

SEABEE COURIER

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January 22, 2015

From 'Bees to Badges: Chief of Naval Personnel announces new program for Seabees

By Chief of Naval Personnel Public Affairs

Speaking at Naval Construction Training Center Port Hueneme, Calif., the Chief of Naval Personnel (CNP) announced a new program that will improve Seabee advancement and retention opportunity while also meeting new requirements for the master-at-arms community, Jan. 20.

Vice Adm. William Moran, CNP, and Fleet Master Chief April Beldo, Moran's senior enlisted advisor, laid out to Seabees the details of the program called Bees to Badges. It will provide Seabees the opportunity for conversion to MA prior to their Career Waypoints Reenlistment (C-WAY) window. The program's goal is to balance an over-manned Seabee community while simultaneously supporting the need for more MA's.

"As our Seabee numbers have decreased, many top-notch Sailors had a hard time finding ways to stay on a viable career path that allowed them to utilize their expeditionary skillsets and "Can-Do" way of doing business," said Moran. "If we do this right, we will improve Seabee community health, while also filling carrier

MA slots with seasoned folks who want to put their talents to good use in a new field that allows them to stay-Navy."

Because Seabees have experience in security patrols and small arms they are more closely aligned with the MA mission than other communities. This rate conversion opportunity will be available for all active duty Seabees; however, it will focus on select ratings, year groups and will be managed closely by the community managers.

Below are the details about how to the conversion process works.

- * Seabee must be at their command for 18-months prior to eligibility for the rate conversion and meet the MA requirement in MPM-1440-010 (Change in Rate Requirements).

- * Qualified Seabees must submit a commanding officer endorsed 1306 to the Seabee Enlisted Community Manager (ECM) through their Command Career Counselor.

- * The Seabee ECM will validate a candidate's eligibility and forward the package to the MA ECM who will screen the package and determine school availability.

- * If a Seabee is selected, their command will receive the MA "A" school date, within four to 12



Chief of Naval Personnel Vice Adm. William Moran speaks to Seabees during an All Hands call at Needham Theatre, Naval Base Ventura County, Calif., Jan. 20. During the All Hands call, Moran introduced a new program called "Bees to Badges" which will allow Seabees to transition to the Master-at-Arms (MA) rate in an effort to improve Seabee advancement and retention while also addressing new MA requirements. (U.S. Navy photo by Chief Mass Communication Specialist Lowell Whitman/Released)

months after selection, to ensure that there are no conflicts with critical operations.

ECMs currently intend to open this opportunity to all Seabee rates, targeting YGs 2012 and 2003-2008. As the program matures and the community health strengthens, the targets will start to narrow. The target number for fiscal year (FY) 15 is 30-35 Sea-

bees and for FY 16 it increases to 90-110.

Any changes to the year groups or other information will be posted on the NPC website at <http://www.public.navy.mil/BUPERS-NPC/ENLISTED/COMMUNITY/SEABEES/Pages/default2.aspx>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Annual Force Protection Exercise set for Feb. 2 - 13

From NCBC Public Affairs

SOLID CURTAIN-CITADEL SHIELD 2015 will be Feb. 2 - 13.

This Force Protection exercise, conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC), will take place on all CONUS Navy installations. While this exercise will impact the

Naval Construction Battalion Center during the 13 days, the base will be significantly impacted in the afternoon Feb. 11 and the morning of Feb. 12. This will primarily involve gate closures, shelter in place and stop movement orders.

All personnel should review safety and security procedures, and inform family members of the pending disruption to base services and

base access.

Exercises like this enhance training and readiness of our security personnel.

This is an annual exercise and is not in response to any specific threat.

Stay tuned to Facebook at www.facebook.com/ncbcgulfport for the fastest updates during the exercise period.



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Tri-Care Patients must attest to health care coverage

By Terri Moon Cronk
DOD News, Defense Media Activity

As tax season begins, Defense Department officials want to remind TRICARE beneficiaries of changes in the tax laws, which require all Americans to have health care insurance or potentially pay a tax penalty.

For the first time since the Affordable Care Act passed in 2010, all U.S. citizens, including service members, military retirees and their family members, must report health care coverage on their 2014 taxes, said Mark Ellis, a Defense Health Agency health care operations program analyst.

For this year only, taxpayers will "self-attest" on their 2014 tax forms to each month in which they had health care coverage, he said.

Meets Minimal Essential Coverage

The act mandates that health care must meet minimum essential coverage, and TRICARE coverage meets that criteria for the majority of service members and their families, Ellis said.

TRICARE Prime, TRICARE Standard, TRICARE for Life, TRICARE Overseas, TRICARE Remote and the Uniformed Services Family Health Plan meet the minimum essential coverage, he added. When purchased, premium-based plan such as TRICARE Reserve Select or TRICARE Retired Reserve also fulfill the act's requirements.

Uniformed service members who have questions about TRICARE, the act and the individual coverage mandate can visit the TRICARE website to download a fact sheet on TRICARE and the act, with TRICARE plans compared to minimum essential coverage, Ellis said.

Military beneficiaries that are solely eligible for care in military hospitals and clinics, for example, parents and parents-in-law, have an automatic exemption from the tax penalty for tax year 2014 only.

(NOTE: The TRICARE and ACA fact sheet is available at http://www.tricare.mil/~media/Files/TRICARE/Publications/FactSheets/ACA_FS.pdf)

The site also has suggestions for those who need to purchase coverage to meet the act's minimum requirements, he noted. "That could include retired reservists, Selected Reserve members, young adults up to age 26 and those who leave military service but need transitional coverage," Ellis said.

TRICARE beneficiaries with tax questions should contact the Internal Revenue Service or their tax advisers, he emphasized.

"The experts there can help them," Ellis said.

Editor's Note: An earlier version of this story stated that TRICARE would send tax forms to its customers in January 2015. That was incorrect. TRICARE customers, like all filers, will self-attest on their 2014 tax returns, no health care coverage forms will be mailed.

interACT Sexual Assault Prevention program
Jan. 29
11 a.m. to noon - Open to All Hands
3 to 4 p.m. NCTC Students
Training Hall
Call your FFSC SARC at 228-871-3715

Seabee Lake remains "Catch and Release"

We erroneously published an article in last week's Seabee Courier indicating the "catch and release" policy at Seabee Lake had recently been rescinded. The catch and release policy remains in effect at Seabee Lake (which includes the surrounding water areas) for all species that inhabit the water.

We certainly welcome everyone to continue fishing at Seabee Lake and enjoy the other services provided there, as one is capable of having a good time even if the fish cannot be kept.

For any additional questions or concerns, please contact the Public Affairs Office at 228-871-2699. We apologize for the confusion and any inconvenience this may have caused.

The Sailor's Creed

I am a United States Sailor.
I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.
I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.
I proudly serve my country's Navy combat team with Honor, Courage and Commitment.
I am committed to excellence and the fair treatment of all.

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

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



First class petty officers from commands in the local area take the Navy-wide E-7 Advancement Exam in building 433 on board NCBC, Gulfport, Jan. 15. These Sailors will learn if they have been selected for the rank of chief petty officer later this summer. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey J. Pierce/Released)

Balfour Beatty Communities (BBC) hosted a King Cake Party for neighborhood children on board NCBC Gulfport, Jan. 15. The children were able to eat King Cake and decorate their own Mardi Gras masks. LifeWorks at BBC is a unique program that focuses on the health and wellness of residents and provides a way for residents to meet their neighbors and learn what's going on in the community, as they share unique experiences. (U.S. Navy photo courtesy of Balfour Beatty Communities/Released)



Construction Mechanic 3rd Class Ryan Green, attached to Naval Mobile Construction Battalion (NMCB) 1 on board NCBC Gulfport replaces axel seals on a mine-resistant ambush protected vehicle (MRAP) to make it mission ready, Jan. 13. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



NCBC celebrates the legacy of Dr. Martin Luther King Jr.



Naval Construction Battalion Center's (NCBC) Diversity Committee hosted a Dr. Martin Luther King Jr. celebration program at the Training Hall, Jan. 20. The guest speaker for the program was retired U.S. Marine Corps Master Sgt. Alphonso L. Butler, who is currently a pastor of the Christian Missionary Baptist

Church of Gulfport. Special appearances included Jacqueline Teel performing a contemporary dance to "The Storm is Over Now" by Kirk Franklin and God's Property, and by May Tenner singing "Precious Lord." (U.S. Navy photos by Construction Electrician 3rd Class Dustie Bond/Released)



Despite nearly freezing temperatures, Morale, Welfare and Recreation's Martin Luther King Jr. Remembrance 5k Run had a healthy turnout, Jan. 16. The winner was Lt. Cmdr. Ben Waite, left, attached to Naval Mobile Construction Battalion (NMCB) 1. Second place went to Ensign Brett Anstett, middle, also with NMCB 1 and third place went to Steelworker Constructionman Moises Vargas, attached to NMCB 133. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Colmer Dining Facility hosts a special meal in honor of Dr. Martin Luther King Jr., Jan. 20. The meal featured barbeque ribs, baked chicken, smoked sausage, special sides and desserts such as apple and pecan pie. All with authorized access to the base were invited. (U.S. Navy photos by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)





Buzz on the Street

By CE3 Dustie Bond
NCBC Public Affairs

"What motivates you?"



"Defending my country from her enemies."

CE2(SCW) Sipha Sreiy
NMCB 133
Hometown: Brooklyn, N.Y.



"My job is a huge part of my life's purpose for being on the earth."

Paula Ingram
Fleet and Family Support Center
Hometown: Gulfport, Miss.



"Being challenged and finding success."

Gerard Tarrant
Fleet and Family Support Center
Hometown: Biloxi, Miss.

FREEZE FRAME

NCBC Frames

Information Systems Technician (SCW/SW) 2nd Class Andrew Bankey
Naval Mobile Construction Battalion 1
Tech Supervisor

By CE3 Dustie Bond NCBC Public Affairs

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

AB: Checking on board my first ship, the USS BLUE RIDGE. I was 19 years old just getting started in the Navy. The whole experience of just starting my career will be something I never forget.

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

AB: My wife Lynne and my son Bryce, I owe everything to them because they are the reason I get up every morning and perform my job to the best of my abilities.

FF: What advice would you give to future Seabees/Sailors?

AB: My advice would be to be open minded and get as much knowl-



edge from your 1st classes and chiefs as possible. Always stay hungry and want more for yourself.

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

AB: It's a different challenge than being out in the fleet. I like to face new and challenging tasks and the Seabee community

provides that.

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

AB: My dad, BUCS Donald Bankey (Retired), was my best mentor during my career and even before I joined the Navy. He was in the Navy for 26 years so he could tell me everything I needed to do to be successful.



Motorcycle Safety Foundation Basic Rider Course (BRC)

Feb. 14 - 15

7:30 a.m. - 3:30 p.m.

Building 60, Room 150
Dong Xoi Ave., NCBC

If you can't get away during the week, this weekend course might fit your schedule.

~ Six loaner bikes will be available, but you must sign up for one at the time of enrollment.

~ Class held rain or shine.

~ PPE: DOT approved helmet, eye protection, full fingered gloves, long pants, long sleeve shirt or jacket, over the ankle boots.

~ Sign up at www.navymotorcyclerider.com or through ESAMS. To cancel, contact your Motorcycle Safety Representative (MSR), local safety office or dis-enroll through navymotorcyclerider.com; 24 hour notice is required to prevent being identified as a no-show.

Points of contact: Betty Long, 228-871-3115, Bruno Maio, 228-871-3801 or Jim Buckles, 850-501-4433 or jbuckles@teamisci.com.

Keep What You've Earned

If you feel peer pressure to drink, always be comfortable with just saying no. Have a polite, convincing "no, thanks" ready. The faster you can say no, the less likely you are to give in. If you hesitate it gives friends a window to try and convince you to drink beyond your limit.



CSFE DET Sheppard wins 2014 Project Good Neighbor Flag Award

By UTC(SCW) Scott A. Kristek
Public Affairs Officer

Staff and students of the Center for Seabees and Facilities Engineering Detachment Sheppard Air Force Base (CSFE Det. SAFB), Wichita Falls, Texas, received the 2014 Navy Project Good Neighbor Community Service Flag Award, Small Shore Command category, from Commander, Navy Region Southeast (CNRSE).

Each year the Navy recognizes shore, sea and overseas commands for best year-round volunteer program or project that promotes community involvement and improvements that display mutual support between the service and the local communities. The CSFE Det. SAFB community service goal is to instill a sense of service through action in "A" School students and senior staff members. Through a proactive outreach program Seabees learn to have a positive impact on the local community from the beginning of their careers.

"I am very grateful and appreciative for the amount of support that each staff member commits to the various community events we participate in throughout the year," said Utilitiesman 1st Class Daniel O'Fallon.



Above: Utilitiesman Constructionmen Shylo Schneider and Faheem James assigned to CSFE Det. SAFB assist participants in one of the children's games at the 2014 YMCA Holiday Hustle, Wichita Falls, Texas.

Left: CSFE Det. SAFB students assist in the relocation of Burkburnett Police Department Christmas in Action organization materials to a new warehouse to expand future operations for community assistance projects in Wichita Falls, Texas. (U.S. Navy photos/Released)

"Without their support and the students' willingness to go out and do good things for those in need, we wouldn't be able to support even half of these

projects." O'Fallon led this year's community events and coordinated the efforts of more than 140 student and staff volunteers for 3,100+

hours of community service, fund-raising approximately \$116,000 for the community of Wichita Falls and surrounding areas. In the Seabee spirit of

'compassion for others,' we aim to assist in family advocacy and reduction of trauma to abused kids, and support quality of life initiatives in North Texas," said Lt. Majellan Changco, officer in charge, CSFE Det. SAFB. "The Navy core values provide our compass. Participation in community service events highlights our willingness to exceed our moral and ethical responsibilities in our public lives."

This is the second time CSFE Det. SAFB has received the Project Good Neighbor Award. Members continue to support 10 different community outreach programs and events throughout the year, including Project Back-to-School, the Burkburnett Police Department Christmas in Action organization, Rainbow House Child Advocacy Center, University Kiwanis Club of Wichita Falls, Habitat for Humanity, North Texas Dream Center and the YMCA.

The staff and students of CSFE Det. Sheppard are thankful and proud to be selected for this year's award and thank the other Commands in the competition for being involved in their communities.

For more information on the CSFE Learning Site Detachment Sheppard Air Force Base, visit <https://www.netc.navy.mil/centers/CSFE/Sheppard/>

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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.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French
You don't have to walk this path alone
This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process
For Active Duty females who have been sexually assaulted as adults
Call FFSC at (228) 871-3000

Seabee Courier

NMCB 1 PREPARES FOR FTX



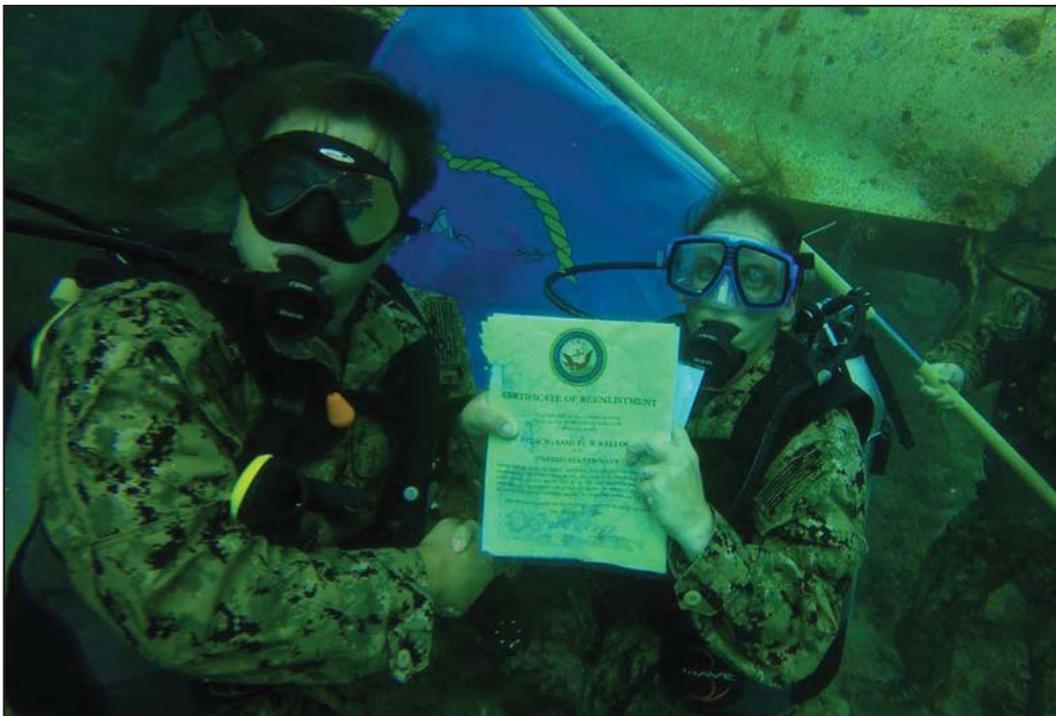
Naval Mobile Construction Battalion (NMCB) 1 Chiefs Mess conducts training on donning and doffing their Joint Lightweight Integrated Suit Technology and M50 gas masks, Jan. 14. The training was done in preparation for their upcoming Chemical, Biological and Radiological certification. NMCB 1 is preparing for its upcoming field training exercise, where the battalion's goal is to certify ready to deploy. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)



Energy Savings Tip: Dust your fridge the next time you dust your home. Check the coils behind the refrigerator - and use coil vacuums or dusters to clean it off and keep costs down.

Also - keep your freezer full - it uses less energy than an empty one. For maximum savings, consider filling your freezer with gallon containers of water.

Underwater 'Roo Reenlistment in Palau



Utilitiesman 2nd Class Samuel Kellogg, assigned to Naval Mobile Construction Battalion 133 Civic Action Team (CAT) Palau is presented his reenlistment certificate by Chief Construction Electrician Jennifer Read, under 50 feet of water at the Jake Seaplane. CAT Palau continues to strengthen the Republic of Palau by providing construction support, engineering apprenticeships, medical outreach, and community relations to the local populace. (U.S. Navy photo/Released)

Focus on Education

Apply to attend STEM summer program



STEM (Science, Technology, Engineering and Mathematics) Summer Program students participate in one of the many hand-on activities offered during a summer session at the U.S. Naval Academy in Annapolis. Applications for the 2015 Naval Academy STEM Summer Program are available at: www.usna.edu/admissions/STEM. Session dates include June 1 – 6 for rising ninth graders; June 8 - 13 for rising 10th graders; and June 15 - 19 for rising 11th graders. STEM students have the opportunity to interact with Naval Academy faculty and midshipmen, who serve as role models and mentors for the students. (U.S. Navy photo courtesy of USNA/Released)

School Liaison Officers serve as the primary point of contact for school-related matters. They assist military families with school issues and coordinate with local school systems. NCBC Gulfport's School Liaison Officer is Kevin Byrd, MWR, Building 352, 1706 Bainbridge Ave., Phone: 228-871-2117, email: kevin.r.byrd@navy.mil

How to save for a child's college education

From Military One-Source

Military parents understand the importance of saving for a child's college education. However, with college tuition rising steadily, many of them have no idea how much money they must save in order to pay for college in the future. To stay ahead of increasing costs, it's more important than ever to begin saving early and to have smart saving strategies.

Even if your child won't be starting college for more than a decade, it will help to get a rough estimate of how much money you'll need to put away. You can use average tuition costs, published by organizations such as the U.S. Department of Education College Affordability and Transparency Center, which includes several lists of institutions based on the tuition and fees and net prices (the price of attendance after considering all grant and scholarship aid) charged to students.

Once you have that figure, use the national average rate of increase to get a good estimate of what college is likely to cost when it's time for your child to attend. Public university tuitions rose an average of eight percent in 2011, and private universities have historically increased tuitions an average of about six percent per year. Here's an example: Let's say you just had a child this year and would like her to attend a four-year college that

costs \$10,000 per year today. If that college's costs inflate at an average of 7.5 percent per year, you'll need \$147,032 by the time your child is 18 to pay for all four years.

If the idea of saving \$147,032 seems impossible to you, you're not alone. Many parents feel the same way and aim to save only half of the amount of college costs and expect the rest of the money to come from loans, scholarships, work/study, student earnings and family income. In fact, 75 percent of all students attending four-year schools do receive some sort of financial aid, but you'll still need to save money to cover costs that financial aid doesn't cover.

To develop an effective savings strategy, it's important to have a goal that allows you to watch your progress. The key to any savings plan is compounding interest. This means that even if you put away a small amount of money, if you leave it alone for a long period of time, it will start working for you by earning interest. Therefore, if you start as early as possible and then adjust your plan as the time for college draws closer, you'll be making the most of your savings.

You can set up a college fund through any number of investment options offered by banks and investment companies. In many cases, you can contribute through payroll deductions or automatic bank withdrawals, which makes saving even easier.

Before you establish a college savings plan using a traditional investment option such as a mutual fund, you need to understand tax-advantaged tuition savings programs authorized by Congress and individual states.

Formerly known as the Education IRA, the Coverdell ESA currently lets individuals save up to \$2,000 per year per child for educational expenses. Any-one - grandparents, aunts, or cousins - can contribute to one of these savings plans as long as their income doesn't restrict investments. Coverdell ESA funds can be withdrawn on a tax-free basis for education purposes, and you don't have to pay taxes on your investment earnings either. However, if you withdraw funds beyond what you're allowed to use for education expenses, you may pay a tax penalty.

If you decide to open a Coverdell account, remember that you may not be able to participate in other savings plans at the same time and that you may not rollover 401(k) or Roth IRA accounts into a Coverdell ESA. Banks and investment companies can give you more information about opening an ESA.

Qualified Tuition Programs (529 plans) are state-run plans named after Section 529 of the Internal Revenue Code have become very popular in recent years. Not every state offers a qualified tuition program, or QTP, but more and more are beginning to roll them out.

The two types of QTPs include prepaid tuition programs and college savings programs, but both are also referred to as Section 529 plans.

Prepaid tuition plans allow parents to lock in at today's tuition rates and are an excellent idea for families who are fairly certain their child will attend a state school.

If your child ends up going to a private college or an out-of-state college, some states will refund your payment without interest; others will transfer funds to other state plans and, in some cases, private schools.

College savings programs are state-sponsored investment programs designed to help families save for college with the help of generous tax benefits and fewer restrictions than other plans. Contributions to these programs generally grow entirely tax-free, and about half the states offer tax deductions for contributions. These savings accounts can be used to pay for education expenses, including tuition, room and board and books, at any accredited university or college in the country. Accounts grow tax-free, and investors are usually allowed to roll over their account into a different state's program or change options within the plan once a year. It's also usually easy to change the beneficiary of the account. For example, if the original beneficiary decides not to go to college, the account can be

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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>. Deadline for application submission is Feb. 13.

CCC Scholarships

Coastline Community College 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. Application deadline is Feb. 16. For questions, contact scholarshiphelp@coastline.edu.

Navy League Scholarship

The Navy League Scholarship Foundation is accepting applications from high school seniors until March. 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. For more information, visit: <http://www.navyleague.org/aboutus/scholarship>.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Cornerstones and Cannoli

George Washington once said, "If freedom of speech is taken away, then dumb and silent may we be lead, like sheep to slaughter." It was with this same logic that our kids mouthed off at us recently.

"History?! What do you mean we're going to experience 'history?!" Lilly whined from the back of the minivan. Anna's groggy eyes peered incredulously from under a mop of bed head. Hayden, still half asleep, grimaced in solidarity with his sisters.

It was 9 a.m., which on weekends, is essentially the middle of the night to our three teenagers, and we were driving from our base house on Naval Station Newport, Rhode Island to Boston to spend the day walking "The Freedom Trail."

"This is our last chance to do something as a family before Hayden goes back to college, so zip it," my husband Francis dictated like King George. Too sleepy to battle, the kids surrendered and went immediately back to sleep.

With the uprising squelched, I settled into my seat to study the tour book while Francis drove us north on Route 24. As long as we didn't freeze to death, we would walk the 2.5 mile trail through downtown Boston, past 16 sites that played a pivotal roll in the dramatic struggle for the ideals of freedom of speech, religion, government, and self-determination.

Although our kids would have rather gone to school wearing headgear, we wanted them to experience the events that sparked the American Revolution over two centuries ago. Glancing in the visor mirror at our teenagers sprawled open-mouthed in the back seats, I repeated the thought that had passed through my mind countless times: "Hopefully they'll appreciate this one day."

Somehow, it was my fault when Francis missed the hairpin turn the GPS ordered him to take in Boston's Financial District -- my husband is Irish-Italian after all -- but we eventually arrived at the parking garage recommended by our tour book.

Our hike began at the Old State House, dwarfed by surrounding skyscrapers, where in 1761 patriot James Otis rendered a five-hour speech that ignited the colonists' original rebellion. Only 15 years later, the newly-signed Declaration of Independence was read aloud to the people of Boston from the building's balcony.

If only we were holding muskets, our family of five would have passed for bedraggled revolutionary militia, as we fought the bitter winds to march over the site of the Boston Massacre north toward the Charles River. We thought we saw the "two if by sea" lanterns hanging on the Old North Church steeple, Paul Revere's signals

that British "regulars" were coming to invade. But thankfully, it was only the neon lights of the restaurants and bakeries on the North End, Boston's version of Little Italy.

"C'mon, let's go there, puhleeeesel?" The troops protested, pointing wearily to red-awned Pizzeria Regina. In order to quell their cries of Starvation Without Representation, we allowed the majority to rule and stopped for lunch.

The meal was of historic proportions, and our patriots were properly refueled to survive the rest of the march, even while lugging plastic doggie bags of leftover slices. We passed three more sites -- Copp's Hill Burying Ground, The Old North Church, and Paul Revere's house -- before the kids asserted their inalienable right to dessert.

Sucking pistachio-laced ricotta from a cannoli the size of my boot, I tasted the benefits of freedom as we trudged on toward the Old South Meeting House, the Massachusetts State House, and Boston Common; stopping at the graves of John Hancock, Sam Adams, and Paul Revere along the way.

In the end, we completed the 2.5 mile Freedom Trail before dusk, and were safely splayed out on our family room couch, channel surfing by 8 p.m.

"Hey Dad," Hayden interrupted Francis'



game of smartphone solitaire, "check this out." Ironically, CNN was covering breaking news of the discovery of a time capsule buried by Paul Revere and Sam Adams 225 years ago in a cornerstone of the Massachusetts State House. The latex-gloved scientists displayed the copper box of artifacts for the cameras, as our son gazed at the television, his face expressing newfound respect for the brave determination of our founding fathers.

As debate over freedom of speech rages on in Paris, in the media, and in our family of five, America stands as a shining beacon to the rest of the world of what can be accomplished when, at all costs, people demand to be heard.

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

From COLLEGE page 8
transferred to another qualified family member without penalties.

Each state has a different Section 529 savings program, and many of them are open to people from other states. Fees, tax benefits and restrictions also vary, so it's important to shop around for the best plan for your needs. Talk to a financial planner who is familiar with Section 529 plans to get additional assistance.

Savings and financial aid
College savings do sometimes affect financial aid awards, particularly when it comes to private grant awards. However, financial aid offers include fewer grants these days and instead rely more heavily on loans. Because grants are less common, parents can't count on their availability. By saving for college instead of counting on financial aid, parents could be disqualifying themselves from some grant aid, but they are almost certainly ensuring that they and their child will have to take out less in student loans and pay less in interest. Also, be sure to find out about scholarships, grants and loans specifically for military children.

For information on these topics and more, visit: <http://www.militaryonesource.mil/>

VITA

Volunteer Income Tax Assistance



VITA is open on board NCBC Gulfport and located in Building 60, room 116Z. Hours of operation are 8 a.m. – 4 p.m., Monday – Friday. VITA will also be open from 9 a.m. – noon on the following Saturdays: Jan. 31; Feb. 14, 28; March 14, 28 and April 11. To make an appointment, call 228-871-2620.

NCBC Helping Hands

GREAT DAY OF SOCCER - Volunteers needed for Great Day of Soccer - Approximately 25 volunteers are needed to help judge at the annual Great Day of Soccer competition Feb. 7, 8 a.m. – 3 p.m. The competition, for kids 4 – 18 years old, will take place at the County Farm Soccer Fields on the east side of County Farm Road about five miles north of I-10 off Exit 28 (across from the Harrison county Equestrian Center). Judges will be involved with four different events which range from how fast a player can dribble a ball around cones; counting how many times a player can touch a ball before it touches the ground (without using hands or arms); figuring out how far balls are thrown and kicked in the air from a set point; and counting points when players kick at a goal. Training for judging will take place at 8 a.m., with competition beginning at 8:30 a.m. Meal vouchers will be provided for judges. For questions, or to volunteer, contact Jeff Bruni, 228-9861-6175 or jeffbruni@bellsouth.net or jbruni@gulfport-ms.gov.

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.

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@disability-connection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

vationarmy.org.

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

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

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

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

Smooth Moves
Jan. 27, 9 - 11 a.m.



Call 228-871-3000 to sign up

See Something Wrong, Do Something Right

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



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.



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

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 with any questions, or call us at 228-871-2454.

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. **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.

Workshops with You in Mind

Feb. 7:	5 Love Languages
Feb. 19:	Are you the one, or Should I Look for Another?
March 5:	safeTALK
March 16-17:	ASIST
March 26-27:	PREP

Stop by to sign up and see what else the Chapel of Choice has to offer



Navy Outdoor Recreation

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

Information, Tickets & Travel

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

Fitness

1/23 Winter Powerlifting Challenge
Sign up now for Volleyball & Pickle-ball
Captain's Cup Leagues today!
Call 228-871-2668 for details



Like NCBC MWR on
Facebook!

www.facebook.com/gulfportmwr



Jan. 24- 12 p.m., Senior Bowl in Mobile AL
Jan. 25- 12 p.m., Slidell Rocks Indoor
Climbing Trip, \$13
Jan. 27- 6 p.m. Ping Pong Tournament,
1st Place Prize
Jan. 28- 6 p.m., Auto Skills 101: Brake Maintenance
Jan 29-6:30 p.m., Free Movie Thursday at the Digital
Cinema, Pick up coupon at Liberty

Beehive

The UFC Pay-Per-View action returns to
the big screens on Sat. Jan. 31 at 7 p.m.!
Enjoy free food, prizes as well.

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:	

Digital Cinema at the Training Hall

Jan. 23

6 p.m.

Night at the
Museum: Secret
of the Tomb (PG)

8 p.m. Unbroken
(PG13)

Jan. 24

2 p.m.

Into the Woods
(PG)

4:30 p.m. The
Hobbit: Battle of

Five Armies
(PG13)

7:30 p.m.

Exodus: Gods and
Kings 3D (PG13)

Jan. 25

2 p.m.

Night at the
Museum: Secret
of the Tomb (PG)

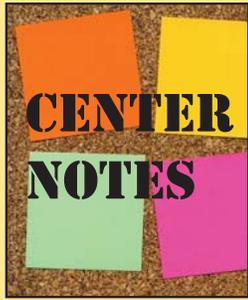
4 p.m.
Into the Woods
(PG)

Jan. 29

6 p.m.

The Pyramid
(R)

24 Hour
Movie
Hotline
228-871-3299



**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 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 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, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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



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.

Key and Lock Control Semi-Annual Inventories now due

Formal semi-annual inventories for the base Key and Lock Control Program are due in January and July. All facilities on board Naval Construction Battalion Center are required to participate! Manual keys and electronic key cards are to be inventoried and documented. Documentation of inventories by Key or substitute Key Custodians are to be submitted to the Base Physical Security Officer email: sharlene.daniels@navy.mil. Any person assigned as a Key or substitute Key Custodian must also have a letter of designation on file with the base Physical Security office. Key and Lock Control Program training is required and available upon request through the above email. Directives, forms, and other information is also available.

