

# VBS offers children positive outlet

Story, photos by MC2(AW) Honey Nixon, NAVSTA Public Affairs

For many families finding positive activities for their children during the summer months can be a challenge, but for parents of children who attended Vacation Bible School (VBS), June 18-22, the solution was no farther than the drive from their homes to the Base Chapel.

This year's VBS program, which included sing-alongs, crafts, and bible-based activities, was themed 'Avalanche Ranch,' featuring unique 'bible points,' centered around the days' activities.

"This is a very structured program that the chapel orders as a complete package," said Jen Amaio, co-director of this year's VBS. "All churches in the United States are using the same program or some form of it. The complete packages includes step-by-step instructions on how to run a VBS and books for each (activity) station. This program has been tested over and over."

With bible points such as "God is in Charge" and "God is with us" being reinforced throughout the day, there was no chance of the chapel's message being lost amid the flurry of activities and excitement.



**Children attending this year's Vacation Bible School dance to the week's theme song 'It's a Wild Ride' June 23 at the Base Chapel.**

"We have 51 kids, and they are enjoying every minute of it," added Amaio, "the smiles, laughter, and excitement is seen from the moment they arrive until they go home."

Perhaps the only response the directors didn't anticipate was the low numbers of volunteers that almost put this year's VBS in jeopardy.

"GTMO's VBS program was in danger of being cancelled," said Martie Nunez, co-director of the VBS, "and volunteers were needed to direct the program. Wanting our children to have the blessings of VBS, Jen Amaio and I decided to volunteer. There are lots of moving parts to this (pro-

gram). Recruiting volunteers and then having their schedules allow them to fulfill their commitments to both work and VBS was a challenge."

"I would like to thank everyone who helped out with this year's VBS," Amaio added, "without them the program would not run."

Children like Katie DeGroff are proof that programs like these are important for GTMO youth.

"I like coming to Vacation Bible School," the five-year-old grinned when questioned why she liked VBS so much. "I liked the song 'God is Awesome' and the snacks."

Even with simple responses like these, volunteers believe children still leave VBS with the intended message.

"I think as volunteers we learn from the children as much as they learn from us..." said Amaio. "It also gives our kids an exposure to God through a kid-friendly approach that they can better understand. No matter what domination you are or your previous experiences with the church, the kids are able to take away their

*Continued on page 5*

**4th of July salute**  
Members of the NAVSTA Weapons Dept. will conduct a 21-gun salute, in honor of Independence Day at noon July 4 at Bulkeley Landing.

**4th of July Giveaway**  
Win two tickets to the final NASCAR race of the season. Contest is open to active duty military. Registration begins at 5 p.m. in the Bayview Foyer, July 4.

# NAVSTA GTMO launches new website

Story by MC1 Robert Lamb, NAVSTA Public Affairs

Commander, Navy Installations Command (CNIC), along with guidance from Commander, Navy Region Southeast (CNRSE) tasked Naval Station Guantanamo Bay (GTMO) Public Affairs Office (PAO) and all other region PAO's to join in and create a new consolidated CNIC web site.

A website (alternatively, Web site or web site) is a collection of Web pages, images, videos and other digital assets that is hosted on a Web server, usually accessible via the Internet or a LAN.

Websites can usually be accessed from a common root URL called the homepage ([www.cnic.navy.mil](http://www.cnic.navy.mil)), and usually reside on the same physical server.

Within the Guantanamo Bay portion of the new CNIC web site, Sailors,

families and other servicemembers will find phone number to different departments, key personnel and topics that may be very important to incoming personnel.

The history of GTMO and up-to-date information from sources such as the weekly 'Gazette' will provide viewers with more information than the old [www.nsgtmo.navy.mil](http://www.nsgtmo.navy.mil)

This new web site will enhance the way NAVSTAGTMO communicates with incoming personnel and also with families and dependents back in the states or here on island.

CNIC is the Echelon II command under the Chief of Naval Operations responsible for Navy-wide shore installation management.

CNRSE serves as the Navy's Re-

gional Planning Agent, Regional Environmental and Public Affairs Coordinator and the U. S. Environmental Protection Agency liaison, as well as the Casualty Assistance Calls Officer in Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, South Carolina, Texas and the Caribbean - Cuba, and Puerto Rico.

The pages of Naval Station Guantanamo Bay, can be accessed through [www.cnic.-navy.mil/guantanamo](http://www.cnic.-navy.mil/guantanamo).

If departments wish to add or delete from the website, they can call 4502 or contact the Public Affairs Officer at [pao@usnbgtdmo.navy.m](mailto:pao@usnbgtdmo.navy.m)<sup>1</sup>



# Task force enhances Sailors' life/work balance

By Lt. Cmdr. Kim Dixon, Chief of Naval Personnel Diversity Directorate Public Affairs

The Navy announced the formation of Task Force Life/Work (TFLW) June 19 in NAVADMIN 159/07 to develop and implement policies, programs and changes to enhance Sailors' life/work balance.

TFLW will be made up of representatives from across the fleet, Navy enterprises, and officer/enlisted communities whose mission is to create initiatives to address the emerging challenges the Navy

faces in recruiting and retaining the next generation of 21st Century leaders. The task force's first meeting is scheduled for July 11.

In the next year, TFLW will focus on initiatives to enhance healthy life/work balance, such as telework and off-on ramps. The specific tasks assigned are: examine initiatives the Navy can influence now through policy; identify efforts that will require Department of Defense or congress-

sional approval to plan for conducting long range engagement; and solicit feedback from the fleet on what changes Sailors desire for improved life/work balance.

Creating TFLW was one of several ideas that came out of the Executive Life/Work Integration Summit, where more than 20 Navy flag officers, senior enlisted, and senior Navy civilians met to discuss the characteristics of the nation's changing demographics and the potential impact on Navy service.

"Improving life/work balance means recognizing that our Sailors need and want to maintain diverse interests in addition to their Navy commitment," said Lt. Stephanie Miller, head of women's policy for the Chief of Naval Personnel Diversity Directorate. "We've already taken the first step with the recently updated Pregnancy and Parenthood Instruction. Over the next year, we anticipate being able to implement more programs that will enhance



a healthy life/work balance."

While the membership of TFLW is designed to represent a variety of fleet interests, the group will also be seeking input directly from the fleet. In the coming months, TFLW will take what Navy leadership learned during the summit to the waterfront to brief Sailors and to get their direct feedback. Their thoughts, opinions, and insights will be important to TFLW as future workforce policy is developed and implemented.

As Chief of Naval Personnel Vice Adm. John C. Harvey Jr. said, "TFLW is not looking for the 'easy' button; it's looking for the 'better' button."

For more information on TFLW, refer to NAVADMIN 159/07, <http://www.npc.navy.mil>.

GUANTANAMO BAY

## Gazette

Vol. 64 No. 25

Commanding Officer.....Capt. Mark M. Leary  
 Executive Officer.....Cmdr. Sylvester Moore  
 Acting Command Master Chief.....MACM(SW/AW) Nancy Brewton  
 Acting PAO/LPO.....MC1 Robert Lamb  
 Journalist/ Asst. PAO.....MC1 Igo Wordu  
 Journalist.....MC2(AW) Honey Nixon  
 Journalist/Editor.....MC2 Kimberly Williams

The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at U.S. Naval Station Guantanamo Bay. The contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of U.S. Naval Station Guantanamo Bay. Questions or comments can be directed to the PAO. The Gazette staff can be reached by phone at ext. 4502; fax 4819; by email at [pao@usnbgtdmo.navy.mil](mailto:pao@usnbgtdmo.navy.mil). Get the Gazette online at [www.nsgtmo.navy.mil](http://www.nsgtmo.navy.mil).

# Informed Sailors make better Sailors!

*Editorial by MC1 Robert Lamb, NAVSTA Public Affairs*

The Uniform Matters Office recommends all Sailors familiarize themselves with NAVADMIN 351/06 and be on the lookout for future NAVADMINs that will address the arrival of the new uniforms and associated policies.

All Sailors should take time to read and discuss these NAVADMINs with their leadership. Some questions and answers below should provide some light on the new uniform policies.

What new uniforms has the CNO approved?

Reference: NAVADMIN 351/06. The CNO has approved two uniforms: A single Navy working uniform for wear by all Sailors, E-1 to O-10 — at sea, ashore and across all communities. This BDU-style uniform will feature three color variants: a predominantly blue digital pattern (for the majority of our Navy for shipboard and ashore use) and woodland and desert digital patterns for Sailors serving in geographic locations requiring these uniforms.

The uniform includes an eight-point, soft cover and black, smooth leather boots. Black suede, no-shine boots will be authorized for optional wear for Sailors assigned to non-shipboard duty commands. Boots for the new woodland and desert uniforms will be announced when uniform designs are approved.

The service uniform will be comprised of a short-sleeved, khaki shirt and blouse, black trousers and optional skirt.

Miniature silver anodized metal rank insignia for petty officers will be worn on both collars. This uniform will include a black Eisenhower-style jacket with a knit stand-up collar and epaulets, on which petty officers will wear large silver anodized metal rank insignia. Those entitled to wear gold chevrons will continue to wear gold chevrons as the jacket's large metal rank insignia.

When can I start wearing the new uniforms?

Reference: NAVADMIN 351/06.

The new uniforms will be delivered incrementally to the fleet in 2008 over a 24-month period, starting with large fleet concentration areas first.

The Sailors assigned in those areas will have the opportunity to purchase the new uniforms via the Navy

Exchange Uniform Centers.

When and how will enlisted Sailors receive funds for the new uniforms? Reference: NAVADMIN 351/06 Answer: Enlisted Sailors will receive an increase to their annual Clothing Replacement Allowance during 2008 and 2009 that will allow them to purchase the new uniform requirement prior to the mandatory wear date without additional out of pocket expense.

Drilling Reserve Component Sailors (E-1 through E-9), will receive new uniforms through their Navy Operational Support Commands.

Visit the Uniform Matters and Task Force Uniform website at: <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>

## How much is too much?

*Editorial By MC1 Robert Lamb, NAVSTA Public Affairs*

Celebrating an achievement, toasting a special occasion, relaxing after a bad day, bonding with friends, trying to escape reality. There are plenty of reasons why people drink. For most adults, moderate alcohol use causes few, if any, problems. But for some, any alcohol use may lead to significant health problems or affect the ability to perform optimally at work.

Alcohol abuse is one of three key health issues identified by the Department of Defense (DoD), along with weight management and tobacco cessation. Through

education, awareness and understanding, individuals can make informed decisions about their drinking behaviors.

According to U.S Department of Transportation, National Highway Traffic Safety Administration (NHTSA) projections, 17,941 people died in alcohol-related crashes in 2006, the highest level since 1992 and up 2.4 percent from 17,525 in 2005. Alcohol was involved in 41 percent of all crash fatalities in 2006.

Don't drink and drive!

Phone a Morale, Welfare and Recreation Taxi at 75586.

## Worship Services

### Catholic

Catholic Mass Mon. thru Fri. 6 p.m. (Main Chapel)  
Confession, Mon. thru Fri. 5:15 p.m. (Main Chapel) Sat. 4:15 p.m., Sun. 8:15 a.m.  
Vigil Mass, 5 p.m. (Main Chapel)  
Sunday Mass, 9 a.m. (Main Chapel)  
Eucharistic Adoration, daily 24 hrs.

### Protestant

Sunday School, 9:30 a.m.  
Sunday Services, Main Chapel, 11 a.m.  
Children's Sunday School, 11:30 a.m.  
Gospel Worship Service, 1 p.m.  
Monday  
Prayer Group, 6 p.m. (Fellowship Hall)  
Wednesday  
Men's Fellowship, 6:30 p.m. (Fellowship Hall)  
Gospel Bible Study, 7:30 p.m. (Sanctuary A)  
Thursday  
PWOC - 6:30 p.m. (Fellowship Hall)  
Sunday, Protestant Liturgical Service, 10 a.m. (Sanctuary B)

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)  
Monday, Family Home Evening, 7 p.m. (rm. 8)  
Sunday Sacrament, 9 a.m.

### Filipino Christian Fellowship

(Sanctuary A)  
Sunday Worship, 7 p.m.

### Iglesia Ni Cristo (Sanctuary B)

Bible Study, Thursday, 7 p.m.  
Sunday Worship, 5:30 a.m.

### Pentecostal Gospel Temple

(Sanctuary D)  
Sunday Worship, 8 a.m. & 5 p.m.

### Seventh Day Adventist (Sanctuary B)

Prayer Meeting, Tuesday, 7 p.m.  
Vesper Meeting, Friday, 7 p.m.  
Sabbath School, Saturday, 9:30 a.m.  
Divine Service, Saturday, 11 a.m.  
Bible Study, Saturday, 4:30 p.m.

### Islamic Service (Sanctuary C)

Friday Worship, 1:15 p.m.

### United Jamaican Fellowship

(Bldg. 1036, next to Phoenix Cable)  
Sunday Service, 11 a.m. & 6:30 p.m.

### Shabbat Service

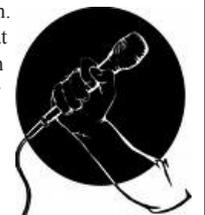
Second Friday of the month, Rm. 11, 7:30p.m.

## Poetry & Art Nites

Looking for poets, singers and artists to perform in the upcoming event to be held every Thursday at Bayview, starting July 5.

Auditions will be held, 6:30 p.m.

July 1 & 3 at the Youth Center gym. FMI call 77718 or 2005 or 75604.



# Go to the library, see the world!

Story by MC2 Kim Williams, NAVSTA Public Affairs

While life here in the 'Pearl of Antillies' is known for its year-round 80 degree plus temperatures, deep-sea diving and absence of traffic jams, GTMO residents still frequently visit other cities and countries around the world.

With so many destinations to choose from, planning a vacation prior to departing can help travelers ease some of the common pains that go along with taking an annual summer 'va-ca'.

So where can GTMO residents turn to indulge in all of the logistics of travel research? The GTMO Community Library.

"We have a number of books on different destinations," said Maxine Becker, community library director, "We have books about everything from

the walks of London to irreverent Chicago, which is off the beaten track from regular Chicago," said Becker.

The library also has reference material for servicemembers amid a PCS move.

These books describe everything from local attractions and family friendly hotels to popular eating establishments and local landmarks.

"If you want to research your next assignment, we have a book for you. We can help you research the culture and community of your next home," said Becker.

There's also something for those travelers who want to stay a little closer to GTMO and are traveling to any destination in the Caribbean.

The library has a user-friendly card

catalog system in which residents can locate a number of books about a specified topic.

There are DVDs and audio books available at the library although travel and destination material in these forms of media are very limited.

The library is open Monday through Saturday from 8-9 p.m. and Sunday from noon until 9 p.m.

In order to check out material from the library you must present a valid form of identification to the staff member at the front desk.

So remember, the next time you are preparing for your next trip off-island, pack your bags, purchase your plane ticket and stop by the community library to check out your destination guide!

## Housing News

The housing staff would like to remind residents to ensure that their homes are hurricane ready. Please secure any loose belongings and stock up on hurricane items prior to departing for vacation.

Please remember to lock your quarters when you are not at home. Your safety is important to us! If you will be leaving the island, please make sure to submit an Absent from Quarters form, indicating the dates of your vacation and name of your appointed overseer.

Yard of the Quarter nominations and judging is performed at the end of June. Participation is highly encouraged.

Shipments of 200 upright mid-size freezers and 260 sets of washers & dryers are arriving soon. Place your name on the waiting list for these items now by sending an email to GTMO Housing at [HousingGTMO@usnbgtno.navy.mil](mailto:HousingGTMO@usnbgtno.navy.mil). Please include your name, address, contact numbers, and item desired. Waiting list placement is determined by the date/time the email request is received, and items will be provided on a first come, first served basis.

Residential locks are being checked to ensure they work with master keys. If they are

*Continued on page 5*

### Going once, going twice —

*Ensign Jeremy Gerrard does his best to encourage more bids during the Hispanic-American Heritage Association (HAHA) annual Bachelor and Bachelorette auction, June 23. The fundraiser raised almost \$1,000 that will go toward the association's annual dinner dance. Winners and their 'dates' will gather June 30 at the Community Center to enjoy movies and refreshments. "HAHA expresses profound gratitude to the handsome and creative auction participants and the GTMO community for their support," said Lupe Beltran, HAHA president.*



Photo by MC2 (AW) Honey Nixon

*Continued from page 1*  
**positive outlet...**

own special meaning and purpose. It is important for our GTMO youth so [that] they can become closer to God and feel comfortable learning about him with their peers.”

VBS also is a chance for children to experience a taste of the Base Chapel’s Sunday-school program and to encourage their participation in year-round Sunday-school activities.

“At VBS, we see three times the number of kids as we do in Sunday school,” said OS1 Robert Hickok. “We want the kids (and parents and volunteers) to know that we have this kind of fun at Sunday school every week.”

For more information about children’s Sunday school programs, contact the Base Chapel at 2323.

*(Right) Margaret Perry, a Vacation Bible School volunteer, leads a group discussion with children using biblical principles.*



# Independence Day word search

We celebrate our national independence July 4. One of the symbols of that independence is our national flag. How well do you know the different parts of the flag and what they represent? As a test of that knowledge, the Gazette staff created a word search with 17 different words relating to the flag.

The words are written horizontally, vertically, backwards and diagonally frontwards and backwards. Can you find them all?

**Band** — the narrow strip of canvas along the edge of the flag that goes

next to the staff. Sometimes called the ‘heading.’

**Canton** — the blue field in the upper left corner of the flag.

**Color** — in the military services, a national flag carried by unmounted units is called a ‘color.’ ‘The Colors’ is used generally in referring to the flag.

**Dip** - to dip a flag is to lower it at salute. Refers to a flag of an organization, state or city. The flag of the United States is never dipped first.

**Ensign** — in the Navy, the national flag is usually spoken of as an

ensign.

**Finial** — the object on the top of a flag pole, generally an arrow, ball or eagle.

**Fly** — the horizontal length of the flag (left to right).

**Fringe** — gold braiding placed along the three edges of the flag away from the pole.

**Grommet** — the eyelet through which the halyard is fastened to the flag.

**Half-staff** — to lower the flag some distance (not necessarily half-way down) from the top of the staff, as a sign of mourning.

**Halyard** — the rope used to raise the flag, also called the hoist rope.

**Hoist** — the depth of the flag (top to bottom); to hoist the flag is to raise it to the top of the staff.

**‘Old Glory’** — refers to the flag of the United States; may have been coined in 1831 when some friends presented Capt. William Driver with a 24-star flag. As the banner opened to the ocean breeze, he exclaimed, ‘Old Glory!’

**Peak** — the highest point to which a flag can be raised.

**Point of Honor** — on the U.S. flag this is the blue field and stars (Union).

**Staff** — flag pole. On a ship it is referred to as a mast.

**Union** — the blue background with white stars, symbolizing the union of the states.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | G | M | A | R | L | N | G | I | S | N | E | K | P | X |
| H | A | C | H | A | L | Y | A | R | D | L | K | J | W | F |
| W | X | N | C | V | B | I | R | M | L | C | S | P | H | L |
| C | G | U | D | R | K | O | S | L | O | V | J | M | P | Y |
| A | F | G | H | S | L | K | B | A | G | J | O | U | M | D |
| N | F | I | P | O | I | N | T | O | F | H | O | N | O | R |
| T | A | K | C | L | E | L | X | M | O | Z | U | I | P | F |
| O | T | M | U | D | Q | B | A | I | E | C | Y | O | X | K |
| N | S | Y | K | G | R | L | S | I | G | X | O | N | P | A |
| Q | F | N | F | L | O | T | A | J | N | V | Y | W | B | E |
| M | L | B | S | O | G | A | D | Y | I | I | Q | M | F | P |
| O | A | J | Y | R | E | I | S | H | R | X | F | P | W | M |
| C | H | X | U | Y | P | E | V | Z | F | F | A | T | S | C |
| X | B | K | F | Q | T | E | M | M | O | R | G | M | P | W |

*Continued from page 4*  
**Housing News**

not compatible, your locks will be changed. Water and electric meters are being installed at all family housing units. These meters will allow utility consumption to be monitored, providing for better financial planning. Be on the lookout for these improvements in your neighborhood. Due to turnover of personnel, neighborhood housing managers will be

changing. We will keep you advised of changes as they occur. In the mean time, please contact Donald Eldridge at 5135 or Terri Jones at 4572 for assistance. If you have Housing questions or concerns, please contact us at 4172/4174 or via email at [HousingGTMO@usnbgtno.navy.mil](mailto:HousingGTMO@usnbgtno.navy.mil). We will route your concerns to the appropriate person for assistance.

# Avoiding heat stress in GTMO

Story by MC2(AW) Honey Nixon, NAVSTA Public Affairs

It's another summer morning in Guantanamo Bay (GTMO). Wiping your brow as you walk to the car it becomes quite evident - it's going to be scorcher. For many GTMO residents this scene is no cause for concern - just another side effect of their location. But then again, its possible they've never been related to one of 200 people nationwide who die each year from heat-related illnesses.

"We are getting to that time of year that we are averaging 95 degrees," said Lt. Clayton Key, industrial hygiene officer for U.S. Naval Hospital Guantanamo Bay, "and that is just dry bulb temperature [not accounting for humidity]. Humidity is an issue because water is the major component of sweat. Heat-transfer is energy in the form of sweat into the atmosphere and if the atmosphere is already saturated with water(humidity), that transfer is not effective."

According to the *safetycompany.com* website, when exposed to severe heat, the body works to maintain a fairly constant internal temperature. The body produces sweat that, when it evaporates, cools the skin. But in extreme conditions, this process doesn't work as nature planned. When muscles are being used for physical labor, less blood is available to flow to the skin and release body heat. The body can't release excess heat, so its core temperature rises and the heart rate increases. As a result, the person starts to lose concentration, has difficulty focusing on tasks and may become sick or irritable. Some may faint or even die if they do not receive immediate care to lower their body temperature.

So what does this mean for residents exercising or working in GTMO's extreme heat and humidity?

"The most important aspects are being aware of your physical condition, hydration, and to be able to recognize humidity levels, said Clayton. "Residents can buy a barometer that has a humidity indicator, and they can also look at the weather flag conditions (located at the base gym, Kittery Beach, the hospital, Marine Hill, Bulkeley hall and Camp America.).

New personnel and their physical training coordinators also need to be aware of how heat stress can impact a good-intentioned, command workout.

"When you get [report] there, you shouldn't go out running right away," warned Clayton. "Give your body time to acclimate to the environment. This is where the responsibility of whoever is supervising the physical training session comes in. They need to keep track of how long and what kind of environments their people are coming from. A person in relatively good physical condition might take approximately three weeks to acclimatize. Leaders need to be aware of their personnel and their physical conditions; what they can endure and not to push them too hard, this may result in heat-related illnesses."

So how does one assess their own unique risk factors for heat-related illnesses?

"Keep in mind that if your physical condition is not what it should be this can directly impact your risk for heat related injuries," advised Clayton. "Know your physical limitations. Be aware of how well you maintain hydration levels. This doesn't mean just drinking water before and after you exercise, but maintaining hydration throughout the day."

Becoming self aware of your habits in the heat means not only knowing yourself, but knowing what habits are downright dangerous.

"You see these people running in sweatsuits, that are impermeable [non-breathable material]," said Clayton in disbelief. "They are not losing body mass, they are losing water. This can shift you into metabolic and electrolyte imbalance. Wear loose clothing that does not trap the sweat you do produce. There are types of synthetic garments that will draw the sweat away from your body. Those are great. Also, you need to watch for black flag conditions, do not exercise if that black flag

is flying."

Clayton also offers some quick tips for winning the battle against heat and humidity:

"For those who are not long term runners, adjust run times to either early in the morning or late evening when the temperature is lower. If you become dizzy, short of breath, and have profuse sweating, adjust your workout routine - these are telltale signs you need to tone it down. Also avoid energy drinks and coffee because they are diuretics. The best thing to drink is water. Eat a balanced diet and don't skip meals. It pretty much just means going back to the basics."



## Ombudsman Corner

### Senora (Sunni) Malone

NAVSTA Ombudsman

Phone - 77957

Pager - 4084-2390

[ur\\_lombuds@yahoo.com](mailto:ur_lombuds@yahoo.com)

### Steve (Retired) Doherty

NAVSTA Ombudsman

Phone - 77239

Pager - 4084-2390

[gtmo\\_ombudsman@aol.com](mailto:gtmo_ombudsman@aol.com)

### Kathy Diaz

USNH Ombudsman

Phone - 7379

Pager - 72090, #018

[kathiuska.m.diaz@gtmo.med.navy.mil](mailto:kathiuska.m.diaz@gtmo.med.navy.mil)

[gtmo.med.navy.mil](mailto:gtmo.med.navy.mil)

### Jennifer Amaio

USNH Ombudsman

Phone - 7379

Pager - 72090, #493

[jennifer.k.amaio@gtmo.med.navy.mil](mailto:jennifer.k.amaio@gtmo.med.navy.mil)

[gtmo.med.navy.mil](mailto:gtmo.med.navy.mil)

### Machele Friend

Navy Expeditionary

Guard Battalion Ombudsman

State-side Liaison

[ladygotshuz@cox.net](mailto:ladygotshuz@cox.net)



# GTMO Shopper

## For Sale

2) Dell Laptop, windows XP Media Center 1G memory, 80 G hard drive wireless, \$750. FMI call 90320 or 2631.

(2) Good condition Black Futon, \$65 OBO. Brown & Beige Sofa & love Seat, \$150 OBO. FMI call 75604 or 77279.

(2) Two white end tables and one white coffee table with glass tops, \$100; Women's giant mountain bike, needs new tire tubes, and brand new adult bike helmet, \$150 OBO; Three wooden countertop shelves, \$15. Tony Lewis Gazelle, \$20 OBO; 5x8 Ikea Carpet, \$50; Various sized planters-all for \$15; FMI call 9779.

(2) Whirlpool Washer/ Dryer, \$50; variety of wall mounted shelving, \$10; Child's Maple desk, \$50; Black TV stand, \$10; Dresser, \$25; Maple Bunk beds w/mattresses and trundle, \$150; Bathroom space savers, \$10 each; garage shelving, \$10; black desk chair, \$10. FMI call 77067.

(2) Plants for sale, two BC's for sale, Men's Large Scuba Pro \$125; Women's small, \$75. FMI call 77569.

(2) DVD Player, \$50. XM SKYfi car radio, \$100. XM Roady Car radio, \$50. FMI call 79407.

(2) New black leather couch and loveseat, \$450 or OBO. FMI call 4410 or 4046.

(1) Two HP Deskjet color printers, \$45 each; 52" Hitachi HDTV, \$900; Hitachi VCR, \$40; rugs, \$20 each, plants, \$30 for all. FMI call 77768 or 9889.

(1) Antique wooden dining table and 6 chairs, \$50; rattan round glass top table w/4 chairs, \$125; entertainment center w/storage on bottom and side, \$75; large plastic dog kennel, \$30. FMI call 77959 or 84717.

(1) Frigidaire Washer & Dryer, very good condition. \$250; Bose 301 Speakers, very good condition. \$225.00. FMI call 75587.

(1) Inside and outside home furniture & furnishings, fridges, electronics, yard & garden items to include ground bricks, plants, tools, etc. FMI call 2016 or 2686.

(1) Deep Outdoors Doubles BC - \$750, 3 Regulators - \$200/each; 1 Sm. BC - \$50; 2 80's Dive tanks - \$100/each, Computer desk - \$40; JVC camcorder - \$125, Sony Clie - \$400, CD Rack - \$15, Punching bag - \$40. FMI call 72625 or 77623.

(1) Washer/Dryer \$100, Freezer \$75, Couch and Love Seat \$75, Beige recliner \$50, Entertainment

Center \$50, Four drawer desk \$75 - OBO, FMI call 77365.

(1) Crib for sale, \$75. FMI call 77201

(1) \$75.00 for the set. FMI call 77419

(1) Kenmore washer and dryer. Good working condition. \$75 for the set. FMI call 77419.

## Vehicles/Boats

(2) 2001 Volvo 60T5, 102K miles, power windows, seats and sun roof. A/C works. \$11,500 OBO. FMI call 77138.

(2) 1994 Buick LaSabre, 4dr, maroon. Auto, A/C, AM/FM cassette, power doors & windows. Under 120,000 miles. Asking \$4500 OBO. FMI call 77939 or 4640.

(2) 1997 GMC pick-up, full-size. Available July 6. FMI call 74844.

(1) 2005 Jeep Wrangler, 6 cylinder, 4x4, black, AC, soft-top, back seat, CD player, aluminum alloy wheels, automatic transmission, only 8,000 miles, clean, 7-year, 70,000 mile warranty, \$17,900. FMI call 79485 or 76230.

(1) 1992 Buick Park Avenue, 4-door, leather interior, climate control, \$3,000. FMI call 77959 or 84717.

(1) 1992 Ford Ranger pickup truck, 4 cylinders, automatic, 80K miles, \$2000. FMI call 77351.

(1) 2004 Suzuki GZ250 with approximately 3,000 miles. Bike is in great condition with original Virginia state title. Included are two bike helmets (one is brand new), tool kit, extra air filter, two keys and an owners manual. \$2,000. FMI call 9874 or 77853.

(1) 2002 VW Golf Candy Apple Red, Dark tinted windows 4 Door, Manual, Like New, \$11,000 OBO. FMI Call 79750.

(1) 24' Pontoon boat with trailer, has new everything: deck with non-skid, HDPE pontoons (rated for 20 years salt water use), 60hp Evinrude E-TEC motor, electronics/gauges and fish finder all for \$12,000, 1995 Grand Caravan \$3,500, 1987 F150 Pickup \$2,000, 1986 Chevy Hatchback \$1,000, Rebuilt 50 hp Evinrude boat motor \$1,800, FMI call 2016, or 2686.

(1) '85 Chevy C20 4/4 - \$1750 16FTV-Hull 40HP Boat - \$1500 FMI call 72625.

(1) 1993 Camery, A/C, leather interior, C/D player, moon roof, fully powered. FMI call 75520.

(1) 1991 Ford Crown Victoria, 58,000 original miles, power locks, windows, A/C Asking \$3,500, 2004 Chevy Venture Van, A/C, Power locks, windows. 18,000 miles. Asking \$12,000 OBO. FMI call 77365.

(1) 1990 Volvo, runs well, AC, \$3200 OBO. FMI call 9756 or 78063.

(1) 1995 Buick Century. Automatic, AC, new tint, runs great. 159k, \$2500 OBO. FMI call 77467.

## Employment

(1) REOPEN: Lockheed Martin is seeking a part time mail clerk, 2 hrs per day/Business hours only. Mon-Fri \$9.00 per hour. No experience necessary, must be at least 18 years old, able to lift 25 lbs, climb 2 flights of stairs, and a US Citizen. FMI call 4592.

(1) HRO has the following opening Management & Program Assistant (OA) GS-0344-06/07, opens June 19, 2007 and closes June 29, 2007. FMI call 4441.

(1) JTF Licensing Clerk/Dispatcher wanted. Will provide all admin support required for licensing and dispatching of JTF-GTMO military, civilian and contractor personnel using government owned/leased vehicles and equipment. 48 hr work week Must be a US citizen, salary depends on experience; JTF transportation Fleet Manager needed. Will provide fleet management support of approximately 500 government owned/leased vehicles and equipment, assigned to JTF-GTMO J4 Transportation. Must have transportation background and be a US citizen. Salary depending on experience. 48 hr work week. FMI call 75790, 7 a.m.-4 p.m. Monday-Saturday.

## Announcements

(2) Male cat, 1 yrs, free to good home. FMI call 77110.

(2) The Guantanamo Bay Community Library will be hosting

their 2007 Summer Reading Program. FMI call 4700

(1) During the Summer, the Teen Center's hours will be: Monday - Thursday - 11 a.m. - 10 p.m.; Friday 11 a.m. - 11:30 p.m. and Saturday, 1 p.m. - 11:30 p.m. FMI 2096.

(1) Interested in honing your conversational Japanese speaking skills? Join me, no cost. FMI call 75830.

(1) To good home one 4 yr old male cat. Very loving and playful. FMI call 77365.

## Lost/Found

(2) Lost: Canon Camera, Friday, June 1, at a party held at the Jamaican trailers. Reward for the return of the camera with memory intact. No questions asked. FMI call 75566 or 72021.

(1) Found: Man's watch. FMI call 77614.

## Wanted

(2) JetSkis. Any year, any make. FMI call 79407.

(1) Part-time babysitter for 2-year-old. Must be CPR certified and available evenings and weekends. FMI call 75826.

## Yard Sales

June 30 - Center Bargo 1172, 6 - 10 a.m.

June 30 & July 1 - Evans Point, 803B, 7a.m.-noon

June 30 - Villimar 2228B, 7:30 - 9:30 a.m.

June 30 - Caribbean Circle 32B, 9 a.m. - noon. Call 75561 for an appointment.



Photo submitted by Terrill Wicks

**Play Ball - The MWR Youth Program hosted several baseball/softball clinics during their sports camp week. The Boys and Girls Club of America and Major League Baseball sponsored the camp.**

# Downtown Lyceum

## Friday, June 29

### ***Fantastic Four***

8 p.m., PG, 89 min.

### ***Lucky You***

10 p.m., PG-13, 124 min.

## Saturday, June 30

### ***Spiderman 3***

8 p.m., PG-13, 140 min.

### ***Hot Fuzz***

10 p.m., R, 121 min.

## Sunday, July 1

### ***Disturbia***

8 p.m., PG-13, 104 min.

## Monday, July 2

### ***Fantastic Four***

8 p.m., PG-13, 89 min.

## Tuesday, July 3

### ***Ocean's 13***

8 p.m., PG-13, 113 min.

## Wednesday, July 4

### ***Next***

8 p.m., R, 112 min.

## Thursday, July 5

### ***Fracture***

8 p.m., R, 112 min.

## FANTASTIC FOUR

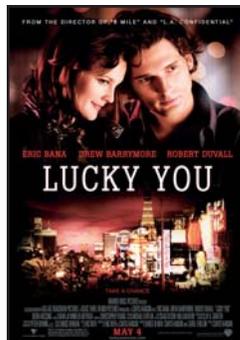


Action Adventure/Comedy/  
Science Fiction/Fantasy  
**PG 89 min**

*Cast: Ioan Grufford, Jessica Alba,  
Chris Evans, Michael  
Chiklis, Julian McMahon*

The enigmatic, intergalactic herald, The Silver Surfer, comes to Earth to prepare it for destruction. As the Silver Surfer races around the globe wreaking havoc, Reed, Sue, Johnny and Ben must unravel the mystery of the Silver Surfer and confront the surprising return of their mortal enemy, Dr. Doom, before all hope is lost.

## LUCKYYOU



Drama/Sports PG13 124 min

*Cast: Eric Bana, Drew  
Barrimore, Debra Messing,  
Robert*

*Duvall, Horatio Sanz*

In the world of high-stakes poker, Huck Cheever is a blaster—a player who goes all out. But in relationships Huck avoids emotional commitments. When he sets out to win the 2003 World Series of Poker and the affections of Billie Offer, one significant obstacle is in his path, his anger for his father.

# MWR Happenings

## Adult/Youth Summer Bowling League

June 23-July 28 every Saturday at 3 p.m. Cost is \$14 per team. FMI Call Nancy at 2118/77147.

## Summer Reading Kick-off

June 29, 2007

3 p.m. to 6 p.m.

At the Community Library

FMI Call 4700.

## Kickball Tournament

June 30, 2007

6 Man Teams Sign Up at Deer Point

Liberty Center

FMI Call 2010.

## 4th of July Fishing

June 29 - July 1

Sign Up Deadline is June 28 at 8 p.m.

FMI Call 2345.

## Independence Day Shoot-out

July 3, 2007

Start Time 7 p.m.

Four Person Teams

FMI Call 2118.

## 4th of July Celebration

July 4

noon Mini Golf Tournament at the Base Gym

1 p.m. Paintball Tournament at Cooper Field

5 p.m. Carnival at Skate Park

7 p.m. Festivities at Bayview/Tiki Bar

9 p.m. Fireworks Display at Bayview/Tiki Bar

9:30 p.m. Performance by Dayami Cruz and Tropical Dreams

## MWR Track & Field

July 7 at 3 p.m.

At the High School Track  
Shot Put, Discus, Individual Races,  
Relays

Races will be divided up by age group.

Sign by June 27 at the Base Gym  
FMI Call 2113 or 84205.