

# SEABEE COURIER

## Seabee donates stem cells to save a life

By MC1 Jonathan Carmichael  
NMCB 11 Public Affairs

A Navy Seabee underwent a stem cell donation procedure at Georgetown University Hospital this week that may save the life of a patient diagnosed with a life-threatening blood disease.

Steelworker 2nd Class Andrew M. King, assigned to Naval Mobile Construction Battalion (NMCB) 11, was identified as a 100 percent match for a specific patient in need of a marrow transplant two weeks ago. He made a peripheral blood stem cell (PBSC) donation, a process that took over three hours.

The patient's identity is protected under federal confidentiality laws.

King, a 24 year old native of Lindstrom, Minn., was completing Navy boot camp when he became a volunteer marrow donor in 2009 through the C. W. Bill Young Department of Defense Marrow Donor Program.

"A lot of people volunteered," said King. "They took a few cheek swabs, and that was it. It was pretty easy."

Two months ago



Steelworker 2nd Class Andrew King, assigned to Naval Mobile Construction Battalion (NMCB) 11 is given a preoperational exam by Hospital Corpsman 1st Class Gerald Jackson of the Naval Branch Health Clinic (NBHC) on board NCBC Gulfport, July 26. King, who is a 100 percent match for a patient with a blood disease underwent a stem cell collection procedure in Washington, D.C., earlier this week. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

King received a call informing him that he was a preliminary match, meaning he had about a one in ten chance of being an acceptable match, but further testing was required to which King consented. Six weeks later he got the call.

"I was very surprised," said King. "Not only was I an acceptable match, I was a 100 percent perfect match!"

King agreed to donate, and the process was set in motion. He

was flown from his battalion's homeport, Gulfport, Miss., to Washington, D.C., for a physical examination and further health testing, and a date was scheduled to collect stem cells from King's circulating blood.

According to the program's website, [www.dodmarrow.org/](http://www.dodmarrow.org/), there are two types of donation procedures; bone marrow and PBSC. The transplant

See **DONOR** page 4

## USO school supply giveaway for families of E5 and below

The USO Gulf Coast will be distributing back to school supplies Aug. 5 at 9 a.m., at the USO Gulf Coast located at the Naval Mobile Processing Site (NMPS), 901 3rd Street, building 114, second floor. Supplies are lim-

ited and available on a first come, first served basis. The donations are courtesy of Northrop Grumman employees.



## NCBC Fire and Emergency Services to assume base ambulance service



Beginning Aug. 11, at 8 a.m., the NCBC Fire and Emergency Services will begin offering emergency ambulance transport services. The ambulance will be staffed with Emergency Medical Technicians certified at the basic life support level, and provide basic life support care to all personnel onboard NCBC Gulfport. Transport will be provided to Memorial Hospital. Request for service will not change. Call 911 and state you are on the Seabee base. (File photo)

NCBC

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# Legal: child Support Guidelines Information for parents to know

By Lt. Keleigh Anderson, JAGC NAS Jacksonville

Raising children can be the most challenging yet most rewarding part of a parent's life. When parents do not remain together, raising those children can be even more of a challenge. How do we make sure that our children are financially supported after we no longer live as a family unit? Whether you are the custodial parent who wants to collect child support or the non-custodial parent who has to provide child support, knowing your rights and how to go about enforcing them is essential.

## Who is eligible to receive child support?

Only custodial parents are eligible to receive child support payments. So what exactly is a custodial parent? The custodial parent is the primary caregiver, providing

the daily needs of the child. If each parent spends relatively equal time with the child, it is the parent who spends slightly more time with the child. That being said, there may be other legal and practical hurdles to overcome before a custodial parent can receive child support. For example, the other parent will have to be located and/or paternity will have to be established.

## How much is enough?

Some people are under the false impression that child support only needs to cover the very basics for a child, such as food and clothing. Wrong! Child support should include a variety of anticipated expenses, including but not limited to school fees, entertainment, medical expenses and extra-curricular activities. So, you ask, how do two parents who can-

not get along come to an agreement on what these expenses should be? You do not have to –that's right! Federal law mandates that a state's child support guidelines apply to any court action or administrative proceeding in which there is an order determining child support. This could include a separation, divorce, paternity or modification proceeding, just to name a few. This means that the amount of child support paid is based on guidelines defined by each state, not on what you as the parents think is the right amount.

## What are child support guidelines?

Child support guidelines are standards used to figure out the support needed for a child and the amount a parent has to pay. Guidelines help to make sure that support amounts are fair. Every state has

guidelines, but those guidelines may vary by state. In general, all of the guidelines are based on the parents' incomes, child's living expenses and health care, child care costs and standard needs for the children. Often, as is the case in Florida, the guidelines calculate the amount of child support as a percentage of the parents' income and factor in the number of minor children being supported. There may be special circumstances where support amounts can deviate from the guidelines. Some states actually allow their judges a lot of leeway in setting the amount, as long as the general state guidelines are followed. Others have very strict guidelines that provide the judges with very little discretion. The factors usually include the needs of the child – See **CHILD** page 5

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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.SafeHelpline.org](http://www.SafeHelpline.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.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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.

Seabee Courier

# Buzz on the Street

By CECN(SCW)  
Lucinda Moise  
NCBC Public Affairs

*What are your thoughts on the civilian federal furlough?*



"I enjoy the occasional three day weekend; however, it does cause some financial discomfort, not to mention it affects our ability to accommodate service members."

**Kim Costelli**  
Housing Office  
Hometown: Charleston, S.C.



"I don't think it's a good thing. I hope they will come up with a better plan that does not cause people to lose money."

**CS1(AW/SW) Jimmy Thomas**  
NCBC  
Hometown: Macon, Ga.



"It interrupts the mission, making it hard to complete our jobs without all the team players."

**Karen Williams**  
FFSC  
Hometown: Reston, Va.



Capt. Paul Odenthal, commanding officer, Naval Construction Battalion Center (NCBC), Sherrie Farricy and other members of the Fleet and Family Support Center (FFSC) NCBC Gulfport, celebrated the 34th anniversary of serving and supporting Navy and Marine Corps personnel and their families, July 31. FFSC is staffed with trained professionals who provide information and assistance to service members and their families through a variety of services and programs. designed. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Equipment Operator 2nd Class Jason Swart, assigned to Naval Mobile Construction Battalion (NMCB) 74, instructs Builder Constructionman Corbin Carnahan, also assigned to NMCB 74, on the proper operation a 421 backhoe at the preparation-area on board NCBC Gulfport, July 24. in preparation for his licensing exam. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Sgt. James Baumberger, assigned to Army 489th Engineer Battalion, instructs Sgt. Shannon Carley, also assigned to the 489th, on the proper operation of a motor grader at Naval Construction Training Center (NCTC) on board NCBC Gulfport, July 25. Soldiers of the 489th are familiarizing themselves with the Navy construction equipment in preparation for an upcoming scheduled deployment. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



# NAVFAC SE PWD Gulfport employee 'Water Works Employee of the Year'

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

Gordon Culpepper of Naval Facilities Engineering Command (NAVFAC) Southeast, Public Works Department (PWD) Gulfport has earned the 2013 Jim McDonald award for Outstanding Water Works Operator of the Year presented by the Mississippi Water and Pollution Control Operator's Association (MWPCOA) during the association's annual conference at the historic Eola Hotel in Natchez, Miss., July 18.

According to the MWPCOA, the Jim McDonald Award is presented each year to a water works operator who exemplifies professionalism and dedication to his work.

MWPCOA members submit nominations which are reviewed by the association's Board of Governors. A final selection committee visits the operator's facility and conducts an interview from which the final recipient is chosen. Culpepper was selected from nearly 500 other water well operators in the state, and is the first water well operator working on a military base to win.

Culpepper, a retired Chief Utilitiesman and Sylvester,



**Gordon Culpepper of Naval Facilities Engineering Command (NAVFAC) Southeast, Public Works Department (PWD) Gulfport conducts a chlorine residual test in a well house on board NCBC Gulfport, July 23.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Ga. native, has worked on board NCBC for 16 years and water well operations have been part of his Boiler Operator duties for the past 10. Ensuring the base personnel have safe drinking water, available firefighting water and properly chlorinated and ph-balanced swimming pool are among his duties as a water well operator. He said there is nothing that he doesn't like about the work; however, being there for the military members is the best part.

"I love it. I get up every morning, don't

regret a thing, don't mind coming to work and the people I work for are great, but providing safe, clean drinking water for our military is the greatest reward," said Culpepper.

Culpepper said he was surprised to be selected, being relatively new to the water operator business, and felt grateful to receive such a prestigious award from the association.

"I'm very honored to have this award. It's a very humbling experience to get selected. I appreciate it," said Culpepper.

Tommy Neely, NAVFAC Southeast PWD Gulfport shop foreman attributed Culpepper's selection to a his work ethic and a passion for what he does, in addition to great records of tests and labs conducted and submitted throughout the year.

Like many, Culpepper is a person that does his work without much fanfare or limelight, but nearly everyone on base experiences the fruits of his labor every day.

"Gordon is one of those behind the scenes kind of people, but if you have good drinking water, you can credit that to Gordon. If the swimming pool is clean and has the right amount of chlorine, you can credit that to Gordon," said Neely.

center requested that blood stem cells be collected from King's circulating blood rather than from his bone marrow thus determining the PBSC donation.

King began receiving daily injections of a synthetic hormone to increase the number of blood stem cells in his bloodstream four days prior to his scheduled donation procedure. His fifth injection took place the day of the collection and involved his blood passing through a machine that separated the blood stem cells before returning back to his body.

Prior to the procedure, doctors told King that the injections might cause body aches or headaches leading up to the collection, but the effects should subside shortly after the donation is complete.

Due to confidentiality laws, neither the donor nor the patient is informed of one another's identity. King was told only that the patient has a blood cancer and that his

donation can potentially save the patient's life.

"They said I will receive a call a year after the donation, and I can decide then if I want to know the identity of the patient and if I want the patient to know who I am," said King, who isn't ready to make that decision yet.

King decided to forgo the overnight hospital stay that is usually associated with a PBSC collection in favor of getting back to his family and his job. "I told them that wouldn't be necessary. If I need rest, I'll sleep on the flight home," said King, who also made reference to NMCB 11's upcoming deployment as a reason to hurry home.

Members who register with the C. W. Bill Young Department of Defense Marrow Donor Program are also registered with the National Marrow Donor Program (NMDP).

NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance.

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Seabee Courier

**Feeling Good!**  
**A Self-Care Workshop**  
**Aug 28, Seabee Memorial Chapel**

- 8:30 a.m. Childcare drop-in and light breakfast
- 9 a.m. Yoga, life coaching
- 9:40 a.m. Relaxation, self care plan
- 10:30 a.m. Chair Massages

Space is limited for attendance and childcare.

All Military and Civilians are welcome!

RSVP by Aug. 23: 228-822-5736  
or [dthomas@focusproject.org](mailto:dthomas@focusproject.org)

Hosted by FOCUS, NCBC Chapel, MWR

# NCBC supports annual Feds Feed Families drive

By CECN(SCW)  
Lucinda Moise

NCBC Public Affairs  
For the fifth consecutive year Seabee Memorial Chapel personnel on board Naval Construction Battalion Center (NCBC) are heading up the Seabee Center's "Feds Feed Families" food drive.

The Chief Human Capital Officers (CHCO) Council in partnership with the U.S. Office of Personnel Management (OPM), Department of Defense (DoD) and U.S. Department of Agriculture (USDA) first organized "Feds Feed Families" in 2008. The food drive is conducted in the summer each year as food banks across the country generally experience a shortage of food and children are left without school-supplied nutrition programs.

Donation boxes are located on the NCBC command quarter-deck, at the Seabee Memorial Chapel, Fleet and Family Support Center (FFSC), Navy Gateway Inns and Suites (NGIS), the Navy Exchange (NEX) and the Commissary. The drive will continue through Aug. 31.

According to the DoD website, there is no official government-wide collection goal for 2013. Every donation, big or small, will



**Religious Program Specialist 3rd Class unloads donations made by Naval Construction Battalion Center (NCBC) personnel for the Feds Feed Families food drive. Collections will continue through Aug. 31, and can be made at locations throughout NCBC. For more information, please contact Hamm at 228-871-2454.** (U.S. Navy photo/Released)

be significant in the lives of the families in need.

Non-perishable items such as canned goods, multigrain cereals and condiments are being accepted, but pet food, paper products and hygiene products are items that are needed in particular. Monetary donations are also accepted, with every dollar donation equaling five pounds of food products.

More than 15,000 pounds of food was donated last year. Chapel personnel hope to collect 25,000 pounds this year. Approximately 4,000 pounds have been donated so far.

NCBC Command Chaplain Lt. Cmdr. Paul Smith expressed what he thinks is the

best part about participating in the food drive.

"The best part is making a difference within half a mile of NCBC. One in every six children goes hungry, and one in every 12 adults, said Smith. "You really are changing lives, and the food is going to the people who are in need. Many people wonder how they can make a difference. This is one of the easiest ways."

Smith thanked everyone in advance for helping them reach their goal and making a difference.

For more information about Feds Feed Families, contact Religious Program Specialist 3rd Class Jamie Hamm at 228-871-2454.

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including health insurance, education, day care, and special needs; and the income and needs of the custodial parent. The paying parent's ability to pay can also come into play. Some states, however, will impute income on a parent with no income by expecting them to pay child support even if he/she is unemployed, filing for bankruptcy or homeless.

### What is a child support order?

A child support order tells the parents specifically what they must do and how much they must pay to support their children, according to the guidelines. Some states limit the support to age 18 or when the child graduates high school. Some states even require college expenses to be included.

### What if the noncustodial parent does not pay?

Enforcing child support orders means getting the parent to do what the order says. If a noncustodial parent is working, the state's law may require that the employer deduct support payments from the parent's paycheck. In some states, businesses must report all new and rehired employees to the child support enforcement agency in their state so it is difficult for a parent to hide their new job. When non-custodial parents owe past-due support, the state's child support enforcement program may be able to intercept tax refunds, lottery winnings, unemployment compensation and other payments, and may work with banks and credit

unions to deduct money from a bank account. They may have liens placed against their property such as houses, mobile homes, land, cars, boats and other valuable items until the support is paid. If you fail to make child support payments according to a court order, child support enforcement agencies in many states will suspend your driver's license or any professional, occupational or recreational license. The judge may also find you in contempt of court and order you to pay a large sum of money or go to jail or an arrest warrant may be issued.

### Can the amount of support ever change?

Once a child support order or agreement is in place, the payment amount may be modified under certain situations, usually a substantial change in circumstances. This may include a parent's promotion or raise, the child needing orthodontic work or new school expenses. Some states review support orders every few years automatically in an effort to keep the support consistent with the parents' income and the respective state's support guidelines.

### Bottom Line:

Whether you are the custodial parent who wants to collect child support or the non-custodial parent who has to provide child support, knowing your rights and how to go about enforcing them is essential.

*This article is not intended to substitute for the personal advice of a license attorney. Contact the Naval Construction Battalion Center (NCBC) legal office*

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**Fleet and Family Support Center "Babysitting Class"**  
FFSC is offering a babysitting class for ages 11 and up, Aug. 6, 9 a.m. - 12:30 p.m., at the FFSC.  
Call 228-871-3000 to reserve your space today!

# 'Fearless' of NMCB 74

## Command Post Exercise

By CM3 (SCW)  
Jeremy Pratt  
NMCB 74 Public Affairs

Sailors of Naval Mobile Construction Battalion (NMCB) 74 have completed the 72 hour, Command Post Exercise Three (CPX3) held on board Naval Construction Battalion Center (NCBC) Gulfport, in order to exercise and evaluate the Battalion's readiness in Command, Control, and Communication (CCC) operations coupled with personnel accountability, logistical planning, and medical and tactical skills.

CPX3 added new challenges for NMCB 74, supporting additional detachments, contending with more than 70 scenarios, and exercising all Chemical, Biological and Radiation (CBR) protection levels. The exercise also included a combined scenario where the camp lines were over run and caused the activation of the Battalion's Emergency Destruction Plan (EDP). NMCB 74 was challenged with coordinating the simulated destruction of Communication Security (COMSEC) material while still maintaining



Lt.j.g. Paul Wirth, left, Ensign Daniel Syzdek, center and Lt.j.g. Andres Espinosa discuss the placement of the MGTPS tents for the Combat Operation Center (COC) during U.S. Naval Mobile Construction Battalion SEVEN-FOUR's (NMCB-74) Command Post Exercise 3 (CPX3) on board Naval Construction Battalion Center (NCBC) Gulfport (U.S. Navy photo by Construction Mechanic 3rd Class Jeremy Pratt/Released)

CCC with all Command Posts (CPs). Junior personnel benefited from taking part in the scenarios so they know what goes on during an actual EDP. Builder 3rd Class Candice Vanhoy, from Charlie Company communications operator said, "It is good to see how this is actually done, it brought the pieces together." NMCB 74 worked hard and stepped up and met the challenges they faced

head on and excelled. Command Post Exercises are used to prepare each Command Post on communication fundamentals and proper reporting techniques used in a combat situation. CPX exercises are held throughout NMCB 74's homeport with CPX3 as the final battalion led exercise before the battalion's certification CPX held in August.



Petty Officer 3rd Class Keith Wrenn works alongside two local men from Timor Leste, painting the Bobocase Community Center. Wrenn is a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 5's Civic Construction Action Detail (CCAD) Timor Leste. (U.S. Navy Photo/Released)

## Seabees reach partners in West Timor Leste

By CE2 Paul LeRay  
NMCB 5 Public Affairs

Odds are that if you haven't deployed to the Pacific region recently you might not have even heard about the newest sovereign nation in the world called East Timor, or "Timor Leste."

Naval Mobile Construction Battalion (NMCB) 5's Civic Construction Action Detail (CCAD) Timor Leste, based out of the capitol of Dili, is the largest foreign military presence in the country. Their mission while deployed there is to provide humanitarian and engineering support to Timor Leste while building community and national relations.

Reeling from an Indonesian occupation lasting until 1999, Timor Leste still suffers from major infrastructure and sanitation problems leading to malnutrition, illnesses, and one of the highest infant mortality rates in the world.

Timor Leste is a country divided into two parts – the larger Eastern portion, and a smaller enclave to the West called Oecussi

surrounded by the neighboring country of Indonesia. The Seabees have been in Timor Leste since 2009, but the recent push to Oecussi is the first time the Seabees have shown a presence in the Western enclave of Timor Leste.

This July, the Seabees sent a convoy to Oecussi as the most remote location NMCB 5 has touched this deployment. Upon arrival they were met with stares from the locals. The detail was informed by local drivers that many locals had never personally seen a foreigner or "Malai" before.

"It's a great thing we're doing, but the logistics are a nightmare. The cross through Indonesia, getting all of the equipment and materials out here, coordination with the [Timorese Army] and of course there's the issue of physical safety. Medical evacuation [MEDEVAC support] here is extremely limited, so staying safe on and off the job site is paramount," said Utilitiesman 2nd Class

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Ethan Merrill, project supervisor.

The Bees immediately set to work on the assigned tasking alongside engineers from the Falintil-Forças de Defesa de Timor Leste (F-FDTL). The tasking consisted of installation of rainwater collection systems, repair of solar electricity systems, replacement of windows and doors, repair of leaking roofs and repainting structures.

At the Usitaco Medical Clinic, a new kitchen was built outside to keep cooking fire smoke out of the clinic, and at the Oecussi Referral Hospital, triple power redundancy was enabled through repair of four generators and installation of a solar array. These new additions will ensure power supply to the emergency room during the daily power blackout from 0700-1900. For the first time in three years, the hospital's two ambulances were repaired to full working order.

A total of nine buildings were renovated or repaired in 19 workdays, to include two buildings beyond the original scope of work and seven days ahead of schedule despite being the most challenging mission the Seabees in Timor Leste have undertaken this deployment.

"It's absolutely amazing to see the great amount of work that a small number of Seabees made in such a short time," said U.S. Ambassador Judith Fergin, ambassador to Timor Leste, at the ribbon cutting ceremony in Oecussi July 24. "You may not realize, but the impact you have made here is beyond words."

Along with Fergin, guests at the ribbon cutting ceremony included Dr. Sergio Lobo, the

Timor Leste minister of health, Jorge Teme, District Representative of the Secretary of State of local development, Paul Randolph, U.S. Agency for International Development mission director, and more than 200 people from the community.

"You simply cannot have good healthcare without clean running water. It was impossible before, but you have made it possible," said Dr. Reginald Gipson, Chief of USAID Health Improvement Project (HADIAC) when he spoke about the work performed by the Seabees.

Ensign Heidi Lawrenz, the officer-in-charge of NMCB 5's Timor Leste detail, the mission was a great success, and Oecussi is an example of how much impact Seabees can make in Timor Leste.

"We were able to showcase what Seabees do best, making high impact improvements and assisting communities in the most remote and austere locations," said Lawrenz. "The mission not only improved the health and living conditions of local communities in extremely remote environments but also highlighted the relationships we have built with the Ministry of Health and HADIAC."

The Oecussi mission was the final tasking for NMCB 5 Detail Timor Leste prior to returning home to Port Hueneme, Calif. At the completion of their eight month deployment, they will turn over the small detail site and missions to NMCB 3.

NMCB 5 is currently supporting Navy and joint forces throughout the U.S. Pacific Command with construction projects and humanitarian missions in more than 17 different geographical locations.

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## Indispensable Me



"Mom! Can you help me?!"

I hear that phrase throughout the day, invariably bellowed from some other room in the house while I'm trying to cook, clean, answer emails, put away groceries, fold laundry, take a shower, write my column or watch a DVRed episode of *The Bachelorette* while savoring an afternoon cup of microwaved coffee.

Summertime exacerbates this annoying phenomenon, because I can't drop my kids off at school to get them out of my hair for a few cotton-picking minutes. Ironically, the two teens, while claiming complete autonomy, seem particularly dependent on me to wake them, feed them, entertain them, stop them from frying their brains in front of the television, and remind them to shower.

There's no doubt about it: my husband works very hard to support our family. However, he tends to add to my burden at home by being endlessly hungry, inordinately hairy and pretty much clueless when it comes to using the remote.

To make matters a tad [read: a gazillion times] worse, we just moved from Florida to Rhode Island a few weeks ago. It is our ninth military move, so you'd think we'd have it down pat

by now.

However, here it is, nearly three weeks after the movers dropped off all of our worldly possessions, and we're still eating off of paper plates because no one has volunteered to unpack the dish box. We're drying ourselves with washcloths because no one has found the towels. We've even resorted to writing down Googled information on something called a piece of paper, with something called a pencil, because no one's hooked up the printer yet.

Sure, it will all get sorted out, assembled, installed, and put away. It always does. But it will take many weeks longer than I thought it would, because everyone relies on me to figure it all out.

You see, my family lives under the false premise that I am the manager, the foreman, the safety net, the principal engineer, the scullery maid, and the Grand Pubah of all things tedious, arduous and annoying. Despite the considerable responsibility of my multifaceted position; there are no benefits of which to speak, unless "being needed" can be perceived as advantageous.

If you ask me, it's highly overrated.

But I cannot protest too much, because this unfortunate set of circumstances is my own doing. Back when the kids were mere munchkins and my husband's headline had not begun to recede, I reveled in my Supermom status. I was younger, stronger, more energetic, less forgetful and significantly less dependent on caffeine to keep me awake during the day. I considered mothering an

exciting challenge to conquer, and I did so with fierce determination.

I planned and cooked balance meals, I whipped up Halloween costumes from felt and pipe cleaners, I landscaped the yard with a baby wrapped around my midsection, I orchestrated elaborate birthday parties with goodie bags that would rival famously indulgent Oscar party swag, I taught myself how to install ceiling fans and sink faucets, I jig sawed my son's Soap Box Derby car, I endured long deployments without so much as a whiff of antidepressants.

I did it all. But little did I know, my family would come to expect it.

Fast-forward a decade or two, and suddenly, I'm to motherhood what Peyton Manning is to football. What Vicki Gunvalson is to *The Real Housewives*. What Courtney Love is to the band Hole. What Carrot Top is to comedy. What James Carville and Mary Matalin are to political commentary. Our minions have come to depend on us to carry the team/show/industry/debate, but we're all getting too tired/injured/pathetic/strung out/disfigured by plastic surgery to do it all.

So, to all you younger stay-at-home moms, let this rant serve as a warning: Dispense with any fantasies of becoming a Supermom now, or later, your family may decide that you've become indispensable.

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesoflife.com>

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### CBC Command Assessment Team (CAT) seeks members

The CAT team is looking for new members, military and civilian, of all ranks. If you are interested, please contact CS1 Luzunaris at Michael.luzunaris@navy.mil or 228-871-2194.

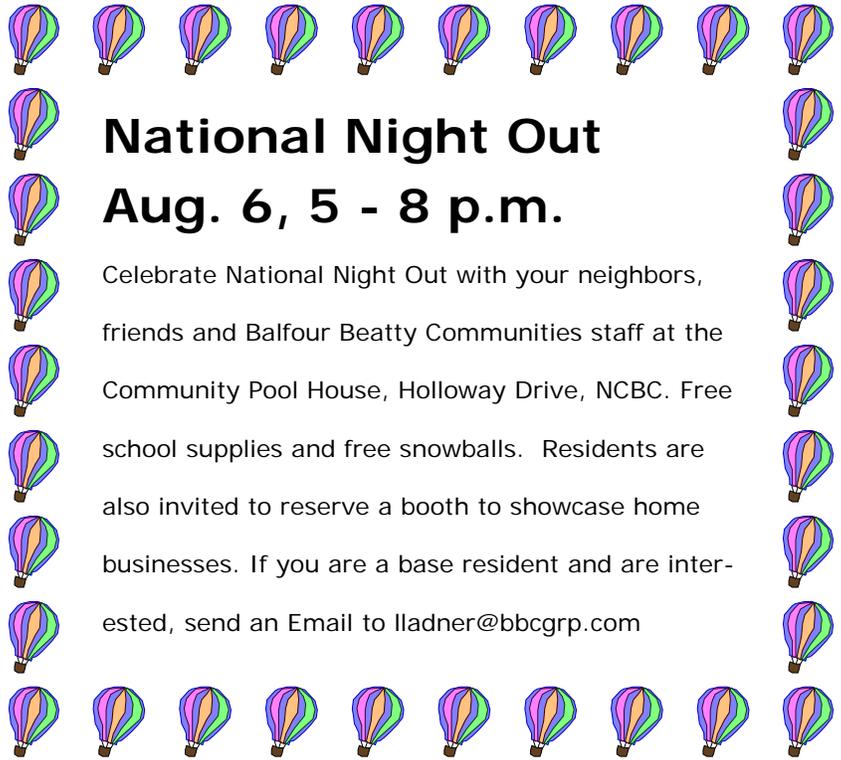
# Focus on Education

## Coastline Community College awards degrees to area service and family members

**From Coastline Community College**  
Coastline Community College (CCC), a Navy College Program Distance Learning Partnership institution, located in Fountain Valley, Calif., recently listed their 2011-12 Associate Degree graduating class. Among the more than 1,100 graduates, a total of 22 were local service members or family members. Graduates came from the Naval Construction Battalion Center, Keesler Air Force Base and the Stennis Space Center. The staff of the Navy College Office wishes to congratulate our graduates.

Michael Wayne Beaver, AA, Supervision: Supervision & Management  
Brad William Boyle, AA, Supervision: Supervision & Management  
Johnathan Charles Britten, AA, Construction Technology  
Angelita E. Baggoo, AS, Business: Business Administration  
Justin Wayne Davis, AA, Construction Technology  
Tara Louise Flaughter, AA, Science & Math  
Ryan Lee Henderson, AA, Supervision: Super-

vision & Management  
Brandon S. Hill, AA, Construction Technology  
Justin L. Hudson, AA, Oceanography Technology  
Surrayah D. Jones, AA, Supervision: Supervision & Management  
Trevor Jay King, AA, Supervision: Supervision & Management  
Andrea Cynthia Lieber, AA, Supervision: Supervision & Management  
Dustin L. McCutchen, AA, Supervision: Supervision & Management  
Benjamin David Nicholson, AA, Business Administration  
Justine Nichole Pennel, AA, Electronics  
Brian O'Neal Randle, AS, Business: General Business  
Jeremy Richardson, AA, Media/Communications  
Sean Alan Roberson, AA, Emergency Management/Homeland Security  
Michael Alan Turner, AA, Supervision: Supervision & Management  
Matthew David Vechik, AA, Electronics  
Desiree Denai Wade, AS, Business: Business Administration  
Benjamin Booker T Williams, AA, Construction Technology



## National Night Out Aug. 6, 5 - 8 p.m.

Celebrate National Night Out with your neighbors, friends and Balfour Beatty Communities staff at the Community Pool House, Holloway Drive, NCBC. Free school supplies and free snowballs. Residents are also invited to reserve a booth to showcase home businesses. If you are a base resident and are interested, send an Email to [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com)

**Back to School Health and Wellness Fair**  
Aug. 10, 9 a.m. to 1 p.m.  
Barksdale Pavilion, Jones Park, Gulfport  
Featuring safety education, Seabee obstacle course, vaccinations, Red Cross Blood Drive, FREE health screenings and much more!

### From the School Liaison Officer

#### Home School Registration

NCBC Homeschool parents, you can register your children Aug. 6 and 10, and Sept. 10 from 9 - 11 a.m. at the office located at 700 Pass Road in Gulfport, (next to the bus barn). For more information, please call school attendance officer Alison Pietrangelo, 228-865-4708 or Jeanie Cox, 228-865-4426.



## Coastline extends fall registration . . . Coastline

Community College has extended the registration period for Fall A Term. The new deadline is Aug. 19. A Term classes begin Aug. 26 and end Oct. 20. For students unable to register for Fall A Term, the registration cycle for Fall B Term begins Sept. 3 and ends Oct. 3, with classes running Oct. 21 - Dec. 15. Additional information is available in the Navy College office in building 60, or by contacting Dr. David Drye, 228-871-3439 or [ddrye@coastline.edu](mailto:ddrye@coastline.edu).

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

# YOU'VE EARNED IT

# DON'T WASTE IT



DRINK RESPONSIBLY.

**KEEP WHAT  
YOU'VE EARNED**

IT WASN'T EASY GETTING HERE.  
**DRINK RESPONSIBLY.**  
[www.nadap.navy.mil](http://www.nadap.navy.mil)

August 1, 2013

Seabee Courier

## Rise to the Challenge, Become a Seabee Diver!

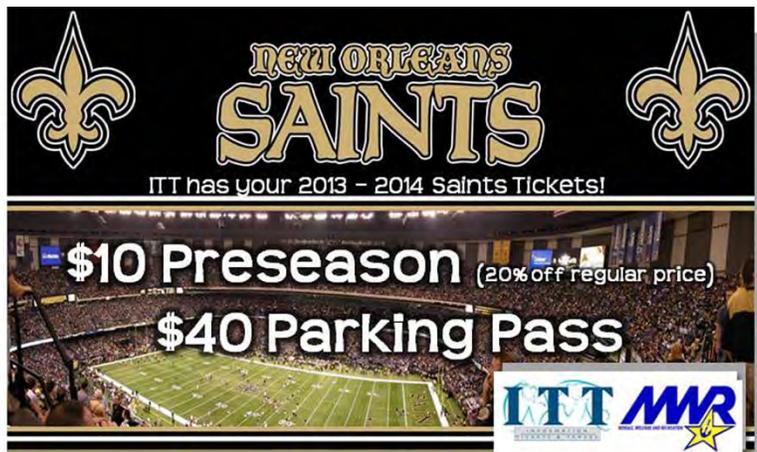
Underwater Construction Team One Dive Motivators will be on board NCBC Gulfport Aug. 6 - 9, from 9 a.m. - noon at the Fitness Center searching for highly motivated E-5 and below personnel who are looking for a career and lifestyle change. If you think you are up for the challenge, come out and learn more or call Chief Master Diver Bryans at 757-513-9145 to set up an appointment during the recruiting visit.



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## MWR Program Contacts

Anchors and Eagles, 228-871-4607  
 Auto Skills Center, 228-871-2804  
 Beehive All Hands Club, 228-871-4009  
 Child Development Center, 228-871-2323  
 Fitness Center, 228-871-2668  
 Information, Tickets & Travel, 228-871-2231  
 Liberty Center, 228-871-4684  
 Seabee Heritage Center, 228-871-3619  
 Navy Outdoor Recreation, 228-871-2127  
 Shields RV Park, 228-871-5435  
 The Grill, 228-871-2494  
 Training Hall, 228-871-4750  
 Youth Activities Center, 228-871-2251  
 Main Office, 228-871-2538



**NEW ORLEANS SAINTS**  
 ITT has your 2013 - 2014 Saints Tickets!

**\$10 Preseason** (20% off regular price)  
**\$40 Parking Pass**

**ITT MWR**

**Preseason Tickets on SALE**  
**Friday, August 2<sup>nd</sup>**

**Friday, August 9 – Kansas City Chiefs**  
**Friday, August 16 – Oakland Raiders**

**All Regular Season Games on Sale for \$55:**  
**AUGUST 15 (ACTIVE DUTY/ RESERVE ONLY)**  
**AUGUST 16 AND LATER (ALL ELIGIBLE PATRONS)**

No refunds or exchanges. All ticket prices are subject to change without warning. ITT is not responsible for lost, stolen or laundered tickets and will not replace them. Due to government agency discounts, resale is prohibited and not authorized. Limit 2 tickets per military ID per game.

For more information call ITT at 228-871-2231.

August 1, 2013

## Bench Press Challenge!

WOD Challenge

**CBC Fitness Center**  
 August 7 2013, 1800

Sign-ups start July 29th 2013



### Rules:

- One warm up set
- No bouncing off of chest
- Lift off but no help lift
- Once bar touched, lifter disqualified for that lift
- Must touch chest with bar, pause then lift
- Feet and back must remain on bench
- Gloves, wraps, and bench shirts approved
- Three chances to lift!



**PRIZES to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place**  
**Active Duty participants!**

For more information please contact Michael McLaughlin at 822-5108.

## Free Movies at the Training Hall!



Check out what's playing this week! **Friday:** Iron Man 3, PG13, 6 p.m. **Saturday:** Over the Hedge, PG13, Noon; Star Trek into Darkness, PG13, 2:30 p.m.; Tyler Perry's Peeples, PG13, 5:30 p.m. **Sunday:** The Hangover Part 3, R, 6 p.m.

Seabee Courier



**Seabee MudRun 2013**

**Sept. 7**  
**7 a.m.**

[www.active.com/running/gulfport-ms/seabee-mud-run-2013](http://www.active.com/running/gulfport-ms/seabee-mud-run-2013)

# NCBC Helping Hands volunteer opportunities

## USS ALABAMA NEEDS 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. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40 by 20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

## VOLUNTEER TO PROVIDE ROOF REPAIR ESTIMATE

The Retired and Senior Program

needs a volunteer to perform roof estimation for a veteran in Gulfport. If you are able to help, please contact Susan at the Fleet and Family Support Center (FFSC) 228-871-3640.

## BILOXI VA AMBASSADORS

The Biloxi VA is trying to get volunteers in uniform from 7 a.m. To 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center by helping with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon

Ladner, 228-523-5786 or Susan Smith, 228-871-3640.

## VOLUNTEERS TO BUILD RAMPS

Volunteers are needed to build handicap ramps in Saucier and Biloxi. If you are interested in helping, please contact Susan at Fleet and Family Support Center (FFSC), 228-871-3640 or 228-424-2947.

## USO GULF COAST

Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments, the USO Gulf Coast has a special opportunity for you.

We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through [www.uso-volunteer.org](http://www.uso-volunteer.org). This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any questions, please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

## NAVY MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe

shortage of volunteers to work at the Thrift Store in August. If you are interested, please call 228-871-2610.

## COAST SALVATION ARMY

Volunteers are needed for various projects throughout the year. Contact [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org) if you have a bit of spare time to help out.

## HELP SENIORS AND DISABLED CITIZENS

Harrison County RSVP needs retired plumbers, electricians, carpenters, skill and unskilled laborers to join a team of handymen/women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

## Seabee Memorial Chapel



NCBC Center Chaplains:

Lt. Cmdr. Paul Smith, Chaplain

Lt. Yoon Choi, Chaplain

For more information about Chapel programs, please call the Chapel at 228-871-2454.

### Religious Services

Sunday:

Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

### Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

### Praise and Worship

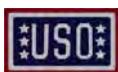
The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are

invited to share your gift.

### Feds Feed Families Food Drive

The annual DoD, Feds Feed Families Food Drive, [www.fedsfeed-families.gov](http://www.fedsfeed-families.gov), is taking place through September. Food banks across the Nation are facing severe shortages of non-perishable food items, just as summer begins and children are left without school supplied nutrition programs. Federal employees and members of the uniformed services are stepping up to meet this challenge by gathering food for families in need. The CBC Chapel hopes you will donate any non-perishable goods to help us meet this National goal. NCBC food donation drop off locations are NCBC Commissary (special prepackaged bags of food are available for purchase), Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, Command Quarterdeck, and Navy Gateway Inn.

For more information, please call the Chapel at 228-871-2454.



### GULF COAST USO

901 CBC 3rd St., Building 114, 228-575-5224

Free services: Fax - Send/Receive: 228-575-5225, Copies, snacks and drinks. United Through Reading program, Computers with web cams, Internet/Email Access, X-Box

Office hours: Monday - Friday, 8 a.m. - 4 p.m.

# Center Notes

## 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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

**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 Cen-

ter. Children are welcome and babysitting 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 (FOCUS), 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](mailto:Gulfport@focusproject.org)

### 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, email [goscgulfport@yahoo.com](mailto:goscgulfport@yahoo.com). We hope to see YOU soon!

### Navy Wives Clubs of America, Inc.

The 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.navywivesclubs-of-america.org](http://www.navywivesclubs-of-america.org) for more information on NWCA.

### NMCRS

The Navy-Marine Corps

Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

### Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 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 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. Contact Lt.j.g. Bowling at 228-313-9035 or [coachcb@yahoo.com](mailto:coachcb@yahoo.com) for more information.

### PMI MEMBERSHIP DRIVE

The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and re-

search empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at [saundersmt@earthlink.net](mailto:saundersmt@earthlink.net) or Len Krapcha at [lkrpcha@aol.com](mailto:lkrpcha@aol.com) for more information.

### 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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

**VFW Post 3937 Long Beach** is open Monday - 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 the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

**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 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, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

### 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 about our organization.

### 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, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

### HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabee-museum-store.org](http://www.seabee-museum-store.org) or call the gift store for more information at 228-871-4779.

**See Something Wrong, Do Something Right . . .** NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.



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

Due to the Government Furlough, the NCBC Commissary is closed on Mondays and Tuesdays. This closure is expected to remain in effect through the duration of the furlough (Sept. 30, 2013).

