

GTMO Conducts Suicide Awareness Training

By Chief Mass Communication Specialist(SW) Bill Mesta

GUANTANAMO BAY, Cuba— Naval Station Guantanamo Bay, Cuba held base-wide suicide awareness and prevention training on July 21 and 22. The training provided the GTMO community information on what they can do should they encounter someone who could be at risk for committing suicide.

The Commander, Navy Region Southeast requested that all installations in the Southeast and their tenant commands conduct the suicide awareness training.

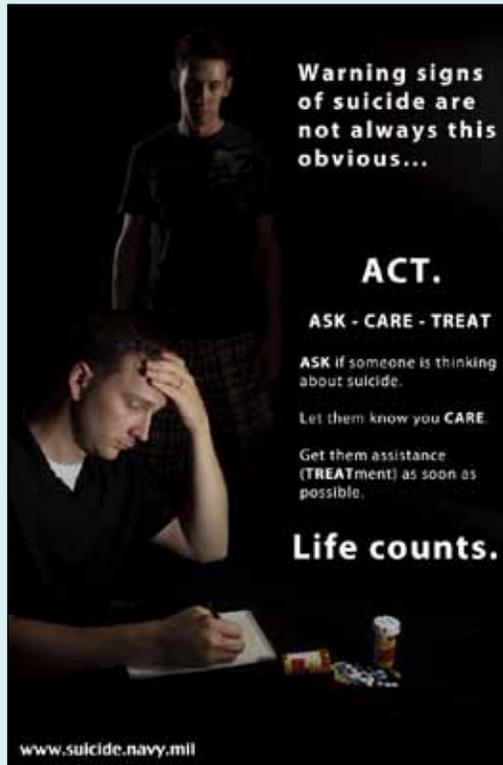
The Naval Station’s Command Chaplain, Lt. Thomas O’Flanagan, in coordination with Fleet and Family Services gave the presentations over two day gave the presentations.

“It is good for us to identify prominent risk factors and warning signs that can contribute to a general sense of despair or hopelessness that might result in someone causing themselves harm,” said O’Flanagan, “key to prevention is a well informed populous. knowledge of available resources and genuine concern for the well-being of one another can significantly decrease overwhelming anxieties and a general sense that the individual is isolated and alone.”

According to O’Flanagan, “everyone is a first responder by virtue of the fact that they may have noticed that someone is exhibiting warning signs or that they have been approached for help. For the best possible approach,” said O’Flanagan, “it is essential that we remember the acronym, ACT, which means ask, care, and treat.”

O’Flanagan asked the audience to renew their dedication to being aware of the people in the community and to be engaged with those around them.

“Care for them by letting them know that you only want



what is best for them and that you will be discrete in finding them the help that they need,” said O’Flanagan, “but, whether you are bringing them to the attention of their chain of command, the CDO (Command Duty Officer) or somebody at medical, we need to find the right people who can provide the best help.”

O’Flanagan encouraged the audience to pay close attention to the people in their work centers if they seem to display any obvious signs of despair.

During the training, O’Flanagan advised the audience to take personal responsibility for the situation when one encounters a person who is at risk for committing suicide. He also cautioned that one should not place themselves at risk of physical harm by trying to take a weapon away from the person who is threatening suicide, but to alert trained personnel.

“Our Fleet and Family Services provide for all people on the base without exception,” O’Flanagan said, “no matter what the issue there is someone who is willing and able to assist.”

O’Flanagan provided insight to how a person who is at risk to commit suicide might view the world around them.

“Imagine you are having a beautiful day, then you receive some bad news such as being told that your spouse wants a divorce, an illness of a child or receive a letter stating that you have fallen behind in paying your bills.” said O’Flanagan, “every single thing for the rest of your day, every order that you take, every decision that you make, may be colored with that difficult moment and may cause you to have a tremendous amount of anxiety. Combined with other dangerous risk factors, that individual’s whole day can become almost a tunnel vision focused on that anxiety that has been created.”

These increasing anxieties can build to a point that

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GUANTANAMO BAY GAZETTE

Vol. 67 No. 25



Naval Station
Guantanamo Bay, Cuba

Commanding Officer
Capt. Steven H. Blaisdell

Executive Officer
Cmdr. William Rabchenia

Command Master Chief
CMDCM (SW/AW/EXW)
J.D. McKinney, III

Public Affairs Officer
Terence Peck

Public Affairs
Leading Chief Petty Officer
MCC(SW) Bill Mesta

Editor
MC3 Leona Mynes

The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at Naval Station Guantanamo Bay.

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Contact us:

Commercial: 011-5399-4520
DSN: 660-4520
PAO@usnbgtno.navy.mil
PAO-ClassifiedAds@usnbgtno.navy.mil
Bulkeley Hall, room 227

Sailor of the Week



Photo by Mr. Terence Peck

MA1 Jones
NAVSTA GTMO
SECURITY

San Antonio, TX

“Constant pressure, relentlessly applied yields results.”

Ask the Chief



MCC(SW) Bill Mesta
Public Affairs Office LCPO
Naval Station Guantanamo Bay Cuba

What should a Sailor do to prepare for extended separations from Family?

It is crucial that Sailors plan for deployments with their spouses and loved ones. A few of areas that must be addressed with family members prior to deployment include finances, important documents, communications and medical requirements.

A Sailor's family should be aware of the financial responsibilities that will require attention while on deployment. Additionally the spouse should have access to the funds required to pay bills. Failure to do so can lead to high levels of tension and long-term financial headaches.

Make sure that your spouse knows where important documents like marriage licenses, birth certificates and financial documents are stored in case they are required while the Sailor is deployed.

Form a plan for staying in touch with your family members while you are away. Try to keep a regular schedule while explaining to your loved ones that electronic communication such as e-mail can be irregular while deployed. Post cards are an easy and inexpensive way to stay in touch with loved ones.

Make sure your spouse understand where they need to go for medical and dental needs while you are gone. Insure that they understand the procedures for making appointments and what they should do in case of emergence.

Around the Fleet



Photo by MCC(SW) Bill Mesta

The North East Gate at Naval Station Guantanamo Bay, Cuba is the only entry and exit point to mainland Cuba from the naval station. It has been closed to base personnel since the United States broke off diplomatic relations with the Cuban government on January 3, 1961.

Chaplain's Corner

Fragility

At the beginning of the motion picture, *Gladiator*, there is a scene where Maximus played by Russell Crow is wading through a field of grain. At that moment there is a sense of serenity that is being played out as he surveys his crops. The next instant in the film the viewers see is a small fragile bird sitting on a twig. The following scene shows us the battlefield where Maximus along with his legions are about to vanquish the enemy. Throughout the battle, we find ourselves enthralled by Maximus' prowess in fighting and the calculated way the final blow is dealt on the enemy. He is truly mighty in this battle. However, just several scenes later he is completely found destitute, humbled, and seen losing all that he has. Now the moment of fragility for me in this picture is that this powerful man goes from the greatest general one moment, to a slave the next. Humanity is fragile. Some people hold to the idea that they are invincible, but let's not get swept up in this idea. Everyone truly has a vulnerability, it is woven into humanity for our joints will give in and our hearts may fail. Let us see ourselves as who we really are, and may we learn to take better care of ourselves. May we take proper precautions. May we go seek professional help at the first signs of problems before we find ourselves at the end with no solutions. Many of our current troubles are because we did not reach out and get help before it became so unmanageable that we have no alternatives.



Lt. Douglas Holmes
Deputy Command Chaplain

Guantanamo Bay Gears Up For National Night Out

By Chief Mass Communications Specialist (SW) Bill Mesta

A community outreach program held each year by law enforcement authorities in cities across the United States is set for 3 Aug at Naval Station Guantanamo Bay, Cuba.

The GTMO community will be celebrating the 27th National Night Out (NNO) with special events and cookouts.

National Night Out, sponsored by the National Association of Town Watch, is a year-long community building campaign.

The event helps bring the community together for a common purpose.

"National Night Out (NNO) is a Program set on promoting police-community partnerships, crime, drug and violence prevention, safety, promoting energy efficiency, and building community unity," said Master at Arms 1st Class Henry Alderete attached to the NAVSTA GTMO Security Department.

"NNO is an important event because it creates an opportunity for all personnel in our community to stand up as one against any illegal activity," said Alderete. "When you come to our National Night Out celebration you will see many faces from various branches of military and civilian service, but all with a common goal and united voice speaking out against crime, stating to the bad guy 'Not in our neighborhood.'"

During the event, community members will be provided with information on crime prevention and staying safe. They will also have the opportunity to interact with the base's emergency first responders.

"Here in GTMO we are blessed with numerous entities that play a very important role in the management of our installation," said Alderete, "This event creates an opportunity for all entities in our community to educate each other on the various services they provide."

During the NNO event, the GTMO community will find plenty of activities to enjoy.

see NNO, pg 6

Religious Services

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)

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)

Islamic Service Fri. 1:15 p.m. (Room C)

Jewish Service Fri. 7 p.m. (FMI call 2628)

Spanish Mass Wed. 11 a.m. (JTF Trooper's Chapel)

Vigil Mass Sat. 6:30 p.m. (PPI Chapel)

Sunday Mass Sun. 7:30 a.m. (JTF Trooper's Chapel)

GTMO Ombudsmen

NAVSTA Ombudsman
Connie Schiltz
Call 84792 or 78519.

Naval Hospital Ombudsman
Jennifer Mangum
Call 5048.

Openline

Your weekly Captain's call

Live each Tuesday at noon on FM 103.1 The Blitz, FM 102.1 The Mix, and 1340 AM Talk Radio. E-mail questions to Openline@usnbgmtmo.navy.mil or call 2300, 2351 during the show.

Preventing Foreign Object Debris saves lives

By Terence R. Peck

On July 25, 2000, an Air France Concorde jet bound for New York crashed within minutes of taking off from the Charles de Gaulle airport near Paris, claiming the lives of 113 passengers. An investigative report on the accident concluded that a 16-inch piece of metal fell off a plane that had taken off earlier. The metal lying on the runway punctured the Concorde's tire, throwing debris onto its fuel tank causing a fire and the subsequent crash.

In an effort to keep personnel and equipment safe aboard aircraft flying into and out of the Guantanamo Bay airfield, every day Air Operations personnel inspect the airfield for Foreign Object Debris. It is also known as Foreign Object Damage once an aircraft has been disabled from debris. "FOD is not just hazardous when on the runway, but also on the ramp where airplanes park and really even outside the fence where it can blow inside the airfield on the ramps, taxiways and runways," said LCDR Michael Edwards, the Air Operations officer and a pilot. "It is important because FOD can cause tires to blow out and engines to flame out, possibly causing loss of life."

In addition to checking for debris on the runway, the pilots check the aircraft to ensure there are no objects that may cause damage.

"We look over every inch of the airplane on preflight, I am looking for loose screws or other things that might have worked their way into the engine," Edwards said. "When I was in a P-3 squadron, we had FOD walk downs every day. All the squadron personnel get in a line and walk the ramp looking for FOD."

Along with Air Operations department personnel retrieving FOD, it is equally important that personnel who are on the runway regularly be equally watchful.

"It is important that all personnel who work on and around the airfield diligently do their part to keep FOD off the field," said Drew Lasseter, GTMO's Airfield Facility Manager.

Another method Air Operations uses to reduce FOD on the runway is to require personnel to inspect their vehicles before entering the airfield.

"At our entry control point to the airfield, we have a FOD shaker," Edwards said.

The FOD shaker is similar to rumble strips on the roadway. When a vehicle rolls over it, debris is shaken from the tires and dropped into metal openings.

When personnel have passed the FOD shaker, they are required to get out of their vehicles and check all tires for FOD.

If they find any, the next step is to remove it, place it into their vehicles and dispose of it outside the airfield.

"FOD shakers will not remove all FOD from tires," said Lasseter. "In many cases, it removes FOD, but in just as many cases it loosens it up enough that it becomes likely that the FOD will fly off while on the ramp. FOD shakers are never a substitute for human interaction."

Personnel are also told not to wear hats while on the airfield to prevent them from flying off their heads into engine intakes.

Along with Air Operations personnel, passengers can also help to reduce FOD on the airfield. One way is to ensure all bags are zipped closed so that objects cannot fall out and another is to be watchful of objects on the field.

"Passengers can assist by making sure they are not wearing hats inside the flight line," Edwards said. "Also, if passengers are walking out to the airplane and they see FOD lying on the ramp, they should pick it up. Normally, they might just pass it by and not worry about it, but if they know it has a possibility to save lives, maybe they will pick it up."

GTMO's Navy Divers

By Chief Mass Communications Specialist (SW) Bill Mesta

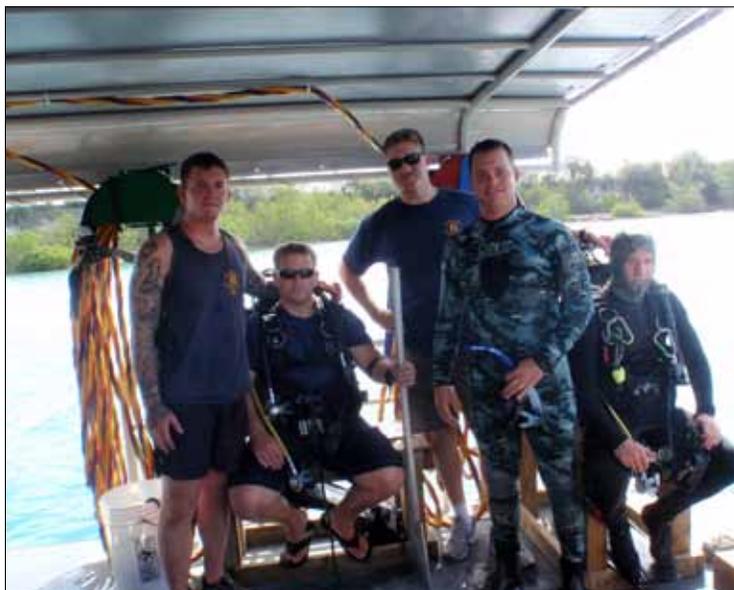
Five Sailors aboard Naval Station Guantanamo Bay Cuba are part of a worldwide brotherhood of Navy divers who live by the motto "we dive the world over."

The Sailors, NDC(DSW/SW) Hajduk; ND1(DSW/SW/SCW) Roberts; ND1(DSW/SW) Davis; ND1(DSW) Lutz; HM2(DSW/FMF) Guernsey; ND2 McBride; perform a wide variety of tasks in support of the Naval Station's mission.

"The types of diving services rendered include sonar dome and hull inspections, ships husbandry repairs and cleanings, light salvage operations, pier and security inspections, reef surveys," said Navy Diver 1st Class Brent Roberts the GTMO Dive Locker LPO.

"We conduct various other diving oriented tasks that require professional divers, said Roberts, "our primary mission is to support the base and fleet assets within our

see Divers, pg 6



GTMO's Dive Locker(left to right) ND1 Lutz, HM2 Guernsey, ND1 Roberts, ND1 Davis and ND2 McBride

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causes a person to despair and could lead to a feeling of total hopelessness, according to O'Flanagan.

"Such an individual could feel as though they don't have any purpose in life," said O'Flanagan. "Our goal is to reassure them that it is good that they exist and that we can help them get through the difficult times."

According to O'Flanagan, roughly 1 million people take their own lives each year worldwide. In the United States, suicide is the 11th leading cause of death. In 2006 approximately 33,300 Americans committed suicide.

"Statistics indicate that 75 percent of all people who commit suicide give us some sign," said O'Flanagan. "They are looking for someone to assist them in some way."

Some of the difficult issues that can contribute to placing someone at risk for suicide include substance abuse, relationship problems and financial difficulties

"The recent economic decline has significantly contributed to the increased pressure on our society in general," said O'Flanagan. "In some cases family members who are out of work are putting unrealistic financial demands on those who do have jobs."

In 2009 the rate of suicide in the armed services was 48 suicides in the Navy, 52 suicides in the Marine Corps, 160 suicides in the Army, and 41 suicides in the Air Force, according to O'Flanagan.

"Current Navy statistics indicate that we have a critical window to properly assist those returning from the warzone who require these resources and our diligent

attention," said O'Flanagan. "Data from Jan. 2002 through Sept. 2007 shows that Navy service members who complete suicide after returning home from Operation Iraqi Freedom/ Operation Enduring Freedom are most likely to do it within the first six months."

One myth about suicide is that they are more prevalent around the Christmas holidays.

"This is not true," said O'Flanagan, "there is no significant difference in the suicide rate from month to month."

While the subject of suicide in our community is very troubling, there is hope according to O'Flanagan.

"The common solution for the issues facing those at risk for suicide is unit cohesion," said O'Flanagan. "To be able to look at a balanced life and say that physically, spiritually and emotionally we are trying take care of one another is important."

According to O'Flanagan, "It is vital that a person who is at risk be made aware that they are good and of their existence is worthwhile."

"It is good that you exist, and I will do everything necessary let you see how good you are and that we can help you with this," said O'Flanagan. "If you have a problem in this area, we are going to assist you; we are going to provide you the proper counseling and the proper guidance so that you can find hope and purpose."

If you or someone you know is at risk of committing suicide, inform your chain of command, the base Chaplain, base medical or the Fleet and Family Service Center.

Navy Readies New Performance Evaluation Software

By Mass Communication Specialist 1st Class (AW)
LaTunya Howard

MILLINGTON, Tenn. (NNS) -- The Navy will release a new version of NAVFIT98A software Aug. 1, changing the way physical fitness assessment (PFA) results and individual augmentee (IA) service are documented in a fitness report or evaluation.

"We released a new version of NAVFIT98A to accommodate the recent policy changes and at the same time fix several longstanding problems associated with the application," explained Jim Price, director, Navy Personnel Command (NPC) Performance Evaluation Division.

NAVFIT98A Version 28 supports new performance report policy changes and fixes known security and printing problems, as well as other technical issues associated with older versions of the software. Because of these changes, all forms will have new version numbers. Electronic versions can be found at <http://www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms>.

Commands that still have an older version installed but that need to submit performance reports with ending dates of Aug. 1 or later can submit performance reports generated by older software versions until Navy/Marine Corps Intranet (NMCI) updates are complete.

The E7-E9 chief evaluation has been modified to include

the new policy guidance. Evaluation form NAVPERS 1616/27 8-10 can be found at the above link beginning Aug. 1. This Web site also answers frequently asked questions concerning Version 28 deployment and provides a reference guide on using the application.

"It's important for us to recognize the performance and contributions of our Sailors who are serving IAs," said Price. "This revised policy sets a Navy-wide standard to ensure all our Sailors receive the same opportunities to excel."

For more information on NAVFIT98A Version 28, read NAVADMIN 233/10. For technical assistance with NAVFIT98A software, call NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672). For any NMCI software deployment issues, contact the NMCI Helpdesk at (866) 843-6624.

Happy Birthday Happy Birthday

GALLEY BIRTHDAY OF THE MONTH MEAL

ATTENTION ALL MILITARY and DOD

Does your birthday fall in the month of **JULY**
Let the galley honor you with a special birthday meal on **JULY 29, 2010**
from
1630-1830hrs.

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Last day for signing up will be on **28 JULY 2010**

Hours Listing

Auto Hobby Shop	77941
Wed., Sat., Sun.	8 a.m. to 5 p.m.
Autoport	75215
Mon. through Sat.	8 a.m. to 5 p.m.
Bayview	75604
Thurs.	5:30 to 9 p.m.
Fri.	6-9 p.m.
Sun.	10 a.m. to 2 p.m.
Car Rental/Dry Cleaner	74316
Mon. through Sat.	8 a.m. to 6 p.m.
Ceramic Shop	74795
Daily	5 to 9 p.m.
Columbia College	75555
Mon. to Thurs.	10 a.m. to 6 p.m.
Fri.	10 a.m. to 3 p.m.
Community Bank	75116
Mon., Wed., Fri.	10 a.m. to 3 p.m.
Tues., Thurs.	8 to 11 a.m. (New accounts)
Cuban Club	75962
Mon. through Sat.	11 a.m. to 9 p.m.
Denich Gym	77262
Mon.	5 a.m. to midnight
Tues. through Sat.	24/7
Sun.	9 a.m. to 9 p.m.
Gas Station	74670
Daily	9 a.m. to 6 p.m. (cash) 24/7 (credit/debit card)
Jamaican Jerk House	2325
Sun. through Thurs.	5 to 9 p.m.
Fri. and Sat.	5 to 10 p.m.
Library	4700
Mon. through Sat.	8 a.m. to 9 p.m.
Sun.	Noon to 9 p.m.
McDonalds	3797
Mon. through Thurs.	5 a.m. to 11 p.m.
Fri. and Sat.	5 a.m. to 2 a.m.
Marina	2345
Mon. to Thurs.	8 a.m. to 8 p.m.
Fri.	8 a.m. to 9 p.m.
Sat.	6 a.m. to 9 p.m.
Sun.	6 a.m. to 8 p.m.
Navy College	2227
Mon. through Fri.	10 a.m. to 4 p.m.
Navy Exchange	74116
Mon. through Thurs.	9 a.m. to 8 p.m.
Fri. and Sat.	9 a.m. to 9 p.m.
Sun.	10 a.m. to 7 p.m.
NEX Mini Mart	2508
Sun. through Thurs.	7 a.m. to 10 p.m.
Fri. and Sat.	7 a.m. to midnight
Paperclips	74603
Mon. through Fri.	8 a.m. to 4 p.m.
Phoenix Cable	2510
Mon. through Fri.	8 a.m. to 4 p.m.
RadioGTMO	2300
Mon. through Thurs.	10 a.m. to 3 p.m.
Fri.	10 a.m. to noon
SCSI	77362
Mon. through Fri.	8 a.m. to 4:30 p.m.
Subway	2416
Mon. through Sat.	6 a.m. to 10:30 p.m.
Sun.	8 a.m. to 6 p.m.
Treasures & Trivia	74860
Mon. and Wed.	4 to 6 p.m.
Tues., Thurs., Fri.	10:30 a.m. to 1 p.m.
Sun.	1 to 3 p.m.
Vet Clinic	2212
Mon. through Fri.	8 a.m. to 4 p.m.
Wed.	1:15 to 3:30 p.m. (Walk-ins)

Divers from, pg 4

diving capabilities.”

Some of the missions that GTMO’s Dive locker perform include searching for missing divers or swimmers, lost underwater ordinance, buoy placement and tending.

GTMO’s Dive Locker is equipped with a wide variety of dive equipment.

“Our inventory includes a Recompression Chamber, Surface Air Supplied Light Weight Diving System with MK-20 AUGA Mask, MK-21 hard hat and SCUBA,” said Roberts. “Some of our auxiliary equipment includes underwater camera/video system, underwater metal detector and underwater hydraulics.”

The dive locker’s secondary mission is to operate and maintain the Recompression Chamber.

“Our Secondary mission is to operate and maintain the recompression chamber to support recreational diving in GTMO,” said Roberts, “the next closest chamber is in Florida. Any time the recompression Chamber is secured, diving in GTMO is secured.

The Recompression Chamber provides treatment for Navy Divers and recreational divers stricken with Pulmonary Over Inflation Syndromes or Decompression Sickness.

In the past year the chamber has been used twice to perform hyperbaric treatments.

The Sailors attached to GTMO’s Dive Locker conduct an intense training program that includes weekly training sessions on operating the recompression chamber

“We are very proficient on chamber maintenance and operations,” said Roberts, “chamber operations are something that we have to be very sharp at, "lives depend on it."

“We train as much as we can,” said Roberts, “and maintain focus so we don’t become complacent.”

Outside of medical emergencies, the chamber is to conduct pressure test for Diver, EOD and SEAL candidates.

“Candidates have to prove they can handle the pressure their body will be subject to as a diver,” said Roberts

For more information about the NAVSTA GTMO Dive Locker contact 4444.

NNO from, pg 3

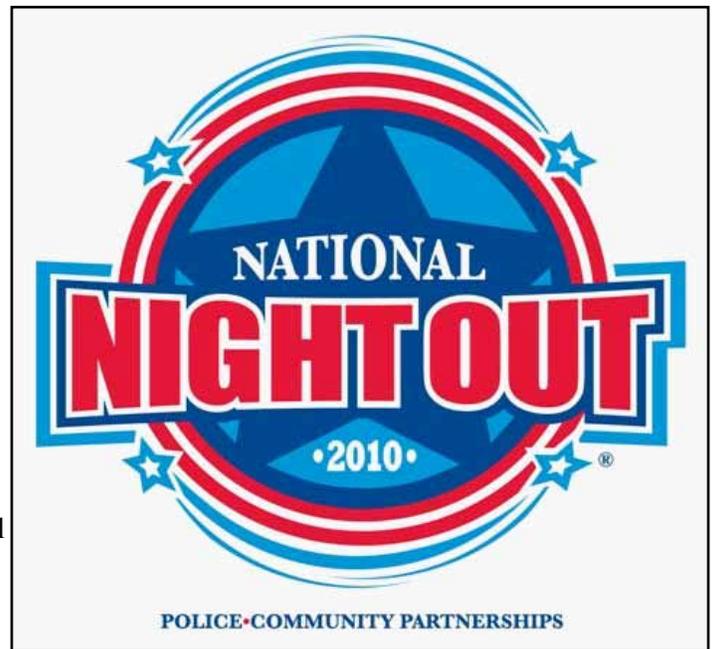
“We are looking forward to having numerous booths, displays, informational handouts, and demonstrations being provided by our endless list of volunteers,” said Alderete.

The community will have an opportunity to meet with a wide variety of the GTMO community’s key players in crises management and emergency first response. Some of the organizations providing support for NNO include the NAVSTA Security Department, Marine Corps Security Force Company GTMO, Navy Criminal Investigative Service, Federal Bureau of Investigation, GTMO Fire Department, NAVSTA GTMO’s Brig, the Child Youth Program and USNH GTMO.

There will also be entertainment events provided.

“MWR is providing bouncy houses, the rock wall, and have food and beverages for purchase,” said Alderete,” There will be a parade for the whole community to observe. Radio GTMO volunteered and will broadcast live. There will also be a concert featuring the band "Retread" who volunteered for this event.”

National Night Out will be held on August 3 from 7:00p.m. until 9:00pm at the Downtown Lyceum. The parade leading up to NNO will begin at 4:30 p.m. The event is free of charge to attend and the entire GTMO community is invited.



GTMO Shopper

Please send all classified ads to PAO-ClassifiedAds@usnbgtnavy.mil. If the ad is sent to any other e-mail address, it may not be included in the Gazette. The deadline for classified ads is no later than noon the Tuesday before publication. Ads will run for two weeks. If your ad is no longer needed, please call the Public Affairs Office at the phone number below. If your ad needs to run again, resubmit after two weeks. The public affairs office has final editorial decision and will edit ads based on content for space requirements. For that reason, we ask that your ad be no more than 20 to 25 words.

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FURNITURE

Dining table w/leaf, six chairs, Exc Cond. Must go. Make offer, first come first served. Call 75506. (1)

Oak twin size bed for sale, \$50 - \$75 with mattress. (1) Call 79404 for appt.

BOATS

Ctr console Hydra-Sports w/'08 four-stroke Yamaha. OOB certified w/ fishing/water skiing equip., alum. trailer, dock space paid 'til Dec., storage shed. \$15,000. 77598. (1)

ELECTRONICS

Black Nokia N73 Phone, Unlocked with accessories. Asking for \$125.00. Call 77127. (2)

Xbox 360 w/ HDMI output. <1 yr old, 25+ games, 3 controllers, all cables included- \$350 OBO, Call 78486. (2)

Garmin 200 GPS \$75. Call 3826. (2)

Satellite dish to sell, \$500 OBO; Call Jenny @ 77298. (2)

RCA console TV (oak cabinet) 27" color TV- \$75. Call 75559. (2)

STUDY GROUP

A+ Study Group at Triple C Fridays at 7pm. Starting July 9. Call Jenny at 79480 after 6pm. (2)

YARD SALES

Garage Sale Sat 0800-1200. Boys clothes, toys, bike, ladies clothes, Plants, Black Bookcase, large wire dog kennel, sand box, Caribbean Circle 08. (2)

Yard Sale - Paola Point 8 - sofa, entrmnt cnt, etc. - Saturday 0800-1200 - x74448 (2)

PETS

Two year old cat free to a good home. Spayed, current shots, needs quiet home w/ no other pets. Shy at first, loves to play. Call 74935/4804.

The Vehicle Registration Office has changed it's business hours. New hours will be Tuesdays/Thursdays 0800-1200 and 1300-1600 and FRIDAYs 0900-1200. FMI contact the VRO at 4410 / 4411.

LOST & FOUND

Black Kenwood 16 Channel 2 Way Radio at Dock of the Bay approximatley 6/28/2010. If found please call 74924 or 74882 (1)

ANNOUNCEMENTS

Red Cross Volunteer (new volunteers included) meeting to be Sat., July 17, 5 p.m. at Fellowship Hall. Discussion: Potluck/October 5K Fun Run. FMI, Sharon: 5060/84150.

VEHICLES

2001 Kawasaki 1500cc VulcanCustom Classic \$1000'sin custom upgrades Perfect Condition, Low Miles \$5,500.00 Call 7-4355 or 8-4132 (1)

1982 Toyota Starlet, Yellow with Checker Flag Roof, Reliable, Great Gas Mileage, \$1,000 or make an offer. POC Trevor 77816 (1)

Sure-Fit Love Seat Chocolate suede stretch cover- \$50.00; Recliner Chocolate Brown suede stretch cover- \$35.00; Weber Large Charcoal Grill- \$40. Call 77088

95 4D Dodge Neon Sports Ed. Excellent Running Condition working A/C, Newly red Paint, alternator, struts, headliner and lights assembly \$2,700 OBO FMI Call jason@75208/75210 (2)

2007 Suzuki XL-7 21,000 miles Excellent condition 4-Door \$13,000 edwin.hanson@med.navy.mil (2)

MISCELLANEOUS

Designer Sale! Prada, Lucky Brand, Cole Hann, Coach. Call 79404 for appt.

DD Fixed Touch Screen Car Headunit-125\$ OBO W/ Wires, To Big For My Car-78486

Tandem Bike wanted 84990

Wanted Statistics tutor. Call 84073.

Wanted Record Albums: LP's and 45's. Stereo power amp, bass guitar amp, other musical equip. Call 79404

Crate and Barrel Marimekko baths towels, washcloths, and matching rugs in three designs. Prices from \$5 to \$35. FMI please call Nicole x9830 (work) or x77792 (home) between 10 AM and 8 PM. (1)

Women's Golf Club set with Cart in excellent condition (used 5 times) and 12 pcs new golf balls, all for sale at \$50. Call 90704.

Selling: 1 Motorola cell phone with out SIMS card includes recharger plug \$25.00 or best offer. Call Noreen at 78827

Small BCD with mask, fins, snorkel, boots, wet suite, weights, and regulator and octo & console. All for \$400 Also have another small BCD with everything except the regulator/Octo/console. For \$250 If interested please contact me @ 77338

If you consider yourself or know someone who is skilled in writing and have a passion for novels or scripts...etc. Call or leave a message for John at 71123 77338 (2)

If you consider yourself or know someone who is skilled in writing and have a passion for novels or scripts...etc. Call or leave a message for John at 71123 77338 (2)

For Sale: 10ft X 12 ft Screened Gazebo, good to fair condition, \$100.00, set up, call to see, 77530 (2)

SCSI computer modem \$30. 77598 (2)

SCSI computer modem. \$60 or best offer. 79675 or 8230. (2)

CABLE BEACH and "THE SLOT" are CLOSED until further notice. ABSOLUTELY NO FOOT OR VEHICLE TRAFFIC PAST THE BARRICADES

GTMO JOB OPPORTUNITIES

COM OPERATIONS ASSISTANT CONSULTANT

Two years of operational and field experience in military/refugee migration assistance is a plus. Must have communication/negotiation skills; ability to work under pressure; strong strategic/creative thinking; flexibility/open management style; demonstrated ability in leading multicultural teams and in mentoring and coaching individuals. Must speak/write English and Spanish. FMI, please call 74788.

ADMINISTRATIVE ASSISTANT FOR CHENEGA FEDERAL SYSTEMS

Provides admin/derical support to senior staff, keep official corporate records and execute administrative policies. Must be U.S. Citizen with Secret clearance or the ability to obtain one. Visit <https://jobs.chenega.com>, job requisition - 10160026AL, for full job description. Competitive pay/benefits for highly-motivated team player with strong organizational skills. FMI contact Jason or Todd at x5136.

OASIS TEEN CENTER POSITIONS FOR MWR

Full & part time positions available. NACI background check required. Visit MWR's personnel office on Admin Hill and pick up an application.

PASSENGER SERVICE AGENT BRSC Air Operations is looking for a full-time Passenger Service Agent for the Leeward Air Terminal. We offer a flexible schedule, pleasant working environment and excellent pay, \$12 - \$18 per hour. Please send resume to mveditz@yahoo.com or call Mr. Mark Veditz @ 6305.

Help Wanted Florida Coastal Airlines looking for a Station Manager. Please leave name and number at 74106

HUMAN RESOURCES OFFICE JOBS

For more information, call HRO at 4441.

- #LH10-046 EMERGENCY/ATFP PROGRAM MGR, GS-0301-12 (USNH)
- #LH10-045 REGISTERED NURSE, GS-0610-11 (USNH)
- #LH10-044 PROCUREMENT TECH (NAV/FAC), GS-1106-07
- #LH10-043 TRANSPORTATION TECH (FISC), GS-2102-05
- #LH10-042 TRANSPORTATION SPECIALIST (NAV/FAC), GS-2150-11
- #LH10-041 SECRETARY (FISC), GS-0318-05
- #LH10-040 MEDICAL SUPPORT ASSISTANT (USNH), GS-0679-04
- #LH10-037 MANAGEMENT ANALYST (NAVSTA), GS-0343-12
- #LH10-030 TRANSPORTATION ASST (PDS), GS-2102-05

ABANDONED VEHICLE LISTING

As per NAVSTAGTMO 11200.1 Security Department can hold vehicles for only 120 days. Vehicles are turned over to Bremcor as per NAVBASEGTMO 4500.3F Abandoned Property Board instruction.

Only the registered owner or his agent may claim the vehicle; do not call asking to purchase.

For more information, contact CE2 Ulep 4325, Monday - Thursday 0730-1600 or email Joseph.Ulep@usnbgtnavy.mil

Reg Number	Year	Make	Model	Color	VIN
Unknown	1989	Dodge	Caravan	White	Unknown
Unknown	1973	Ford	Unknown	Blue	UNREADABLE
C-3674	1983	Chevrolet	Covell	White	Unknown
Unknown	Unknown	Artic Cat	Tigershark	White	RAJ0520C494
C-3954	1986	Buick	Regal	Black	1G4G47YXG445762
Unknown	1985	Dodge	Colt	Teal	JB3BA24K0G62404
Unknown	1980	Ford	Mustang	Matte black	8F0Y2538773
C-5217	Unknown	Chevy	Corisca	White	1G1LT5345P218018
C-4716	Unknown	Dodge	1500 Truck	Blue	1GNEV16K2KF126678
C-3594	Unknown	Toyota	Corolla	White	JT2EL31D8J0289168
C-6247	1993	Dodge	Shadow	Green	1B3XP6839PN12060
C-4987	1986	Ford	Escort	Gray	3598FW312756
Unknown	Unknown	Chevrolet	Chevy Van 20	White	1GCEG25Z5M7122693
Unknown	Unknown	Chevrolet	Chevy Van 10	White	1GCDG15 D3E7180149
C-3926	1985	Chevrolet	SUV Blazer	Green	1G8LD1B3JFF155705
Unknown	1996	Ford	Van	Black	1FTFE1424VHA54838
Unknown	1985	Dodge	RAM	Blue	2B4H0214KF25936
C-6018	Unknown	Chevrolet	Chevette	Purple	151HH087E413107
C-3645	Unknown	Toyota	Corolla	Brown	TE38082708
C-0768	1976	Ford	Ranger	Yellow	Unknown
Unknown	Unknown	Chevrolet	Pick-up	Black	2G2DC14H4D1160567
Unknown	1985	Nissan	Sentra	Blue	1N4B91258GC755909
C-5420	1986	Ford	F-150	Blue/Gray	1FTWJ35148E43152
C-2831	1980	Datsun	510	Tan	FHLA10007551
Unknown	1987	Ford	Tempo G-L	Maroon	2FAFP36X2JB107640
Unknown	1979	Honda	Civic	Blue/Gray	SEC70827198
Unknown	Unknown	Ford	Ranger	Black	JN6MD11YX-BW007481
Unknown	1991	Chevrolet	Corisca	Biege	1GLT55G4ME149846
Unknown	1985	Chevrolet	Cheve Van30	White	1GGC538F203273
C-8899	Unknown	Ford	Mustang	Gray	F6F04Y175155F
C-0699	1988	Dodge	RAM 350	White	K2B3W5B3Y4K-K341250K
Unknown	1979	Chevrolet	Costume Deluxe	Beige	CT24A1127740
Unknown	Unknown	Ford	Mustang	Blue	Unknown
C-4087	1995	GMC	Sierra	Red	Unreadable
C-9797	Unknown	Volvo	740 GLE	Darkblue	YV1FX884XJ2246484
C-5618	1985	Chevrolet	Costum Delux	White	16CGK24M8F0134348
C-5410	1985	Chevrolet	Pick-up	Multi	16CGK24M8F1J83927
Unknown	Unknown	Ford	Mustang	Blue	7790212888
C-6496	1990	Chevrolet	Suburban	Black	16NER1K0LF173953
C-5883	Unknown	Chevrolet	S-10	White	Unknown
C-8286	1984	Pontiac	6000	Brown	2GLAF19X1E126107
C-5809	1982	Ford	LTD Brown Victoria	Gray	2FABP35F3C8191750
C-6988	1977	Chevrolet	Pick-up Truck	Brown	CC144E27083
Unknown	1985	Toyota	Pick-up	Green	JT4RNS6D0F0108451
Unknown	1986	Ford	F-150	White	LFTDF15Y6GNB11816
C-6426	1994	Chevrolet	G-20 Van	Red	26BE62K3P440181
C-3623	1989	Ford	F-150	Black	1FTFE15N4KA25540
C-3911	1997	Chevrolet	Cavalier	Green	1JUCJ1244VW133502
C-4170	1985	Chrysler	Diplomat	Brown	1B3BG56P0FX525678
C-3617	1989	Ford	Aerostar	Black	1FTCA14U7LZA55235
C-0055	1983	Ford	F-150	Red/black	F2F2D15YDCA71844
Unknown	Unknown	Ford	LTD Victoria	White/Gray	2FABPFXXF136180
C-1117	1984	Ford	Econoline	White	1FTDE14YFH6A114
441520	1995	Ford	Club Wagon	White	1FBJS31H9S1C03305
Unknown	Unknown	Dodge	Ram	White/Black	1B7KD36W2F5636992
C-3736	Unknown	Chevy	Oldsmobile	Blue	Unreadable
C-5673	1989	Pontiac	Grand AM	Light Blue	1G2NE14U8KC790714
Unknown	1980	Toyota	Corolla	Black/Blue	TE720479654
C-6521	1978	Chevy	Blazer	Camouflage	CKL18AF108493
Unknown	1986	Dodge	Ram	White	JB7FL29E2HP028820
C-6047	1993	Pontiac	Grand Am	Black	1GNE1434PM599803
C-3617	1982	Chevrolet	Chevette	Blue	1G1A3B3CXCXY116336
Unknown	Unknown	Chevrolet	Corisca	Blue	1G1LT53GM1Y76051
C-0499	Unknown	Toyota	Hilux	Blue	Unknown
C-6265	1990	Dodge	Ram 150	White	1B7GE16X9L8719220
Unknown	Unknown	Oldsmobile	Deluxe88	White/Blue	1G3JN344C01830234
C-2257	1979	Ford	Mustang	Blue	9F02Y322682
C-8654	Unknown	Ford	Unknown	Gray/black	F15GCU48834
Unknown	1989	Chevy	S-10	White	1Gac3142618136757
C-5420	1995	Ford	F-350	White/Black	1FJW354HSG4A3152
Unknown	1989	Ford	Ranger	White/Blue	1FTCR10A8KUC44783
Unknown	Unknown	Chevy	Unknown	Gray	1B680AA106688
C-0495	Unknown	Unknown	Unknown	Black	Unknown
Unknown	1981	Toyota	Celica	Black/Red	Unknown
Unknown	1986	Chevy	Cavalier	Black	1G1JE27P0G7226067
Unknown	1994	Buick	Century	White	1GH4A55M0P6494617
C-3106	1989	Chevrolet	Cavalier	Blue	1G1JC1117K1210934
C-0249	1986	Chrysler	Plymouth	Grey	102NE2708GC551355
Unknown	Unknown	Pontiac	Unknown	Green	1B3CA44K1G309192
2210	Unknown	Johnson	Unknown	Yellow	Unknown

MWR Happenings



All MWR facilities give free soft drinks to designated drivers. Stay safe, and never drive drunk. Designate a driver.

Bayview's Sunday Brunch
10am - 2pm

Scrambled Eggs
Oven Roasted Potatoes
Bacon & Sausage
Biscuits & Gravy
French Toast & Waffles
Buttered Grits

Lunch Selection
Cured Beef Hash
Eggs Omelets Station
Waffle to Order Station
Salad and Fruit Bar
Dessert Bar

Price: \$5.99
FMI & Reservations: Call 2345

MOVIE		PREVIEW
DOWNTOWN LYCEUM		CAMP BULKELEY LYCEUM
FRI, JUL 23 rd - 2000 THE LAST AIRBENDER PG (103 MIN)		FRI, JUL 23 rd - 2000 THE KARATE KID PG (140 MIN)
FRI, JUL 23 rd - 2200 A-TEAM PG13 (117 MIN)		FRI, JUL 23 rd - 2200 KNIGHT AND DAY PG13 (110 MIN)
SAT, JUL 24 th - 2000 TOY STORY 3 G (108 MIN)		SAT, JUL 24 th - 2000 MCQUEEN'S APPRENTICE PG (109 MIN)
SAT, JUL 24 th - 2200 GET HIM TO THE GREEK R (107 MIN)		SAT, JUL 24 th - 2200 A-TEAM PG13 (117 MIN)
SUN, JUL 25 th - 2000 THE KARATE KID PG (140 MIN)		SUN, JUL 25 th - 2000 GET HIM TO THE GREEK R (107 MIN)
MON, JUL 26 th - 2000 DESPICABLE ME PG (95 MIN)		MON, JUL 26 th - 2000 THE LAST AIRBENDER PG (103 MIN)
TUE, JUL 27 th - 2000 KNIGHT AND DAY PG13 (110 MIN)		TUE, JUL 27 th - 2000 GROWN UPS PG13 (102 MIN)
WED, JUL 28 th - 2000 GROWN UPS PG13 (102 MIN)		WED, JUL 28 th - 2000 DESPICABLE ME PG (95 MIN)
THU, JUL 29 th - 2000 MCQUEEN'S APPRENTICE PG (109 MIN)		THU, JUL 29 th - 2000 GET HIM TO THE GREEK R (107 MIN)

DISC GOLF TOURNAMENT

When: 13 Aug @ 1600
Where: Yatera Disc Golf Course
Sign - Up Deadline: 09 Aug by 1730 @ Denich Gym
Coaches Meeting: 10 Aug @ 1730, Denich Gym Sports Office
Format: Captain's Choice (2 members per team)

For more information, please contact the Sports Office @ 2113.

Mongolian Night
at the BAYVIEW
Thursday evenings
1730-2100H

\$0.95/oz. for meat
\$0.50/oz. for veggies

Sauces, nuts, rolls and your choice of rice or noodles are free of charge!

FMI Bayview Restaurant @ 75604

MWR Bike Rentals
Just \$5 a day (includes helmet)
Available at the MWR Marina
Get out and enjoy GTMO!!
Hit the trails or road, we have both!!
Call 2345 FMI

MWR Jerk House Notice:

We would like to inform our valued customers that the Jerk House Delivery Service will be offered until July 31, 2010 only.

Thank you for your continued patronage.

Delivery Hours:
Sunday thru Thursday - 5 pm to 9 pm
Friday & Saturday - 5 pm to

Interested in becoming a basketball official?

MWR will be holding a free basketball officiating clinic on 31 July and 01 August from 1300 - 1600 at Denich Gym.

For more information, please contact:
Mike Cavalli @ 2345 or 2345@denichgym.com

Florida Coastal's landing permit in GTMO expires on the 31st of July and they will not be allowed into GTMO until further notice.

Coordination is in process for reinstatement of landing permit.

