

## 22nd MEU conducts equipment wash down

By MC2 Erica R. Gardner

Marines from Marine Expeditionary Unit 22 (MEU 22), Camp Lejuene, NC aboard the USS Carter Hall (LSD 50), recently stopped at Naval Station Guantanamo Bay, to wash



Photo by MC2 Marie Montez

A 22nd Marine Expeditionary Unit Marine performs environmental wash down on equipment used during Operation Unified Response.

## GTMO vehicles and equipment wash downs environmentally safe

By Naval Station GTMO Public Affairs Office

Marines from Marine Expeditionary Unit 22 (MEU 22), Camp Lejuene, NC aboard the USS Carter Hall (LSD 50), recently stopped at Naval Station Guantanamo Bay, to wash down their vehicles and equipment before returning to the United States.

A wash down is the cleaning of equipment and vehicles before returning them to the United States.

"Ferry Landing Beach is the best lay down location for the number of vehicles involved," said Cmdr. Wendy Halsey, public works officer. "A large space to park and stage the rolling stock that come through is needed."

Halsey also said the location was chosen because of the proximity to the ship, protecting the vehicles from contamination after being certified clean. Environmental controls could have been processed at any site, but Ferry Landing Beach provided the largest available space.

"The only thing that the Naval Station provided during the evolution was the land and water; the MEU brought in everything else, including environmental controls and washing equipment," said Lt. j.g. Jonathan Charfauros, assistant public works officer.

Approximately 50 vehicles and numerous storage containers containing equipment were processed in the wash down procedure. Marines were also able to inspect equipment

down their vehicles and equipment before returning to the United States.

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In support of Operation Unified Response the mission of MEU 22 in Haiti included delivering water and food supplies to distribution stations around many of the hardest hit areas.



Photo by MC2 Marie Montez

22nd MEU Marine performs an environmental washdown on a tactical vehicle and gear and provide maintenance during the wash down.

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# GUANTANAMO BAY GAZETTE

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U.S. Naval Station  
Guantanamo Bay, Cuba

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## Sailor of the Week

**YNSN (SW) NORMAN YU**  
Miami, FL

Naval Station Admin  
Dept.

"The supreme accomplishment is to blur the line between work and play"



## Non-lethal combat training GTMO style

Story By MCC (SW) Bill Mesta

Brig and Security personnel attached to Naval Station Guantanamo Bay, Cuba attended a self defense training to help improve their skills in a three day course that began on March 1st.

The three-day Unarmed Self Defense (USD) training course is an annual requirement for Naval Station GTMO personnel who work at the Navy brig.

The course is taught in the United States, however, in an effort to save the cost of sending GTMO brig and security personnel, petty officer 2nd Class Rafeal Torres of the NAVSTA GTMO Brig was sent to the Kissimmee Florida's Sheriff's department to qualify as an USD instructor.

"Brig personnel would take this course to be able to handle unruly prisoners," Torres said. "We are not training to hurt a prisoner, but to defend ourselves in case of attack."

The USD class provides a skill set called "General Mechanical Advantage Control".



Photo by MCC Bill Mesta

Master at Arms 3rd Class Shantz performs a submission hold on GSM2 Torres during the practical exam

Students are taught holds that focuses on using attackers' momentum against them.

It doesn't matter how strong you are. It is all about having control advantage over your attacker and using their (size) against them."

The goal of teaching the skill set is to get the attacker to the ground, making an arrest with the least amount of injury.

"Using the mechanical advantage control techniques was much more effective than using your own strength," said MA3 Jeff Coffman, NAVSTA GTMO Security department. Coffman was one of the students who attended the course.

Other subjects taught at the course included, training with knife defense; knife disarming; gun retention; out of holster gun retention; hand-to-hand disruption techniques; and baton techniques.

"It was a great course, some of us were a little rusty because we hadn't done the course in a while," said MA3 Nicholas Shantz, NAVSTA GTMO Security department. "The USD course brought back some things we (Master at Arms) need to know for our job."

At the end of the course, each student is required to pass a practical exam, which combines their training with a simulated real-life situation.

"The practical exam was the most challenging aspect of the course," Shantz said. "Everything was full speed, no holds barred. Everybody excelled and nobody gave up. They (continued) moving and successfully used the techniques.

# Guantanamo Bay CLASSIFIEDS

The deadline for classified ads is no later than NOON the Tuesday before publication. Send all classified ads to [pao-classifiedads@usnbgmto.navy.mil](mailto:pao-classifiedads@usnbgmto.navy.mil). If the ad is sent to any other e-mail address, it may not be included in the Guantanamo Bay Gazette. For more information, call 4520 or e-mail [pao@usnbgmto.navy.mil](mailto:pao@usnbgmto.navy.mil). Ads run for two weeks.

PLEASE  
DON'T  
DRINK  
AND  
DRIVE

**OTHER POSITIONS**

**FRONT DESK CLERK POSITIONS AT NAVY GATEWAY INNS & SUITES**

Two full-time positions, six flexible hour positions. Prefer one year front desk hotel experience; must be able to work a flexible schedule to include days, nights, week-ends and holidays. Starting pay range is \$8.50-\$9.50 per hour based on qualifications and experience. Must pass a NACI check. For more information contact Shannon Smith: call 2828 or e-mail [shannon.smith@usnbgmto.navy.mil](mailto:shannon.smith@usnbgmto.navy.mil).

IOM (International Organization for Migration) is looking to fill the following positions:

**Operations Assistant Consultant**

A minimum of 2 years of operational and field experience in the military or in refugee and migration assistance is a plus. Excellent communication and negotiation skills; ability to work under pressure; strong strategic and creative thinking; flexibility and open management style; demonstrated ability in leading multicultural teams and in mentoring and coaching individuals. Thorough knowledge of English and Spanish, both written and spoken is required. Please contact Doraima Alvarez at IOM (74788).

**Teacher and Adult Education Consultant:**

Propose place, dates and time schedules for class subjects to include, but not limited to, English, Mathematics, Basic Computer Skills and Science then teach those classes. Make recommendations for the purchase of supplies needed to facilitate and implement any IOM education related activity. Excellent communication and negotiation skills; ability to work under pressure; strong strategic and creative thinking; flexibility and open management style; demonstrated ability in leading multicultural teams and in mentoring and coaching individuals. Thorough knowledge of English and Spanish, both written and spoken is required. Please

**OPERATIONS ASST. CONSULTANT AT IOM**

Minimum of 2 years of operational and field experience in the military or in refugee and migration assistance is a plus. Excellent communication and negotiation skills; ability to work under pressure; strong strategic and creative thinking; flexibility and open management style; demonstrated ability in leading multicultural teams and in mentoring and coaching individuals. Thorough knowledge of English and Spanish, both written and spoken is required. Please contact Doraima Alvarez at IOM (74788).

## GTMO Jobs

### HUMAN RESOURCES OFFICE POSITIONS (CALL 4441 OR 4209)

- FINANCIAL TECHNICIAN (#FN10-001)**  
Open: 1/25/10  
First Cut-off: 2/8/10  
Close: Open Until Filled
- FINANCIAL TECHNICIAN (#LH10-001)**  
Open: 1/25/10  
First Cut-Off: 2/8/10  
Cut-off every 2 weeks thereafter  
Close: Open Until Filled
- REGISTERED NURSE (#LH10-002)**  
Open: 1/25/10  
First Cut-Off: 2/8/10  
Cut-off every 2 weeks thereafter  
Close: Open Until Filled
- FACILITY MANAGEMENT SPECIALIST (#LH10-006)**  
Open: 1/25/10  
First Cut-Off: 2/8/10  
Cut-off every 2 weeks thereafter  
Close: Open Until Filled
- OCCUPATIONAL HEALTH TECH (#LH10-004)**  
Open: 1/25/10  
First Cut-off: 2/5/10  
Close: Open Until Filled
- PERFORMANCE ASSESSMENT REP (#LH10-007)**  
Open: 1/25/10  
First Cut-off: 2/9/10  
Close: Open Until Filled
- PROCUREMENT TECH (#LH10-008)**  
Open: 1/25/10  
First Cut-off: 2/10/10  
Close: Open Until Filled
- CUSTODIAL WORKER (#FN10-003)**  
Open: 1/25/10  
First Cut-off: 2/8/10  
Close: Open Until Filled
- OCCUPATIONAL HEALTH TECH (#FN10-005)**  
Open: 1/25/10  
First Cut-off: 2/5/10  
Close: Open Until Filled

**FOR SALE**

EZ-Go elec. Golf Cart, with charger, clubs, dlxe mat, bucket of balls and more. \$850 OBO. Call 77381

Heart of pine bedroom suite, \$750. Includes king bed frame, armoire, and three nightstands. FMI, 7-5744.

32" Toshiba TV \$150 call 77501

Heart of pine bedroom suite, \$750. Includes king bed frame, armoire, and three nightstands. FMI, 7-5744.

HP Pavillion DV2500 14.1 "Laptop intel Core Duo 2.2Ghz 64 Bit OS W/Webcam Fingerprint login bluetooth 320G HD 4G Memory windows Vista Ultimate Edition \$600 FMI 75208

**VEHICLES**

1995 Ford Escort/White 4 Door, 4 cylinder, Automatic transmission Very Good condition \$2500 but negotiable For more Info call: 77259 H or 2287 W

1994 Jeep wrangler, mechanically sound, soft top and hard top with full doors, rear seat & stereo, needs minor body work but everything else good. First \$5,000 takes it. Call Mike at 2596 or 77982

2004 Suzuki GZ250 motorcycle Runs great! Low mileage. But needs new battery. Need to sell... \$2,800 OBO. Call 79373 Daytime or 3587 after 6pm Email: [navygirljanelle@aol.com](mailto:navygirljanelle@aol.com)

1999 GMC Sonoma 2 1/2 doors with rear jump seat 4 new tires, cooling system and Cold A/C Runs great! Need to sell... Leaving next month \$4,000 OBO. Call 79373 Daytime or 3587 after 6pm Email: [navygirljanelle@aol.com](mailto:navygirljanelle@aol.com)

1994 Toyota Tercel Maroon, 5 Speed, A/C, CD Player, Tinted Windows, Runs Great! \$2800 OBO Call 79023

'91 Aerostar Ford Auto-

matic \$2000 OBO. (W) 2744/ 2457 (H) 75824 \*\*\*\*\*

84 Toyota Camry \$1800 OBO. (W) 72610 or 2459

**BOATS**

\*17' MFG Sprint 170 w/2003 90hp Johnson Ocean Pro engine. \$2,200. Call 77137.\*

**YARD SALES**

Big Moving Sale March 6 CC1B

Yard Sale March 7 VL 35 A 9 to 12

Yard Sale March 6 CC27B 7 to 11

USING YOUR  
SPRINKLERS  
IS  
PROHIBITED

SMOKING IS  
NOT AUTHORIZED  
IN ANY  
GTMO  
MOVIE  
THEATER

Burns and Roe Leaders League will be having a Food Sale (Pancit, Lumpia, etc.) on Sunday, March 7 at the NEX Atrium from 9am-12noon. This is a fundraising for this year's Philippine Independence Day Celebration. FMI Jhoanne 3126/Tek 2404"

## GTMO MOVIE IN REVIEW: "BOOK OF ELI"

Review by Robert Sanders  
**BOOK OF ELI**

Having been disappointed by many of Denzel Washington's recent movies, "Book of Eli" came as a pleasant surprise. The rustic style of filming, with limited usage of vibrant colors, only enhanced the feel of a post-apocalyptic world. Not typically a fan of the "one man stands alone" films, I found myself able to relate to and feel with the protagonist. His drive and direction was simple and precise, which only aided the viewer in accepting his actions. The introduction of "good vs. evil", however subtle, developed a very humanistic conflict

within our lead role. Though the perceived message of the movie is one of religion, it did not overtake the storyline, like so many similar films allow. Having given enough praise, I will say that most of the character interaction seemed robotic, void of emotion and realistic connection. For it's stunning imagery, intrinsic meaning, and charmingly clever plot twists; I'm giving this film 3.5 of 5 Iguanas.



NAVY FEDERAL CREDIT UNION WILL  
BE CLOSED ON MARCH 18-19  
DUE TO CONSTRUCTION

# Students celebrate Dr. Suess' birthday through reading

By MC2 Erica R. Gardner

Students at W.T.Sampson Elementary School spent the morning hours transforming the school into the world as Dr. Suess saw things by celebrating his books and learning about the importance of reading here Mar. 2.

"The students are ready to learn and are excited to read," said Dr. Kathy Einhorn, W.T. Sampson's Elementary and High School principal.

Students participated in numerous reading-related activities during the nationally recognized Read Across America program. The program, sponsored by the Education Association, is an annual reading motivation and awareness program that calls for children to celebrate reading on or around Dr. Suess's birthday.

The reading theme this year is



Dr. Kathy Einhorn, W.T. Sampson's Elementary and High School principal holds cake with the Grinch and Dr. Suess characters.

"Grab your hat and read with the cat!" Activities began with a costume parade in the school lyceum, followed by book readings by local residents. Green eggs and ham were prepared by members of the National and Junior Honor Society of the high school.

Adam Moore, W.T. Sampson high school teacher and six students came into a classroom set aside for storytelling, with the ingredients to bring the popular book by Dr. Suess, Green Eggs and Ham to life. The ham

was diced and pan fried while the eggs were scrambled and green.

The elementary school faculty dressed in Dr. Suess character's and hats, greeting the children as they arrived to school by bus. The walls and windows around the school were decorated with character drawings by the students, reading is fun posters and posters of famous people encouraging everyone to read.

"If parents would read to their children 15 minutes a night, the literacy rate would decrease," said Taylor Edwards, reading specialist and host of Read Across America for Sampson. "We are happy to have the military here to help with the program; it means so much to the children."

A large cake with a picture of the Cat in the Hat, provided by the Parent Teacher Organization, was presented to the kids and served for lunch.

**VA Representative at FFSC**  
**March 10, 11, 12**  
**Wednesday, Thursday, Friday**  
**0730-1600**  
**Call 4141/4153**

# Let's Talk: Take Responsibility for your Health

## Naval Hospital Celebrates National Safety week

By MC2 Erica R. Gardner

The U.S. Naval Hospital Guantanamo Bay and other military hospitals worldwide is supporting the National Patient Safety Foundation's (NPSF) National Patient Safety Week, March 7 - 13 to provide information and answer questions patients may have regarding their medical experiences.

The theme this year is "Let's Talk: Healthy Conversations for Safer Healthcare," which highlights the need for patients and their medical professionals to understand each other.

Understanding medicine labels, informing the doctor of all medicines consumed and verifying patient identity are all categories of education that protect the patient and the doctor according to NPSF research.

"The education of all patients is important so that they know exactly what is going to happen to them for any reason they are seen by the doctor," said Edwin Hanson, patient safety manager, U.S. Naval Hospital Guantanamo Bay. "Patient safety begins with the patient."

Hanson and the other patient safety representatives will be available at the hospital's quarterdeck on Monday, Wednesday and Friday from 9am-11am and

1pm-3pm to answer questions and provide educational information.

Some of the topics of discussion are: the importance of identity, reviewing labels on laboratory and pathology specimens and why patients are questioned about the type of surgery they are scheduled for.

The representatives want each patient to arm themselves with the education to make sure they received safe health care by speaking up during doctor visits and asking questions of their doctor or nurse.

The NPSF has been pursuing the mission of improving the safety of the healthcare system for the patients and their family since 1997 when it was established by the American Medical Association (AMA) and the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

"The prevention of common hospital errors and how to prevent them are things we intend to help patients with," said Hanson. "We are here to assist the patient in every step of their medical visit."

*Crafter's Delight*

Crafters from all over Guantanamo Bay's community gathered for their quarterly Craft fair on Feb 28 on the patio of the Bayview Room.

Crafter's expressed their talents through several different mediums. The works on sale included pottery sculptures and pots, photography of the local scenic sites, specialized sea glass jewelry, murano glass jewelry and cookbooks with recipes of authentic Cuban cuisine.

The Morale Welfare and Recreation (MWR) Marketing Manager organizes the craft fair for the community.

**Patient Safety Awareness Week**  
**7-13 March**  
**A Patient Safety Representative will be available at the Hospital Quarter Deck from 0900-1100 and 1300-1500 for questions and more information.**

# Chaplain's Corner

## Solid Footing

Do you like to hike? I love hiking and I have done so along the Appalachian Trail, in the Grand Tetons, up Mount Rainier, all over Maine, and the woods behind my parent's house in Massachusetts. One thing every hiker knows is that you must step carefully; one wrong step can lead you into a lot of trouble. One time, I was hiking along the edge of the ocean in Arcadia National Park. As I came down a steep part of the trail, the bottom fell out and I went sprawling flat on my face. When I got up from my tumble, I was at the base where the footing was solid. The fall left me bruised and battered. Many of us have gone through this in our spiritual lives, especially when we are walking along in faith and all of a sudden hit a rough patch where we go flat on our faces and feel God has abandoned us. Yet in truth He is here for us to lift us



**Lt. j.g. Douglas Holmes**  
**NAVSTA Chaplain**

back up. It is in his Word. In *Psalm 40:2* David says, "He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand."

## NAVSTA Celebrates Supply Corps 215 years old

Rear Admiral Michael J. Lynden, commander, Naval Supply Systems Command and other members of the Supply Corps celebrated its 215th birthday at the Gold Hill Galley, at Guantanamo Bay Cuba, Feb 23.

The mission of the Supply Corps is to provide sustained logistics capabilities to the navy and Joint Warfighter.

"Be proud of who you are and where you fall within the supply family," said Lynden to the supply officers, enlisted and their family members who attended the celebration. "Remember, people respect you for what you do."

The Supply Corps is one of the oldest staff corps in the U.S. Navy and has the official motto "Ready for Sea" – reflecting the Supply Corps' longstanding role in sustaining warfighting.

In his birthday message to the Supply Corps, Lynden stated, "Today, we are aligned with operational commanders in every theater. Across Afghanistan, Iraq, and the Horn of Africa, our officers are performing brilliantly in a myriad of roles in support of Navy and Joint forces. In Iraq, we continue to play key roles rebuilding infrastructure, developing transportation

networks, and stimulating growth and stability in the Iraqi economy. And as the U.S. forces increase their footprint in Afghanistan, Navy Supply Officers can be found supporting missions across the country. Our reputation remains second to none and the demand for our talent has never been greater."



Naval Station Supply Corps celebrates 215th birthday. The supply corps is one of the oldest staff corps in the United States Navy.

**Calling all Volunteers!**



**Benefits:**

- \*Watching children grow and develop through sport
- \*Supporting the GTMO community
- \*Providing the chance for children to be active and have FUN!

**Coaches are needed for the upcoming Youth Baseball Season (T-Ball, Coach Pitch, and Youth Pitch) Season runs 24 April to 08 June**

**Requirements:**

- \*Enjoy working with children
- \*Have basic knowledge of the game of Baseball
- \*Be able to attend all meetings and trainings

FMI, contact Christopher McKnight, Youth Sports Coordinator at x75294

## Religious Services

### Base Chapel

#### CATHOLIC

**Daily Catholic Mass**  
Mon.- Fri. 5:30 p.m. (Main Chapel)  
**Vigil Mass**  
Sat. 5 p.m. (Main Chapel)  
**Mass**  
Sunday 9 a.m. (Main Chapel)

#### PROTESTANT

**Seventh Day Adventist Service**  
Sat. 11 a.m. (Room B)  
**Iglesia Ni Cristo**  
Sun. 5:30 a.m. (Room A)  
**Pentecostal Gospel Temple**  
Sun. 8 a.m. (Room D)  
**LDS Service**  
Sun. 10 a.m. (Room A)  
**Liturgical Service**  
Sun. 10 a.m. (Room B)  
**General Protestant Service**  
Sun. 11 a.m. (Main Chapel)  
**United Jamaican Fellowship**  
Sun. 11 a.m. (Bldg. 1036)  
**Gospel Service**  
Sun. 1 p.m. (Main Chapel)  
**LORIMI Gospel Service**  
Sun. 1 p.m. (Room D)  
**GTMO Bay Christian Fellowship**  
Sun. 6 p.m. (Main Chapel)  
**GTMO Christian Fellowship**  
Sun. 8 p.m. (Main Chapel)

#### FRIDAY SERVICES

**Islamic Service**  
1:15 p.m. (Room C)  
**Jewish Service**  
7 p.m. (FMI call 2628)

### JTF Trooper's Chapel

#### CATHOLIC SERVICES

**Spanish Mass**  
Wed. 11 a.m.  
**Vigil Mass**  
Sat. 6:30 p.m. (PPI Chapel)  
**Sunday Mass**  
Sun. 7:30 a.m.

## Guantanamo Bay Ombudsmen

*NAVSTA Ombudsman*  
Connie Schiltz  
Call 84792 or 78519

*NEGB Ombudsman*  
Marjorie True  
(757) 705-3538  
NEGBombudsman@yahoo.com

*U.S. Naval Hospital Ombudsman*  
Jennifer Mangum  
Call 5048

# Women serving in Navy continue reaching milestones

Story By Mr. Terence Peck, Naval Station Guantanamo Bay, Cuba Public Affairs Office

Women throughout the United States will be recognized for their many achievements and contributions to the nation and world during Women's History Month in March.

The recognition began nationally when Congress passed Public Law 97-28, authorizing the week beginning Mar. 7, 1982 as Women's History Week. In 1987, Congress extended the celebration to one month and renamed it.

This year's national theme, "Writing Women Back into History," pays tribute to military and civilian women serving in the Navy.

Throughout the U.S. Navy's 234 years' of history, its female sailors have steadily integrated into jobs that were once opened only to males.

The integration continues as Secretary of Defense Robert M. Gates recently submitted a letter to Congress informing them that he intends to repeal the ban barring women from serving aboard submarines.

The authorization allowing women to work aboard submarines comes 32 years after the Navy began the Women in Navy Ships program which permitted them the opportunity to serve on all types of ships, with the exception of submarines.

It is expected that the first female officers could report to submarines in 2011.

With the repeal of the ban, female sailors add another milestone to their history of integration in the Navy.

"This is something the CNO and I have been working on since I came into office," said Secretary Ray Mabus, Secretary of the Navy. "I believe women should have every opportunity to serve at sea, and that includes aboard submarines."

The first official record of women at sea is from a U.S. warship log showing women serving as contract nurses for the War of 1812.

On July 20, 1942, during War World II, the Seventh Congress of the United States passed a Public Law allowing women to enlist in the Navy Reserve, "To expedite the war effort by releasing officers and men for duty at sea and their replacement by women in the shore establishment of the Navy, and for

other purposes."

After President Franklin D. Roosevelt signed the law, the Women Accepted for Volunteer Emergency Service was established.

In establishing the WAVES, the first female commissioned officer was sworn in and made its director. The WAVES performed jobs in fields such as aviation, secretarial, medical, communication, legal, intelligence, science and technology.

On June 12, 1948, President Harry Truman signed Public Law 625, the "Women's Armed Services Integration Act", which approved regular and reserve component status for women in the military and disbanded the WAVES.

In 1972, Capt. Alene Duerk, was spot promoted to flag rank, becoming the first female flag officer.

Today, there are 25 female flag officers in the Navy. The highest-ranking woman in the Navy is Vice Adm. Ann Rondeau, who currently serves as the President at the National Defense University in Washington, D.C.

In October 1978, the Navy began the Women in Navy Ships program which allowed women the opportunity to serve on all types of ships except submarines.

During Fiscal Year 1979, 55 officers and 375 enlisted women were assigned to 21 ships in both the Atlantic and Pacific fleets. The USS Vulcan (AR-5) was the first U.S. Navy ship, other than hospital ships, on which women were deployed and had among its crew 3 female officers and 65 female enlisted.

Throughout the Navy today, women are serving as Command Master Chiefs and Command Senior Chiefs onboard ships, squadrons and shore duty. There are 59, female active duty and 14 reserve Sailors who currently wear the rate of Command Master Chief.

In 1993, Congress repealed the combat exclusion law that prevented women from serving on combatant ships.

Today, female sailors serve alongside their male shipmates in thousands of billets previously closed to them.

"Our female sailors are smart, bright and over the last twenty years in my career, have become much more of an integral portion of the

day-to-day operations," said Rear Adm. Patricia Wolfe, commander, Task Force 48, Guantanamo Bay Cuba.

At Naval Station Guantanamo Bay Cuba, female sailors are helping to provide support to the earthquake stricken country of Haiti.

When Haiti was struck by a 7.0-magnitude earthquake on Jan. 12, the day-to-day operations at Naval Station Guantanamo Bay Cuba increased as the base was designated a logistics hub for Operation Unified Response's relief effort.

As commander of the task force, which stood up on Jan. 17, Wolfe coordinates the logistical flow of relief supplies into Haiti and to the joint sea base operating off the coast. The command provides logistics support to USAID, the United Nations and all military and multinational services supporting Operation Unified Response.

More than 100 personnel from Carrier Strike Group 2, Norfolk, Va. and Navy Expeditionary Logistics Support Group, Williamsburg, Va., comprise the task force.

Port Operations, led by its department head, Lt. Cmdr. Lareava Meschino, is one of the Naval Station's key departments enabling the efficient flow of relief supplies to Haiti.

The department provides logistic sea support to U.S. and allied ships that arrive to the Naval Station ports, ensuring that they are refueled and supplied. In addition, they provide water transportation of personnel and equipment across the Leeward and Windward sides of the bay.

As the only female lieutenant commander Deck Limited Duty Officer in her field, Meschino believes the Navy has evolved past choosing a person for the job based on gender.

"I think they choose the best person regardless of gender," she said. "I think it has absolutely everything to do with that person's motivation or desire to do well, because it is in your nature at a certain point."

As hundreds of personnel arrived to the Naval Station in support of Operation Unified Response, many of them needed legal assistance. The two-person manned Naval Legal Service Office, Southeast



Photo by MCC(SW) Bill Mesta

Lt. Andrea Ragusa, Rear Adm. Patricia Wolf, Lt. Cmdr. Lareva Mechinino and LN2 Sarah Kelley Alston all represent the proud history of female service members serving in the Navy

Detachment assisted over five deployed units with notaries, powers of attorney and wills, enabling service members to fully concentrate on their missions.

For Legalman 2nd Class Sarah Kelly-Alston, a paralegal with Navy Legal Services Office, the changes the Navy has made to integrate women is motivating.

"It is incredible to witness the change the Navy has gone through over these last twenty years integrating women," said Kelly-Alston. "It is empowering to see female admirals, CO's and officers who are doing the same

thing their male counterparts are doing. As someone who has been in only three years, it shows to me the possibilities for females in the Navy are endless."

In support of Operation Unified Response, Lt. Andrea Ragusa, a pilot attached to Helicopter Mine Countermeasures Squadron 15 (HM-15) completed over 580 flight hours transporting 1,835 passengers and 795 tons of water, food and medical supplies to Haiti.

In addition to being a pilot, Ragusa is a Weapons and Tactics instructor and the detachment's Operations Officer.

"I make sure that all pilots and aircrews are maintaining currency requirements, that annual Naval Air Training and Operating Procedures Standardization (NATOPS) checks are being conducted and that we maximize the training potential for our junior pilots.

Ragusa believes the Navy has opened many doors for women.

"I think the Navy is taking strides to make the Navy, as a career, more appealing," she said. "I feel that all avenues are open to me and that there are no boundaries in my career at this time."

# MWR happenings



## DOWNTOWN LYCEUM

FRIDAY MAR 5<sup>TH</sup> – 1900

**LOVELY BONES**

PG13 (135 MIN)

FRIDAY MAR 5<sup>TH</sup> – 2100

**INVICTUS**

PG13 (133 MIN)(LAST SHOWING)

SATURDAY MAR 6<sup>TH</sup> – 1900

**UP IN THE AIR**

R (109 MIN)

SATURDAY MAR 6<sup>TH</sup> – 2100

**YOUTH IN REVOLT**

R (90 MIN)

SUNDAY MAR 7<sup>TH</sup> – 1900

**DAY BREAKERS**

R (98MIN)

MONDAY MAR 8<sup>TH</sup> – 1900

**LEAP YEAR**

PG (100MIN)

TUESDAY MAR 9<sup>TH</sup> – 1900

**PERCY JACKSON & THE OLYMPIANS**

PG (120 MIN)

WEDNESDAY MAR 10<sup>TH</sup> – 1900

**VALENTINE'S DAY**

PG13 (117 MIN)

THURSDAY MAR 11<sup>TH</sup> – 1900

**PRECIOUS**

R (109 MIN)

## FERRY/UB SCHEDULE

UPDATED 07 March 2010

Monday Thru Saturday			Sunday & HOLIDAYS		
DEPARTING	TIME	CRAFT	DEPARTING	TIME	CRAFT
WINDWARD	0630	FERRY	WINDWARD	0730	FERRY
LEEWARD	0700	FERRY	LEEWARD	0800	FERRY
WINDWARD	0730	FERRY	WINDWARD	0930	FERRY
LEEWARD	0800	FERRY	LEEWARD	1000	FERRY
WINDWARD	0930	FERRY	WINDWARD	1130	FERRY
LEEWARD	1000	FERRY	LEEWARD	1200	FERRY
WINDWARD	1030	FERRY	WINDWARD	1330	FERRY
LEEWARD	1100	FERRY	LEEWARD	1400	FERRY
WINDWARD	1130	FERRY	WINDWARD	1530	UB
LEEWARD	1200	FERRY	LEEWARD	1600	UB
WINDWARD	1230	FERRY	WINDWARD	1730	UB
LEEWARD	1300	FERRY	LEEWARD	1800	UB
WINDWARD	1330	FERRY	WINDWARD	1830	UB
LEEWARD	1400	FERRY	LEEWARD	1900	UB
WINDWARD	1530	FERRY	WINDWARD	2000	UB
LEEWARD	1600	FERRY	LEEWARD	2030	UB
WINDWARD	1630	FERRY	WINDWARD	2230	UB
LEEWARD	1700	FERRY	LEEWARD	2300	UB
WINDWARD	1730	UB	PHONE NUMBERS		
LEEWARD	1800	UB	Windward Landing	5945	
WINDWARD	1830	UB	Leeward Landing	6902	
LEEWARD	1900	UB	Florida Coastal	74106	
WINDWARD	1930	UB	Air Sunshine	74915	
LEEWARD	2000	UB	Port Services	4898	
WINDWARD	2030	UB	MWR Marina	2345	
LEEWARD	2100	UB	Base Security	4105	
WINDWARD	2130	UB	Emergency	911	
LEEWARD	2200	UB			
WINDWARD	2230	UB			
LEEWARD	2300	UB			
WINDWARD	2330	UB	Fridays and Saturdays Only		
LEEWARD	0000	UB	Fridays and Saturdays Only		
WINDWARD	0030	UB	Fridays and Saturdays Only		
LEEWARD	0045	UB	Fridays and Saturdays Only		

## NOTICE: EMERGENCY POWER OUTAGE

Burns & Roe has requested and I approved an emergency power outage for Wednesday, March 6 -7 basewide to replace a severely damaged utility pole.

The pole number is C7-133 located on Kittery Beach Rd. at the golf course. The golf course, cart barn and the PWD plant nursery will be the only affected customers and the duration of the outage is estimated at 5 hours. The golf course attendant is aware of this outage.

CHIEF PETTY OFFICER'S BIRTHDAY TRIATHLON  
03 APRIL 2010

WHERE: WINDMILL BEACH  
WHEN: 03 APRIL 2010  
SHOW TIME: 0630  
INDIVIDUAL OR TEAM PARTICIPATION  
COST: \$15.00 PER PARTICIPANT OR \$45.00 PER 3 PERSON TEAM (1 SWIMMER, 1 BIKER AND 1 RUNNER)  
REGISTRATION @ THE POST OFFICE DURING NORMAL WORKING HOURS OR @ THE NEX ATRIUM SATURDAY'S FROM 0900 TO 1100  
COURSE:  
- 250 YARD OPEN WATER SWIM @ WINDMILL BEACH  
- 10 MILE BIKE FROM WINDMILL BEACH TO THE WINDJAMMER CLUB PARKING LOT AND BACK TO WINDMILL BEACH. CENTRAL MAG RD TO KITTEERY BEACH ROAD PASS THE GOLF COURSE LEFT @ RECREATION RD TO THE WINDJAMMER PARKING LOT & RETURN TO WINDMILL BEACH  
- 3 MILE RUN FROM WINDMILL BEACH TO MAG 52 ON THE CENTRAL MAG RD AND BACK TO WINDMILL BEACH  
AWARDS: 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> PLACE INDIVIDUAL FINISHERS  
1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> PLACE TEAM FINISHERS  
ALL PARTICIPANTS RECEIVE A COMMEMORATIVE CPO BIRTHDAY WORK OUT TOWEL  
PROCEEDS SUPPORT THE CPOA HIGH SCHOOL SCHOLARSHIP AWARD  
FMI CONTACT NDC/HAJ/UX @ 4444

# MWR SPORTS STANDINGS

## WINTER SOFTBALL

TEAM	WINS	LOSSES
GTMO Crush	12	2
GTMO Intensity	12	2
Puddle Pirates	10	4
GTMO Latinos	8	6
Cobra Kai	8	6
GTMO Pulse	9	5
NAVSTA	7	7
JDG Predators	7	7
115th Outlaws	5	9
JTF Ving	3	11
GTMO Ten	2	12
Magnolia Militia	1	13

## CAPTAIN'S CUP BASKETBALL

TEAM	WINS	LOSSES
JJMG	11	1
JTF VING	11	1
THE ALLIANCE	10	2
NEGB SPARTANS	9	3
J4 COUGARS	8	4
Docs	7	5
PINOY SOLJAH	6	6
MSST	5	7
115TH SHARKBITERS	5	7
W.T. SAMPSON PIRATES	3	9
NEGB TENSORS	2	10
NEGB CAMP 6	1	11
525 GETUM GURLZ	0	12

## CONCH SEASON IS CLOSED

ENVIRONMENTAL REMINDER:

## CONCH SEASON IS CLOSED MARCH, APRIL, & MAY



TAKING STARFISH IS PROHIBITED AT ALL TIMES  
REPORT VIOLATIONS AT 4105 OR VHS CHANNEL 12

