

## Homes for America / Sembawang

### Civilian Clothing and Uniforms

Americans are advised to wear off-base attire that blends with local society. Though many Singaporeans do dress in shorts and flip-flops, long pants and buttoned shirts are common. Dress, in general, is a bit more formal than in the States.

Military personnel may wear uniforms off base when transiting to/from home and work, or when visiting other locations on official business (Changi Naval Base, for example). Uniforms are not considered appropriate liberty attire in Singapore. Due to the tropical climate, summer uniforms are prescribed year round. However, many locations in theater, such as Japan and Korea, do switch to winter uniforms.

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The U.S. Military community in #Singapore came together at the Terror Club to enjoy a great American tradition: watching the #SuperBowl

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### CREDO Navy Region Japan Marriage Enrichment Retreat

Limited 15 couples ONLY!  
24-26 February 2017  
For all active duty U.S. Navy and their spouses in Singapore

Lean and explore 3 dimensions of relationship skills and live a more harmonious life with your spouse. Decode your spouse's love language and rekindle love flames. This wonderful retreat will provide you with new perspective and insight to help you build a stronger relationship with your spouse. Take time to streighten the foundation of your marriage while spending quality time with one another in a stress-free resort environment.

This retreat is completely FREE as a no cost TAD

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### KNOW THE CONSEQUENCES SEXUAL ASSAULT IS ILLEGAL

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Hosted by or very own Torch Club!!  
CUPCAKE WARS  
Monday, December 10  
All Registeres Teens ( Grades 6 to 12 )  
Free event

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NO EXCUSES  
"PROTECTING OUR PEOPLE PROTECTS OUR MISSION!  
"You can SET an example or you can BE the example. Make the right choice."  
"What I wear is NOT an invitation."  
"SHOULD'VE, WOULD'VE, COULD'VE. Not good words to live by."

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Department of Defense  
LGBT PRIDE MONTH  
PRIDE IN ALL WHO SERVE

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Are you or someone you know on a path to suicide?  
Know the WARNING SIGNS!

### IS PATH WARM

Ideation  
Substance Abuse

Purposelessness  
Anxiety  
Trapped  
Hopelessness

Withdrawal  
Anger  
Recklessness  
Mood Change

You don't have to see every sign to ACT.  
Help is always available through the Military Crisis Line  
Every Sailor, Every Day.