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NCBC Fitness Center Changes Age Policy

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NCBC Public Affairs

Although the Naval Construction Battalion Center fitness center's mission is first and foremost to provide top-notch fitness facilities and programs for active duty military members, Steve Gallagher, fitness director understands how important fitness is for the entire family. This is why more commodities are now available to children at the fitness center with an updated age policy. "That's what Navy life is about, being here for the family," Gallagher exclaimed. Weekends are the peak times for families to use the facility with the pool and basketball court being the most commonly used facilities. The previous policy stated children must be 10-14 years of age to use the basketball and racquetball courts; however the updated policy opens it up to children as young as five. With school ending soon, the fitness center

staff expects more participation all around the facility, according to Gallagher.

"After swimming, [families] would have to leave because one kid wasn't old enough," Gallagher explained. "Now the whole family can enjoy playing basketball or racquetball together as well."

With the concern for safety, Gallagher stresses the importance of parent supervision as the children are allowed more use of the facility.

"This isn't so the parent can jump on the treadmill while the kids play basketball," said Gallagher, "this is so the entire family can stay active and partake in recreation together."

The process to change the policy did not come easy. Whereas the previous policy allowed 15-year olds to use free weights, the new policy requires participants to be 16.

"The ones to see a negative impact are the 15-year olds," Gallagher stated. "I contacted other fitness centers, not just



Naval Construction Battalion Center Fitness Center (U.S. Navy Photo by Builder 2nd Class Susan Johnston)

military. I also contacted schools to see the age of students enrolled in weightlifting classes and who are weight training for sports." Gallagher's main priority was safety when determining the new age criteria for each accessible area. "We can't predict how this change will go; we may have to make adjustments down the road," Gallagher stated. Gallagher anticipates seeing more

family engagement with the updated policy. Since advertising began and personnel at the front desk informed parents in advance of the changes, the fitness center staff has already received positive reactions. For full details on the updated policy, please visit the fitness center to speak to an employee or the NCBC Gulfport fitness center website at <https://www.navymwrgulfport.com>



Biloxi Shuckers Salute U.S. Navy

Cmdr. Ron Jenkins, the executive officer for the Naval Construction Battalion Center, kicked off the Biloxi Shuckers Salute to the Military May 6 before a game against the Jacksonville Jumbo Shrimp. The Shuckers season opened roughly one month ago and honored the Navy with four separate events including opening pitches and re-enlistment ceremonies. (U.S. Navy photos by Brian Lamar, NCBC Public Affairs)



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Seabees Assist Navy Dolphin Transport to Marine Mammal Institute

By MCC Rosalie Chang
NCBC Public Affairs

Seabees assigned to Naval Construction Group (NCG) 2 assisted the U.S. Navy Marine Mammal Program transported three of their trained bottlenose dolphins, Apr. 30.

"A request came in for logistical support of two trucks and drivers to help relocate three dolphins and we volunteered right off the bat to assist with the necessary equipment and personnel," said NCG 2 Transportation Supervisor, Equipment Operator 1st Class Alexander Quesnel.

Navy program handlers and veterinary personnel transported the dolphins from the Navy's facility at the Space and Naval Warfare (SPAWAR) Systems Center Pacific in San Diego to Keesler Air Force Base in Biloxi, Miss. The Seabees then transferred the dolphins to the Institute for Marine Mammal Studies (IMMS) in Gulfport, Miss.

"In addition to training animals, we also collaborate with other institutions to enhance the understanding of marine mammals and to propagate marine mammal science," said U.S. Navy Marine Mammal Program Transport Coordinator, Christian Harris. "We are partnering with IMMS to share some of our animals on an extended loan; we're transporting those animals from our base through Keesler with the support of the Seabees to get them safely configured in their new home."

IMMS is a research and rehabilitation facility that provides care to stranded animals. The Navy dolphins will be loaned to IMMS for extended breeding and studies to further ma-



Equipment Operator 2nd Class Connor Hawkinson, assigned to Naval Construction Group (NCG) 2, drives a Medium Tactical Vehicle Replacement (MTVR) truck onto the Keesler Air Force Base flight line to prepare for a dolphin transport from Keesler to the Institute of Marine Mammals Studies (IMMS) in Biloxi, Miss. Three trained bottlenose dolphins are being loaned to IMMS for extend breeding and studies to further marine mammal science from the U.S. Navy Marine Mammal Program in San Diego, Calif. (U.S. Navy photo by Chief Mass Communication Specialist Rosalie Chang/ Released)

rine mammal science. They were involved in a variety of capability demonstrations and bioacoustics research projects for the Navy. Harris stated the collaboration between the marine mammal program, IMMS and the Seabees in nothing new, but it is very special.

"This is not our first evolution with the Seabees," said Harris. "They are the group we always reach out to for this type of support wherever they are available because they bring so

much expertise, skill and passion to the job and they make our job that much easier."

For the Seabees who participated in this evolution, this was a once in a lifetime experience.

"I am more than excited for my troops to be able to participate," said Quesnel. "I've been in the Navy 14 years and this is the first time I've experienced anything close to this so it's great for my troops to be involved in this operation."



LEFT: Seabees assigned to Naval Construction Group (NCG) 2 and members from the Institute of Marine Mammals Studies (IMMS) watch as U.S. Naval Marine Mammal Program officials push dolphin tanks onto a K-loader to transport the dolphins to IMMS. Navy program handlers and veterinary personnel transported three dolphins from the Navy's facilities at the Naval Warfare Systems Center Pacific in San Diego to Keesler to be loaned to IMMS for extend breeding and studies to further marine mammal science. IMMS is a research and rehabilitation facility that is known for providing care to stranded animals. **RIGHT:** Construction Mechanic Constructionman Theo Womack (left) and Equipment Operator 2nd Class Connor Hawkinson (right), assigned to NCG 2 and members from IMMS push a dolphin tank from a K-loader onto a Medium Tactical Vehicle Replacement (MTVR) truck to transport dolphins from Keesler Air Force Base to IMMS. (U.S. Navy photos by MCC Rosalie Chang/ Released)

