

## MUSE Team provides power to GTMO

by Mass Communication Specialist 2nd Class Erica R. Gardner

Mobile Utilities Support Equipment (MUSE) technicians of Port Hueneme, Calif., deployed recently to Naval Station Guantanamo Bay (GTMO), where they will augment MUSE equipment to the base power plant to meet the needs of Public Works while annual power generation maintenance is performed.

"We were contacted in January to help with the power supply for the residents of Guantanamo Bay," said Construction Electrician 1st Class Tim Duvall, Mobile Utilities Support Equipment, of Port Hueneme, Calif. "We have been asked to assist in these types of situations many times."

Tim is one of six Seabee MUSE technicians deployed to the base, tasked to provide additional power support to the base during the maintenance of current power generators and conduct annual routine inspections on five 1500kW existing MUSE generators that have supported the base for years. These generators make up a third of the current generators the base is operated by.

The team has installed four generators on the base during the past eight weeks, preparing to supplement the base power plant. This time of the year is usually the lowest load season on the

**see MUSE, pg 2**



Mobile Utilities Support Equipment (MUSE) technicians of Port Hueneme, Calif installed diesel generators at Naval Station Guantanamo Bay, Cuba. The generators were installed as a planned maintenance project on the power plant. The generators will augment the Naval Station's electrical grid while the maintenance is performed.

## GTMO Welcomes New CMC

By MCC(SW) Bill Mesta,  
Naval Station Guantanamo, Cuba Public Affairs

On Mar. 26 Naval Station Guantanamo Bay, Cuba welcomed aboard its new Command Master Chief (CMC). CMDCM(SW/EXW/AW) J. D. McKinney III relieved CMDCM(SW/AW) Keith Carlson as the Naval Station's CMC.

A Command Master Chief Petty Officer (CMDCM) is the most senior enlisted sailor in a United States Navy command. "The Command Master Chief is the eyes and ears for the CO of what's going on in the enlisted community, as well as their moral and welfare of sailors and their families and their quality of life issues," said McKinney,

CMC McKinney has been in the Navy for 28 years. He is reporting to NAVSTA GTMO from Naval Station Ingleside, Texas where he served as the installation Command Master Chief for 4 years. McKinney came into the Navy as a Hull Maintenance Technician in 1982, and later converted to a Damage Controlman in 1987.

McKinney has served on Carrier USS Saratoga (CV 60), USS Independence (CV 62), USS Boone (FFG 28), Pre-commissioning Unit Gonzalez (DDG 66), and Recruit Division Commander at Great Lakes Recruit Training Command. McKinney was also forward deployed at Yokosuka, Japan, and performed duties as a chemical defense instructor attached to Naval Construction Center Detachment, Fort McClellan.

McKinney became a Command Master Chief in 2000. His first tour as CMC was onboard the USS Oscar Austin (DDG 79). McKinney said, "We got to deploy her for the first time as part of the USS Harry S. Truman (CVN 75) battle group as part of Iraqi Freedom." McKinney also served as Command Master Chief onboard the USS Klakring (FFG 42) and Camp Lemonnier in Djibouti, Africa.

"I feel that it is every service member's duty to come to work ready to serve their unit and their country," said McKinney. "When they are off duty, it is very important that they take care of themselves, take care of their family, take care of their personal lives so that they are able to come to work ready to serve their unit and their country." McKinney went on to say, "I am a firm believer that if sailors take care of the small things the big issues takes care of themselves."

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# GUANTANAMO BAY GAZETTE

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U.S. Naval Station  
Guantanamo Bay, Cuba

NAVSTA COMMANDING OFFICER  
Capt. Steven H. Blaisdell

NAVSTA EXECUTIVE OFFICER  
Cmdr. William Rabchenia

NAVSTA COMMAND MASTER CHIEF  
CMDMCM(SW/AW)  
Keith Carlson

NAVSTA PUBLIC AFFAIRS OFFICER  
Mr. Terence Peck

LEADING CHIEF PETTY OFFICER  
PUBLIC AFFAIRS OFFICE  
MCC(SW) Bill Mesta

GAZETTE EDITOR  
MC2 Marie Montez

PHOTO JOURNALIST  
MC2 Erica R. Gardner

Contact the Public Affairs Office by  
calling 4520/4623 or by e-mailing  
[PAO@usnbgmto.navy.mil](mailto:PAO@usnbgmto.navy.mil).

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## Sailor of the Week

### YNSA Emanuel Duncan

Detroit, MI.

NAVSTA GTMO  
ADMIN DEPT

"In chaos lies opportunity"



photo by MC2 Marie Montez

### MUSE, from pg 1

plant, maintenance was already scheduled. Due to the recent increase in activity aboard GTMO (for missions such as Operation Unified Response Haiti), MUSE gear will maintain reliable power generation during the planned maintenance shutdowns. The MUSE team is currently installing, testing and calibrating the generators for the power grid, ensuring no shortage in power generation will exist.

MUSE personnel have more than 16 months of specialized power generation training in addition to their Seabee construction rate core training. MUSE has a \$200 million inventory, with power generation, transformation, and steam generating equipment to support worldwide Navy and Dept. of Defense utility shortfalls and emergencies.

"Wherever we deploy, we train the local electricians of the base on the basic mechanics of the power plants," said Duvall. "If there are ever any issues they cannot correct, we will be there to assist them."



photo by MCC Bill Mesta

On Mar. 26 NAVSTA GTMO welcomed aboard its new CMC (CMDMCM(SW/EXW/AW) J. D. McKinney.

### CMC, from pg 1

McKinney arrived at the Naval Station on Mar 23. "I see a great organization," said McKinney, "we are making significant contributions to the U.S. Navy's Global Force for Good. I am proud to say that I am going to be a part of that."

McKinney's wife Charla, 8 year old John and 9 year old Harley will be joining him for his 2.5 year tour once the school year is complete.

**OPENLINE: Your weekly  
Captain's Call  
Hosted by base officials LIVE every  
Tuesday at 1200 on FM 103.1, 102.1  
and AM 1340**

**E-mail your questions to: [OPENLINE@  
usnbgmto.navy.mil](mailto:OPENLINE@usnbgmto.navy.mil)  
OR  
[PAO@usnbgmto.navy.mil](mailto:PAO@usnbgmto.navy.mil)  
Phone: 2300**

# 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.

## FOR SALE

Piano, Upright (real, not electric) Kawai, black lacquer, good condition, worth \$3K, asking \$900. FMI Janelle x74233

Water Toys- Pull tubes, knee board, water skis, \$100 for everything. Artificial Houseplant, 6-foot tree, \$20. Paul x74233

Spear guns for sale, 1-JBL Sawn-Off Magnum Woody \$214 new and 1-53" JBL Magnum Aluminum \$211 new, make me an offer for either or both, contact no. 84700  
46" Sony TV w/ heavy-duty wallmount - \$800 Mike - (H) 77650 (W) 4862

Omer T20 Millennium 130cm spear gun w/reel. Excellent condition, with 4 month old bands-\$160. Large stainless steel fish stringer-\$15. Lobster tickler, net and gloves-\$8. Email Kenny at [mllooter@hotmail.com](mailto:mllooter@hotmail.com) or call 78438.

Must sell the following dive gear: XL Scubapro BC - \$250 2 sets of fins: 1 size L, 1 size S \$10 each Dive booties: Size 6 \$10 Mask - \$103 63 cubic inch tanks - all with recent VIP, filled with air - \$75 each Bag weights (for integrated BC) various sizes from 1 lb to 4 lbs - entire group: \$35 Will sell ALL gear for \$325! Items separately priced total \$550 Contact Vicki @ 4200(work), 77091(home) OR Vicki.laidlaw.ctr@usnbgmto.navy.mil

HP Pavilion P4 2.3GHz 512 RAM, 40 GB H.D Win XP Pro, Office 2003, DVD-CDRW Wireless, Altec Lansing Sound Call 75864

Sony Vaio CS-110E 14.1" Intel Core 2 Duo 3gb Ram 250gb HD built-in cam Vista \$800 Xbox Console 1 controller 12 games (NBA, Starwars 3, etc.) and 13" JVC colored tv w/ remote all items for \$100 Call 75200 WH only

SCUBA gear in excellent condition: Sherwood Luna BC- Medium, Genesis Resource Pro Computer console, Genesis GS2000/GR450 Regulator, Genesis

SR7206 Octo, XS Suba underwater compass, lead "bean-bag" weights, Large Pinnacle Dive bag, padded regulator bag. New Feb 2009, approx 35 dives to date. Call Scott @ 78182. Departing GTMO 3/27. \$800.00

Single child's bed with headboard and mattress with under bed drawers for storage - \$75.. Will deliver for an additional \$10.. Roughly 200 plus patio stones, small medium and large - \$1. to \$3. each. Baby stroller \$10. Aqua-Lung divers boots, size 11 - \$15. Mares brand adjustable strap divers fins, new and never used - Paid \$75. selling for firm price of \$50.. Clogging shoes, white, ladies size 5 - \$10. Tigger electronic child's learning book, Words and Sounds Abound - \$5. Surfer Girl toilet training seat, like new - \$5. Panasonic Stereo Radio Cassette Player, like new with papers and protective pouch - \$10. Contact 7-7201.

SCSI Modem \$60.00, Belkin 54G Wireless Router \$25.00. Please Call 90852.

2 pairs of Rock and Republic jeans, size 28, 36" inseam, brand new, \$150 each. Nike bra tops, size medium, brand new, \$10 each. FMI, please contact Nicole Steele at x77792 (home) or x9830 (work) between 10 AM and 8 PM.

Casio (CDP-100) Keyboard 88 keys full sized, H Duty stand and hardshell case \$500 call 84795or dakinerules75@yahoo.com

DeWalt 12" heavy duty double bevel sliding compound miter saw \$450 Briggs and Stratton 3.5 hp 350 gph/ 7000 lph, dewatering pump \$150 New McCulloch 5700w power generator \$450 call: 77387, Cell 84131

## VEHICLES

1999 Cherokee Laredo \$5,800 OBO Call 77271

98"Chevy STO \$2000 OBO Mike (W) 4862

1987 Toyota Pick-Up in mint condition must see \$4,500 OBO Steve Ph: 77387, Cell 84131

1998 Mazda 626, Mechanically sound, Very good condition, mileage 113,000. For more info please contact 77584.

1990 2- door White Chrysler Lebron for sale, asking for \$900 Call-72117wk 79579 hm

1998 Green Honda Accord New Alternator, Transmission, and A/C \$5,500 OBO FMI Call 77271

1992 GMC Sonoma extended cab pickup. 5-speed, Kenwood Stereo w/CD, power windows, brakes, steering, locks, A/C, 2 rear jump seats, and bed liner. I have the title, and this has been a GREAT truck! \$2500 firm. Contact Vicki. Work:4200 Home:77091 Email:vicki.laidlaw.ctr@usnbgmto.navy.mil

1994 Ford Probe/White 2-door.Strd.Transmission/A/C,CD,Tinted Windows,runs GREAT! \$2400 OBO.Call NIKI 77782H or 72565W.

89 Toyota Corolla, auto, A/C, \$2,300 OBO call Amso @ 3287 after 1600

89 Dodge Caravan, fair condition, runs great, must sell, \$1,800 obo, hm 78812 wk 8259, Eddie

## YARD SALES

Sat Mar 27 10:am CP 16B

Sat. Mar 27 8-12pm VL 45C

## BOATS

Dimension Spirit 4.7 meter Kayak white \$500 - obo Call 77349

\$1900/OBO-1994 Bay Liner Capri w/Trailer Very Reliable Outboard 70hp Johnson Motor and everything you need to get on the water today! FMI call Paul x74233

## FURNITURE

Tan Sectional Couch, Maroon Recliner, and bookshelf. Must go by Monday the 22nd. 78716

Ashley Millennium hardwood table, 6 chairs, includes 18" leaf. Blonde in color, E.C., ask \$800. Credenza 30"H X 24"D X 84"L Nine drawers \$100 OBO Call 84908 or 75506

Barely Used Furniture Ashley Sofa/Loveseat \$800 OBO Set 3 glass top tables \$100 Call 77787

Captain Bed w/3 large drawers and mattress, twin size, white, \$100. Glider-rock chair, \$15 Janelle x74233

Two lofted twin beds with desk underneath 100\$ each SCSI modem \$55, BLOND Entertainment Center \$100, Coffee Table w/ DVD storage \$100 &

End Table \$25 call 74354

Dining Room Table w/ 2 arm, 4 side chairs. \$500 FMI call 4395

## LOST/FOUND

Cue found at Windjammer March 5-6. Please call for description & return. X-77003 eve X-9794

## TUTORS

Math Tutor (algebra, basic math, Trig, etc), new to GTMO here til' Jan. call 8989 (w) or 84183 (c). evenings & weekends.

## 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

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

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

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

SECRETARY (#LH10-010)

Open: 1/25/10  
First Cut-off: 2/10/10  
Close: Open Until Filled

### OTHER POSITIONS

Burns and Roe Services Corp. currently accepting applications for Shipping/Receiving clerk and Supply Supervisor positions. (FT) Bring resumes and obtain application from Human Resources located at the Burns and Roe Main office. For more information call Carolyn Martinez, 75790.

## International Organization for Migration Jobs

### 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. 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).

### Temporary Office Cleaner

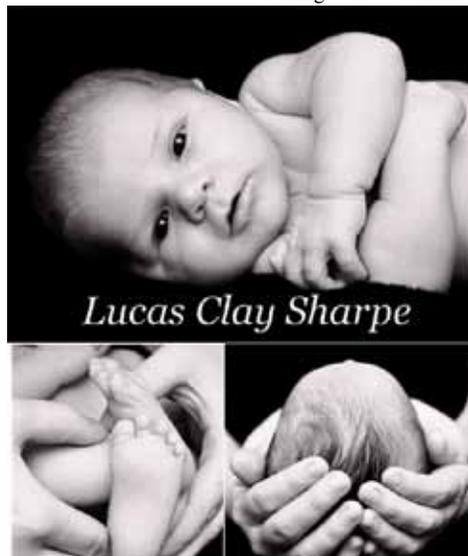
Service is to be provided during working hours of 9-5pm, 3 days a week, 2 hours a day. Office building located at 834 Sherman Ave (Next to FCA, previously known as Lynx). A second office located in Building 760 would also need to be maintained every 2 weeks. This position is TEMPORARY. Please contact Doraima Alvarez at IOM (74788).

### NAVIGATING FEDERAL EMPLOYMENT

WHEN: March 25, Thursday TIME: 9:00am - 11:00am WHERE: FFSC Bldg #2135 Learn guidelines for writing and submitting a Federal Application. Call 4141 to register.

### ATTENTION GTMO

Due to Aircraft weight restrictions during the summer months on the Saturday AMC Rotator, we are requesting that all passengers limit their checked baggage to 2 pieces, not to exceed a total of 50 lbs. Passengers will be authorized 1 carry-on weighing less than 15 lbs. If we cannot meet this requirement voluntarily, passengers may have to be removed starting with persons on paid tickets.



# Keeping it current, keeping it real

by Defense Finance Accounting Service Public Affairs

A year after the Defense Finance and Accounting Service first launched the myPay Web-based pay account system in 2000, less than 500,000 military, military retirees, annuitants and federal civilian employees were listed as online users. Today that number has increased to approximately 3.7 million users with access to pay account information, tax statements and the ability to update their bank, personal and allotment information instantly and, most importantly, securely.

To date, more than 2.6 million myPay users have accessed their 2009 tax statements online, avoiding the delays and possible security risks of regular mail delivery.

Last November, DFAS implemented a myPay security enhancement requiring users to establish new login credentials, including personalized login IDs and passwords. The agency has posted step-by-step instructions in both text and video at the myPay site (<https://mypay.dfas.mil/mypay.aspx>) and its public Web site ([www.dfas.mil](http://www.dfas.mil)) to help customers set up their new information. Currently, 82 percent of myPay accounts have been updated with new login information.

“While some might view 82 percent as a positive, I’m concerned that some of our customers don’t appreciate what myPay provides,” said DFAS Principal Deputy Director Richard Gustafson. “We want to provide a tool for our customers that is both useful and gives them a feeling of confidence that their information is protected. We want to help our customers become educated customers, to partner with us to make sure all aspects of their pay – from what they are due to how it is delivered – are as accurate as possible.”

Users of myPay have greater control over their pay accounts and can make changes to vital information in a very secure environment. Some of the options within myPay include:

- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2s and 1099Rs.
- Verify and update postal and e-mail addresses.
- Verify and update bank account information for direct deposit.

- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep accounts secure.

While the options may vary from one customer category to another, all myPay users can establish alternate login credentials for use by family members, tax preparers or others they trust to view account information and download tax statements.

“The myPay system has been with us for a while,” Gustafson said. “Our security enhancements have been developed to counter threats to our customers’ personal and financial information. The growth in what can be accomplished has reflected the needs and wishes of many recipients of our payroll services. In short, myPay gives them a way to avoid the risks of postal delivery of their information, and a way to really shorten the amount of time it takes to update information in our pay systems.

“But the bottom line is still how these users view the importance and worth of myPay. Do they understand their role in keeping their financial information current and accurate?”

While DFAS maintains some of the more traditional methods of submitting changes to customer information or inquiring about pay issues such as fax, call centers and mail, the myPay system provides a faster and more efficient means to communicate with their payroll service provider.

Another benefit of the system is reduced costs in delivering pay information to customers. This year, DFAS has saved taxpayers approximately \$1.5 million in postal fees by electronically distributing 2009 tax statements via myPay.

“The changes customers submit via myPay are effective immediately,” said Dawn Coulter, the agency’s e-Commerce director. “Rather than waiting for the fax machine or mail to get the information to DFAS, then waiting for a payroll technician to input that information into the pay system, address changes, new bank account information or other data become effective the moment the customer hits the submit button.”

DFAS officials have advised all eligible myPay users to establish their new login credentials and keep that information secure. Once able to access the online application, they are encouraged to review their pay account information.

## JPJ 5K Run/Walk in GTMO



photo by MC2 Marie Montez

American Red Cross gave over 250 GTMO Sailors, Marines and civilians a chance to lace up the running and walking shoes to participate in a very exciting John Paul Jones (JPJ) 5K run/walk Mar. 21 raising proceeds of more than \$6,000 for the American Red Cross volunteer program.

## Earthquake rocks GTMO residents

by Mass Communication Specialist Chief Bill Mesta

On Mar. 20 2010, the Naval Station Guantanamo Bay, Cuba (NAVSTA GTMO) experienced an earthquake at 2:08 PM, Eastern Standard Time. The earthquake’s epicenter was 27 miles south west of the Naval Station and registered a 5.6 magnitude.

NAVSTA GTMO experienced a small after-shock at 3:35 PM Eastern Standard Time.

NAVSTA GTMO officials reported that buildings shook and some consumer items fell off of the shelf at the Navy Exchange. There were no injuries as a result of the earthquake. There was no damage to NAVSTA GTMO’s buildings or residential homes.

# Chaplain's Corner

## The Picture

The human eye is the window to the body. Deep inside the human mind are imbedded casks of memories where millions of small movies are kept. Each person has a different view and even different thoughts related to that view.

Consider a favorite picture in your life. You will see this picture a specific way while another person will see it differently. Consider where we all are stationed right now, some of us see GTMO as a haven, while others find it nothing but a place of business and so they are constantly running here and there to make sure that things get done.

As you look at your life where do you find yourself at? Do you like what you see or are you always tearing yourself down? Did you know that in every situation something new or positive can be found, but most people don't have the capacity to see what good is going on because of the darkness in their vision. What most people have to do is remove themselves from the moment, and look at the whole picture to see the greater view in the painting of life.



Deputy Command Chaplain  
LTJG Douglas Holmes

*“Positive can be found in any situation”*

# My Career Advancement Account Revitalized

by Mass Communication Specialist 2nd Class Erica R. Gardner

The Department of Defense (DoD) is offering eligible spouses up to \$6,000 of Financial Assistance (FA) to pay for education, training degrees, licenses and certificates needed to pursue job opportunities in high growth and high demand Portable Career fields.

“I saw the information for MY CAA on the roller and I went to the website and followed the instructions,” said Jamie Mesta, Purchase and Travel Card coordinator.

Mesta is using the service to complete her bachelor's degree in business administration, majoring in accounting.

My Career Advancement Account (My CAA) uses the funding in order to pay schools directly for coursework and exams taken by the spouse account owner. Rules and regulations defined by the DoD are followed to ensure all eligible spouses are able to receive the financial assistance.

“When I enroll for the next semester, I go the website and choose the class for the semester I want to take,” said Mesta. “I print a document authorizing payment and take it to the College office and payment for the class is complete.”

There are sources of assistance that can help spouses choose a program of study that leads to employment in Portable Career fields. Local

community colleges and Military OneSource usually have no-cost career and education counseling services that can help spouses identify and compare career and education opportunities. These range from traditional jobs and classroom experience to distance education and work at home programs.

“The use of the website has been an excellent experience,” said Mesta.

For more information about My CAA, you can contact Candice Rice, Navy College representative, Naval Station Guantanamo Bay at x2227 or email: [candice.rice@usnbgtnavy.mil](mailto:candice.rice@usnbgtnavy.mil) or research information online at: <http://www.militaryspousescholarships.com>.



photo by MC2 Erica Gardner

Jamie Mesta reviews her MyCAA account online

## 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 Christo**  
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](mailto:NEGBombudsman@yahoo.com)

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

# Guidelines for buying shoes

by Navy Fitness Center

When shopping for athletic shoes, the first step is deciding what type you need. If you engage in a specific activity two or three times each week, such as running, walking, tennis, basketball or aerobics, you'll want a shoe designed specifically for that sport. Multipurpose shoes such as cross trainers may be a good alternative for those who participate in several sports or activities, such as cardiovascular and weight training, in a single workout.

Ideally, you should look for a specialty athletic shoe store with a good reputation in your community. Their sales staffs are more likely to be knowledgeable about selecting appropriate shoes. When purchasing shoes for a specific sport or fitness activity, consider your foot type. People with high-arched feet tend to require greater shock absorption than those with a normal-arched foot. People with high-arched feet also suffer from lateral instability and are more prone to ankle sprains. Conversely, people with low-arched ("flat") feet require shoes with less cushioning, but greater support in the mid-foot region and better heel control.

Test the shoes for basic stability:

- Grab the shoe at the ball and heel. Bend the shoe from front to back. The shoe should bend right near the ball of the foot, because that's your foot's natural hinge point, but the shoe must not be too flexible.
- At the heel of the shoe, find the "heel counter," a stiff cup sewn into the back of the shoe to provide heel support. Squeeze this cup into the shoe. It should be very stiff and not easily collapse inward.
- Hold the shoe at each end and twist it. A shoe that offers good lateral support to the foot should only twist a little bit.
- Place the thumb of one hand inside the heel of the shoe and the other hand under the sole of the shoe near the heel. Compress your hands together to feel the amount of cushioning offered by the shoe. The more compression you feel, the more shock absorption the shoe offers.



Raul Simmonds, Navy Exchange shoe salesman explains the foot results of the Aetrex iStep sp5000 machine to Air Force MSgt. Scott, Luke Air Force Base Aviation Training Command, in the shoe department Mar. 22nd. In less than 30 seconds the iStep will capture your foot type, pressure points, and shoe size and then help recommend the ideal footwear and orthotics for your individual needs.



photo by MC2 Erica R. Gardner

Raul Simmonds, Navy Exchange shoe salesman explains the foot results of the Aetrex iStep sp5000 machine for a customer in the shoe department Mar. 22nd. In less than 30 seconds the iStep will capture your foot type, pressure points, and shoe size and then help recommend the ideal footwear and orthotics for your individual needs.

## Fit Tips

- General recommendations include get fitted for footwear toward the end of the day. It's not unusual for an individual's foot to increase by half a shoe size during the course of a single day. However, if you plan to exercise consistently at a specific time, consider getting fitted at that exact time.
- Allow a space up to the width of your index finger between the end of your longest toe and the end of the shoe. This space will accommodate foot size increases, a variety of socks and foot movement within the shoe without hurting your toes.
- The ball of the foot should match the widest part of the shoe and you should have plenty of room for your toes to wiggle without experiencing slippage in the heel.
- Shoes shouldn't rub or pinch any area of your foot or ankle. Rotate your ankles when trying on shoes, and pay attention to the sides of your feet and the top of your toes, common areas for blisters.
- Wear the same weight of socks that you intend to use during activity. Look for socks that are made with synthetic fibers such as acrylic, polyester or Coolmax® for better blister prevention.

## Some Final Considerations

It is important to be aware of when your shoes need to be replaced. If they are no longer absorbing the pounding and jarring action, you are more likely to sustain ankle, shin and knee injuries. Athletic shoes will lose their cushioning after three to six months of regular use (or 350 to 500 miles of running). However, look at the wear patterns as a good indicator for replacement. Any time the shoe appears to be wearing down unevenly, especially at the heel, it is time to replace the shoes.

# GTMO Green Part I: Electricity is everyone's priority

by MCC(SW) Bill Mesta

Naval Station Guantanamo Bay Cuba (NAVSTA GTMO) is in a very unique situation in terms of electrical production. NAVSTA GTMO produces all of its own electricity.

Most U.S. Naval Bases purchase their electricity from the local community. NAVSTA GTMO is unable to purchase electricity from Cuba as the U.S. Government does not maintain the diplomatic ties required to buy these services. "Other bases don't produce electricity," said LTJG Jonathon Charfauros NAVSTA GTMO's energy officer, "they buy it, while ours is made."

NAVSTA GTMO uses a combination of diesel generators, and the wind turbines mounted on top of John Paul Jones Hill to produce all of the base's electricity. "We are totally self-sufficient," Tim Wagner, NAVFAC SE assigned resource efficiency manager. Each base is assigned a resource efficiency manager to find way to reduce cost.

"Diesel generators are kind of like your car," said Charfauros, "instead of turning the wheel the motor turns the generator. This produces electricity." In continued efforts to be more energy conscious, NAVFAC is acquiring two new 3.5 mega watt diesel generators for use at Naval Station Guantanamo Bay. These new generators are more energy efficient and will augment the current inventory.

We receive approximately 2.5% of our electrical production from the wind turbines. Last year the wind turbines produced 3242 mega watt hours or approximately the electrical usage of 180 residential homes. The monetary saving the base received in 2009 from using the wind turbines was \$340,000. In addition to saving the base on diesel fuel cost, the wind turbines produce no pollution when generating electricity.

There are a number of electrical production upgrades in the works for GTMO's future. One of these new technologies would be the installation of gas turbine generators. Charfauros said, "the gas turbine generators are more efficient than the traditional diesel generators. The gas turbine generator uses the same principal as the diesel generator except it uses a jet engine to turn the generator. "You can get a lot higher speed out of the turbine than you can out of the diesel," said Charfauros, "so you are able to produce more energy with less combustion. They can generate a higher load and are more cost efficient to maintain."

These energy efficient generators will replace the older ones and allow for decreased fuel usage and a more efficient way to produce electricity for the installation. These generators will not only provide a more efficient means of producing electricity, they will save on fuel cost as they have ability to maintain the base's electrical requirements while shutting down the traditional diesel generators when not needed.

"The big thing is going to be solar," said Wagner. In the future the base hopes to generate all of its electricity during the day by using solar technology and fossil fuel generator at night. There is a proposal submitted to add a solar farm to GTMO's electrical infrastructure that would add up to 5 Megawatts of power to the base.

Another future technology being considered for GTMO is a waste incinerator plant. GTMO currently incinerates its garbage to reduce the waste footprint on the base. "With the incinerator

plant we would turn that burning into energy."

Another example of electrical conservation technology being considered for GTMO is motion sensors. Motion sensors can be installed in rooms that are not frequently used such as storage closets. These sensors would turn the light on when one entered and off upon exit. Using these sensors would ensure that lights would not be turned on for long periods of time in areas that don't need them. These sensors are currently being tested in the NAVSTA GTMO Public Works' Self Help workshop.

There are lots of ways that GTMO's residents can conserve electricity while at home and at work. Make sure that all of the lights and appliances in one's residence are turned off when not in use. Additionally Charfauros recommended that everyone set their air conditioners to 76 degrees to 78 degrees. "For every degree above 76 increased in a residential unit, the resident conserves between 1% and 2%, said Wagner. Another tip for energy conservation in the home is to keep blinds and curtains closed. "That won't allow the area to get heated up as much," said Charfauros "heat transfers right through the glass into the facility."

Wagner said, "The big thing I like to point out to people is their computer monitors. When you aren't using it, just turn your monitor off. By turning off a monitor when not in use, the base spends approximately \$5.00 annually as opposed to \$100.00 a year to power. With approximately 8000 monitors on base, the conservation savings add up very quickly."

Another tip for electrical conservation in the office is to turn off the lights every time one leaves a room. "There is a misconception that turning on and off fluorescent lights shortens the life span," Charfauros said, "actually the difference in life span is negligible when compared to the energy savings."

Two of the biggest challenges that GTMO's electrical infrastructure faces are having the production capability to meet load requirements and the high cost of producing electricity. "If we need 20 Megawatts we can only produce 21," said Charfauros, "if we ever needed 22 (megawatts) we are out of luck."

In 2009 the Naval Station spent \$17 million dollars on electrical production. "We produce all of our own energy," said Charfauros, "we are the most expensive base in the region for energy cost." "That is why it is so important for us to conserve," added Wagner. The high cost of producing electricity at GTMO actually affects the budgets of other bases in our region.

When it comes to distribution of GTMO's electricity, the base will always focus on operations. "Mission comes first and housing comes second," said Charfauros. By conserving electricity the base residents directly contribute to mission readiness while insuring quality of living standards.

**EARTH DAY 2010**  
*40th anniversary-April 22nd*

# MWR happenings



## GTMO MOVIE IN REVIEW

*When in Rome*

By Robert Sanders

As legend has it, if one removes a coin from the "Fountain of Love", they will become the undying desire of the owner of said coin. Enter Beth, played by the lovely Kristen Bell, who is as much of a work-a-holic as you can get. Our tale opens with her utter humiliation with her previous 'lover' who believed she loved her work more than him and needless to say, Beth has abandoned the belief of the "magic" of love...her sister, has not. Celeste, the sister, is getting married to a man she met on a plane two weeks prior. Getting married in Rome. Devoted to her family almost as much as her job, Beth flies halfway round the world for the wedding, even though she is convinced in the imminent failure of their marriage. After one too many drinks and a few misconceptions, Beth stands, irate, in a prominently known "Fountain of Love". Cursing the statue in all her glory, Beth then removes five coins from the fountain; remember the legend? The hilarity, from here forward, ensues. Played by an all-star comedic cast, she is plagued with devotion, attention and a little stalking by a magician, an artist, a model, a meat salesman, and Nick, the best man from the wedding. Through twists, turns and inexplicable visits from strange men, Beth finds her opinions of love starting to change, until she discovers the truth about the coins and her world is shattered, metaphorically of course. Though the movie gets off to a slow start, I found myself laughing uncontrollably for the better part of it. The interaction between the characters was realistic and true. The range of emotion, from love to hate, sorrow to happiness, anguish to relief, was traversed flawlessly, in other words, there was no usual, sudden, unexpected change in character emotion that is so often predominant in similar genre films. Playing off its plot originality and unexpected twists, WHEN IN ROME is a laugh-out-loud romantic comedy for the masses. Having said this, I give 4 out of 5, I strongly recommend this movie, and given the opportunity would not hesitate to see it again.



## MWR SPORTS STANDINGS

### CAPTAIN'S CUP SOCCER

LOSSES	TIES	WINS
NEX	6	1
STRESS FREE	5	1
FIRE DEPARTMENT	5	1
REAL MADRID	3	3
CFS	3	3
A SQUAD	2	4
SANTOS	1	5
GTMO UNITED	3	1
SOCCER BOMBERS	1	3

### MWR is providing swimming lessons for the GMTO Community

Lessons are \$30 and run Monday-Thursday for 2 weeks

#### Youth Lesson Times

- Level 1&2 1600 -1630
- Level 3 1630 -1715
- Level 4 1630 -1715
- Level 5 1715 -1800

#### Adult Lesson Times

- Level 1&2 1800-1845
- Level 3&4 1800-1845

#### Class Dates

- March 29<sup>th</sup> - April 8<sup>th</sup>
- April 19<sup>th</sup> - 29<sup>th</sup>
- May 10<sup>th</sup> - 20<sup>th</sup>
- May 31<sup>st</sup> - June 10<sup>th</sup>
- June 21<sup>st</sup> - July 1<sup>st</sup>
- July 12<sup>th</sup> - 22<sup>nd</sup>
- August 2<sup>nd</sup> - 12<sup>th</sup>
- August 23<sup>rd</sup> - Sept 2<sup>nd</sup>
- September 13<sup>th</sup> - 23<sup>rd</sup>
- October 4<sup>th</sup> - 14<sup>th</sup>

For more info call Tony @ 84965

## EASTER SUNDAY ALL DAY BUFFET

At the Bayview  
April 4<sup>th</sup> 1000-2100

### ENTREES

- Roast Prime Rib served with au jus, dinner rolls, and our own tangy horseradish sauce
- Baked pineapple ham
- Crescent & waffle station, made to order (all day)
- Baked stuffed mushrooms

### Accompaniments

- Dressed Asa Dishes
- Sautéed string beans with ham
- Fried cabbage with bacon
- Creamed rice
- Fried rice
- Specialized bar

### Appetizers

- Fresh fruit and vegetables
- Fresh salmon & crackers
- Buffet wings

### Beverages

Assorted juices, hot and iced, coffee, hot and cold, and Champagne

### Desserts

- Fruit cake
- Caramelized apples
- Eggs
- Sweet rice cake
- Cassava cake

Adults \$14.95  
Children 8-11 \$6.95  
Children 4-7 \$5.95

\*\*\*Limited menu from 1300-2100

## DOWNTOWN LYCEUM

FRIDAY MAR 26<sup>TH</sup> - 2000  
**EDGE OF DARKNESS**

R (117 MIN)

FRIDAY MAR 26<sup>TH</sup> - 2200

**LEGION**

R (100 MIN)

SATURDAY MAR 27<sup>TH</sup> - 2000

**TOOTH FAIRY**

PG (102 MIN)

SATURDAY MAR 27<sup>TH</sup> - 2200

**DAYBREAKERS**

R (98 MIN) (LAST SHOWING)

SUNDAY MAR 28<sup>TH</sup> - 2000

**LOVELY BONES**

PG13 (135MIN) (LAST SHOWING)

MONDAY MAR 29<sup>TH</sup> - 2000

**ALICE IN WONDERLAND**

PG (109MIN)

TUESDAY MAR 30<sup>TH</sup> - 2000

**BOOK OF ELI**

R (118 MIN)

WEDNESDAY MAR 31<sup>ST</sup> - 2000

**EDGE OF DARKNESS**

R (117 MIN)

THURSDAY APR 1<sup>ST</sup> - 2000

**WHEN IN ROME**

PG13 (91 MIN)

**ATTENTION GTMO:  
Smoking is  
PROHIBITED  
Anywhere in the  
Cooper Field and  
Denich Gym Sports  
Complex**

Shower us with your presence at the April PTO meeting!

April 5<sup>th</sup> 6-7pm  
WT Sampson Elementary School Room  
 childcare provided in the gym

Come meet your new PTO board  
FMI Shannon Fern  
[smsavarese@yahoo.com](mailto:smsavarese@yahoo.com)