email noscgulfport@yahoo.com. We hope to see YOU soon!

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, Wednesday 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 & 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 information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. For more information, contact AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta-@navy.mil., or Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.was-son@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil.

VFW Post 3937 Long Beach is open Mon-

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FOCUS on EDUCATION

Career Day at Gaston Point

Construction Mechanic 1st Class Jeffrey Voelpel (left), Equipment Operator Constructionman Apprentice Chelsey Blasko, Equipment Operator Constructionman Victoria Hamilton and Construction Mechanic 3rd Class Matthew Rivers are pictured at Gaston Point Elementary School in Gulfport as part of the school's annual Career Day Jan. 27. NMCB 74 supports the school as part of the Partners in Education (PIE) program. (U.S. Navy photo/Released)

Last chance to apply for scholarship . . . The Gulfport Commissary Scholarship deadline is rapidly approaching! All applications must be **delivered to the commissary** by close of business Feb. 24. See www.commissaries.com for application and information or contact the Gulfport store at 228-871-2039.

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

Navy tuition assistance policy updated

By Chief of Naval Personnel Public Affairs

Policy changes to the Department of Defense Tuition Assistance program and Navy Voluntary Education were announced in NAVADMIN 029/12, released Jan. 24.

The changes were needed to provide better quality control over courses taken by service members as well as to reflect the realities of fiscal pressure to reduce Department of Defense (DoD) spending.

"Navy leadership is committed to providing Sailors the opportunity to pursue their education goals," said Chief of Naval Personnel Vice Adm. Scott Van Buskirk. "We know the investment we make in Sailors comes back to the Navy in numerous ways. It's an investment well made in our workforce to make them better critical thinkers, performers and ultimately, better Sailors."

DoD instruction 13222.25 released in March 2011 required a signed Memorandum of Understanding (MOU) with academic institutions and DoD by January 1 to be eligible to receive TA funding. DoD recently moved the due date to April 1. As a result, the Navy's policies for authorizing Tuition Assistance (TA) have changed and Sailors will not be able to use TA for courses at institutions without a signed MOU by April 1. To help Sailors through this transition process, Sailors who meet all requirements for TA and submit a command-approved TA request prior to April 1 for courses beginning between April 1 and May 1 will be approved for TA regardless of their institution's DoD MOU status.

Sailors who meet all the above requirements but whose TA request is submitted after April 1 will be approved for TA only if their institution has a signed DoD MOU. Sailors can check the DoD MOU status of the academic institution they are attending by going to www.DODMOU.com and clicking on the "Participating Institutions" tab.

Sailors enrolled in Navy College Program for Afloat College Education (NCPACE) courses will not be affected by the DoD MOU requirement.

The NAVADMIN also outlines the requirement for Sailors to obtain a satisfactory grade of a "D" for undergraduate-level courses and a "C" for graduate-level courses. Sailors who fail to obtain a satisfactory grade will be required to payback TA funds.

The Navy will continue to provide TA funds up through the master's degree level for both officers and enlisted personnel. However, effective with the release of the NAVADMIN, the Navy will no longer authorize TA funding for new program starts above the master's degree level. The approximately 550 officers and enlisted actively pursuing doctoral-level degrees before the release of the NAVADMIN will be able to continue until completion of their degree program.

The combined cap for tuition and fees remains at $250 per semester hour for up to 16 semester hours of course work a year.

Sailors are encouraged to talk with the Navy College Office or Virtual Education Center counselors about their options, including changing schools, and use of GI Bill benefits or scholarships. Another consideration for Sailors in pursuit of a degree is to choose academic institutions that award maximum credit for military training and ratings as evaluated by the American Council on Education (ACE). Those credits, along with the college credit exam program offered by the Defense Activity for Non-Traditional Education Support (DANTES), can help Sailors maximize non-traditional credits and may get them closer to a degree with less expense.

Go to www.npc.navy.mil for more details in NAVADMIN 029/12.

For more information about the Navy College Program, visit: https://www.navycollege.navy.mil/.

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day - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

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 each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group may go to http://nmcb62alumni.org for information or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeemuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more information.

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Officer, Lt. Cmdr. Craig Clutts, sees the project as a great training opportunity for the battalion Seabees.

"In my two years with NMCB 74, back in 2006-07, we were deployed to Iraq, Afghanistan and Guam," he said. "We had three personnel out of 600 trained to oversee quality control of overhead concrete pours, the type of work these Seabees are executing on this base today."

The quality of life improvement on the base is also a big part of the CTX concept since these projects, while giving the Seabees an invaluable training experience, also leave something behind the customers can use. Clutts said the base on Corpus Christi has lost several units over the past few years and this boat ramp will be extremely important in supporting base operations and Morale, Welfare and Recreation's (MWR) mission of supporting the service members stationed there.

"This project will revitalize MWR for the base," Clutts said.

Since the project began, Jan. 4, people working on NAS Corpus Christi have been clear in their appreciation for the Seabees' efforts.

"Everyone knows us now," Moiles said. "They see the uniform, and there aren't a lot of Seabees here, so they are really appreciative of what we do."

"Every day we get praise out here, people saying 'Seabees, we can't thank you enough,'" Jeffers added. "It is a big morale boost."

The NAS Corpus Christi boat ramp project, scheduled for completion in May 2012, is just one of several CTXs planned or ongoing at bases throughout the U.S.

Follow Seabee Center on Facebook and Twitter and subscribe to Inside the Gate for all of the latest information

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From **CHANGE** page 1

allow the Navy to operate in close proximity to their homes and livelihoods, acknowledging the importance of maintaining close ties from the smallest Installation to the Headquarters level.

"It's the communities, both in the U.S. and abroad, that invite us to live and operate in their backyard, and it's the communities, both within the Navy and outside, that are the anchor of our ability to maintain and operate the best Naval force in the world, and I want to thank each one for their support, patience, and welcoming spirit," said Vitale.

French thanked Vitale for his wisdom and guidance and spoke briefly about his optimism and vision for the future of CNIC.

"During the last six years I have been with the CNIC Enterprise I have learned that we have some of the best, brightest, and most talented professionals in the Navy," said French. "Under Vice Admiral Vitale's leadership the CNIC team has set the example for how an Enterprise should function and have established immense credibility on how you are meeting customer needs. I'm honored to be taking command at this point in the history of the command."

Vice Adm. French was promoted shortly before the event after having a successful tour at Navy Region Southwest in San Diego, Calif., where he accomplished major milestones towards energy and water conservation and numerous other green initiatives.

French, the son of an Air Force officer and native of San Antonio, is a graduate of Vanderbilt University where he received a commission through the Naval Reserve Officer Training Corps program in May, 1979. He earned a Master of Science degree from Naval Postgraduate School in 1985 and a Master of Arts from the Naval War College in 1999.

A career submarine officer, French has served on a number of submarines and commanded USS Salt Lake City (SSN 716) and Submarine Squadron 3 in Pearl Harbor. His prior Flag Officer commands include tours at Navy Region Northwest, Navy Region Marianas in Guam, and Navy Region Southwest.

"I am proud to be part of such a superb organization, and look I forward to working with you over the next few years," added French.

CNIC oversees a $10 billion budget, more than 83,000 facilities and 58,000 personnel, all managed from a single unified enterprise.

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