



More than 20 NS Guantanamo Bay, Cuba residents participate in MWR's 2012 Flag Day 5k Fun Run at Phillips Dive Park, June 14. The run was held to provide an opportunity to show support for those who defend the national ensign and the freedoms it stands for.

Guantanamo Bay's MWR Host 2012 Flag Day 5k Fun Run

MC1(SW/AW) Justin Ailes

Gazette Editor

Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, Cuba, hosted the Flag Day 5k Fun Run at the installation's Phillips Dive Park, June 14.

The run, opened to all base residents, provided participants an opportunity to show their support for those who defend the national ensign and the

freedoms it stands for.

"MWR is on this base to support those who defend our flag," said Dennis Anthony, NS Guantanamo Bay MWR Fitness Coordinator. "This event gave the community an option to participate in a fun, healthy, productive activity."

More than 20 base runners participated in the 5k, with 10 volunteers supporting the event.

"This run celebrates the importance of

our flag," said Anthony. "Without volunteer support, we would not be able to put these kinds of events on for the community."

June 14 commemorates the adoption of the flag of the United States, which happened by a resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day. In August 1949, National Flag Day was established by an Act of Congress.

Transition Benefits: Life After ERB

Patrick Foughty

Commander, Navy Installations Command Public Affairs

When Chief Aviation Machinist's Mate(SW/AW) Anthony Hughes received news in November 2011, that he was on the Enlisted Retention Board (ERB) list he felt like his life was over.

"I remember my CO (commanding officer) sitting me down and saying 'Chief, I've got some bad news,' and I immediately knew what was coming," said Hughes.

His commanding officer informed him of his selection for ERB, which angered him.

"I felt like I had honored my part of the bargain, and the Navy had just backed out on the deal," said Hughes.

Instead of giving up or feeling sorry for himself, Hughes said he quickly accepted the news and started looking toward the future.

"I literally knew exactly what I had to do at that very moment; from that day on my only mission was to get my family back home, so I could get a new job ASAP."

Hughes is one of 2,946 Sailors chosen for separation by the ERB in late 2011, all of whom were from a list of approximately 16,000 records the board reviewed to help reduce manning and meet quotas in various rates across the fleet. With record high retention and low attrition among active duty Sailors, the Navy became overmanned by greater than 103 percent in 31 of 84 ratings, resulting in increased competition and reduced advancement opportunities for strong-performing Sailors to reenlist.

The ERB was introduced to allow the Navy to achieve stability and fit across the force while retaining balance based on seniority, skills, and experience.

Chief of Naval Operations Adm. Jonathan Greenert explained in his official blog that, "ERB reduces overall manpower by reducing the number of Sailors in overmanned ratings through conversions and separations."

Navy leadership realized; however, that while the ERB was fair and necessary for the needs of the Navy, it also left Sailors with questions and concerns for their future.

"The ERB and follow-on transition process have my full attention," wrote Greenert, "we are putting great efforts to ensure the ERB process is being conducted professionally and fairly. More importantly, we look to ensure that the means for transition is clear, broadly applied, open and readily available."

For Hughes, that message couldn't have been clearer.

"I knew I couldn't mess around," he said. "With a wife and two small kids, I have mouths to feed and bills to pay. There was no way I was going to let this situation mess up my family and our way of life, and as it turned out, neither was the Navy."

Soon after Hughes received the news, a representative from Challenger, Gray and Christmas (CGC), a firm contracted by the Navy to provide extensive transition services for ERB Sailors, reached out to him and began working with him on his

→ For more see **ERB** ■ page 6



MASTER AT ARMS 1ST CLASS REG LEAVITT

■ **Job/Department:** Operations LPO/Security

■ **Age:** 38

■ **Home State:** Vermont

■ **Quote:** "It is what it is."

■ **Favorite Team:** NY Yankees

■ **Favorite Hobby:** Running

■ **Favorite GTMO Restaurant:**

My kitchen

■ **Favorite Movie:** We Were Soldiers

■ **Favorite Musician:** Anything Classic Rock

■ **Currently Working On:**

Attending PSD school

■ **How The Navy Has Improved**

His Life: The Navy has provided the opportunity to travel and assist junior personnel in rating knowledge.

■ **Sailor Of The Week**

Because: MA1 Leavitt was selected for going well above and beyond the expectations as Security Department Operations Leading Petty Officer.

Memorial Service To Be Held At Base Chapel

MC1(SW/AW) Justin Ailes

Gazette Editor

A memorial service will be held for a contract employee at Naval Station (NS) Guantanamo Bay's base chapel at 6 p.m., June 21.

Branimir Alphonz Debelak, who went by the nickname "Bronco," was found dead June 11 of an apparent suicide.

Debelak worked for subcontractor GCR where he was a supervisor in charge of landscaping on the installation.

Debelak worked on the Naval Station since 1978.

The Naval Criminal Investigative Service (NCIS) is currently conducting an investigation into the incident.

GUANTANAMO BAY GAZETTE

**COMMANDING OFFICER
EXECUTIVE OFFICER
COMMAND MASTER CHIEF**

CAPT. KIRK HIBBERT
CMDR. WILLIAM RABCHENIA
CMDMCM (SW/AW/EXW) J.D. MCKINNEY, III



**PUBLIC AFFAIRS OFFICER
GAZETTE EDITOR
PHOTOJOURNALIST**

TERENCE R. PECK
MC1(SW/AW) JUSTIN AILES
MC1(SW/AW) JUSTIN AILES

MWR Helps GTMO Resident Achieve Weight Loss Milestone

MC1(SW/AW) Justin Alles

Gazette Editor

Throughout the Navy, Sailors and civilians look to Morale, Welfare and Recreation's (MWR) fitness programs to help them stay healthy and good physical shape.

For one civilian aboard Naval Station (NS) Guantanamo Bay, Cuba, the MWR fitness program helped improve his life.

Robert McCloskey, a 48-year-old civilian contractor with NS Guantanamo Bay's Information Systems Department (ISD), has shredded more than 95 pounds off his weight since Jan. 1.

"I was 313 pounds with high cholesterol and using continuous positive airway pressure (CPAP) system for my sleep apnea," said McCloskey who is an administrator with ISD. "I was always tired and I had zero energy"

Feeling unhealthy and tired of living on the couch, McCloskey said on Jan. 1, he decided to make this his year.

The Bureau of Personnel Instruction 1710.11C, titled Operation of Morale, Welfare and Recreation Programs states, "The goal of the Navy fitness program is to foster values, morale, camaraderie, and readiness through instructional fitness activities. The purpose of instructional skill development is to enhance and foster learning, provide the opportunity for personal improvement, and to help patrons develop positive attitudes about physical activity which will contribute to health and wellness throughout their lives."

McCloskey said that MWR fitness facilities, instructors, and programs assisted in his weight loss goals.

"MWR Fitness and their facilities are great," said McCloskey. "They are always available with help, classes and events to keep you busy and healthy."

According to McCloskey, his success in reaching his goal has been a team effort.

"My Pilates and Yoga instructor, Myah Mason has been a real inspiration to me," he said. "She has been helping me since January. I struggled in the beginning, but she kept motivating me. My weight

trainer, Roger Wilson, is also very important to my success. Within the last two months, I have taken up spinning and I love it. My instructor is Roxy Bumpus, who is also very motivating. When I did my physical assessment in January with MWR, I was only able to jog for 15 seconds. Because of their assistance, I ran in this year's MWR Memorial Day 10K."

McCloskey currently weighs 108 pounds and has a 20-percent body fat composition. He has gained 10 pounds of muscle and no longer requires the use of the CPAP system.



Robert McCloskey
January 2012



Robert McCloskey
May 2012



Chaplain's Corner

Happy Father's Day

CDR Van Dickens

NS Guantanamo Bay Command Chaplain

Four fathers were sharing stories about their children. One had to leave the room while the other three continued the conversation. The first father said, "I was worried that my son was going to be a loser because he started out washing cars for a local dealership. Turns out he got a break. They made him a salesman, and he sold so many cars that he bought the dealership. In fact, he's so successful that he just gave his best friend a new Mercedes for his birthday." The second father said, "I was worried about my son too because he started out raking leaves for a realtor. Turns out he got a break too. They made him a commissioned salesman and he eventually bought the real estate firm. In fact, he's so successful that he just gave his best friend a new house for his birthday." The third father

said, "That's nothing. My daughter started out sweeping floors in a brokerage firm. Then she got a break. They made her a broker and now she owns the brokerage firm. In fact, she's so rich that she gave her best friend a million dollars in stock for his birthday."

About that time, the fourth father catches up on their conversations and says, "Well, I'm embarrassed to admit that my son is a major disappointment. He started out as a garbage collector and he's still a garbage collector after fifteen years. In fact, I found out that he lost even that job. But I try to look at the bright side. His three best friends just bought him a new Mercedes, a new house, and a million dollars in stock for his birthday."

Truth is, we set high standards for our children, and are amazed when they turn out better than we could ever imagine. As fathers (and mothers), let us teach them the paths of righteousness, set the example, and trust the rest to God. And as sons and daughters, let us honor our parents with right living, whether we treat the ill, manage a store, or clean deep fat fryers.

GRADUATION

2012



'like' us on Facebook
www.facebook.com/NSGuantanamoBay



GTMO's W.T. Sampson Seniors Graduate During Ceremony

MC1(SW/AW) Justin Alles

Gazette Editor

Students and faculty at Naval Station (NS) Guantanamo Bay, Cuba, presented the high school class of 2012 commencement ceremony, June 8.

Nine W.T. Sampson High school seniors received their graduating diplomas at the installation's base chapel as they ended their high-school careers.

"To me, graduating from high school meant that it's time for a new beginning, a chance to leave my comfort zone with my parents and family, and go on to new and exciting things," said Leah Williams, W.T. Sampson graduate.

Terence Peck, NS Guantanamo Bay Public Affairs Officer served as keynote speaker during the ceremony.

"Your graduation tonight is a culmination of the hard work that you, your parents and teachers have done to prepare for

life's challenges," said Peck. "Until now, many of the decisions you have made were heavily influenced by your parents, teachers and friends. Your parents provided you an environment conducive to learning. They provided the roof over your head, the food that nourished you and the love that encouraged you during those stressful times in your life. Your teachers provided you the basic tools you will need to continue moving up to higher heights during your life's journey. All of you will be embarking upon different paths in life. Some of you will go on to college; others may join the civilian work force or join the military. No matter what you choose to do, remember to never stop improving upon the foundation set by your parents and teachers."

The 2012 W.T. Sampson senior class was comprised of Joshua Bledsoe (Valedictorian), Matthew Bridges, Briana Ewing, Kelly Flores, Bradly Hood, Liana Merrill (Salutatorian), Caleb Murcin, Emily Wanger, and Leah Williams.



W.T. Sampson High School Seniors Joshua Bledsoe, Matthew Bridges, Briana Ewing, Kelly Flores, Bradly Hood, Liana Merrill, Caleb Murcin, Emily Wanger, and Leah Williams celebrate after receiving their diplomas during their graduation ceremony at the base chapel, June 8. - photo by MC3 Yolanda Williams

life after active duty.

“One thing that I really needed to work on was my resume, I was taking action on all other areas of my life, from my move to my out processing, but my resume needed work, and the folks at CGC really helped with it.”

Hughes said he was very impressed with the comprehensive resume services offered by CGC.

“I felt like I was talking with someone that had been through the transition process, was in a similar position in the service when they were active duty, so they knew literally all the aspects of creating a resume for me,” he said. “In the end my future employer told me my resume was excellent, and a key reason I got the job.”

CGC is an employment placement firm that was contracted to “continue to build on the job skills, success and training acquired during Sailors’ careers and succeed in the civilian job market,” said Rick Trimmer, a contract manager for Commander, Navy Installations Command, who manages CGC’s contract. “We (the Navy) have asked them to reach out to each ERB Sailor and offer as much assistance in their employment transition as possible, from resume writing to help finding employers that need Sailors with their specific skill sets.”

Hughes explained that CGC worked in a partnership with other firms and assigned him a personal coach to help with his transition.

“The coach I had, Dennis, offered to take my phone calls with questions or concerns at any time, he even gave me his personal cell phone number. I knew he was doing everything he could to help me find a job,” he said.

Hughes reiterated that while CGC was a great help, they couldn’t do all the work.

“A lot of this is self motivation,” he said. “Sure, they’ll help you, but you need to take initiative and work with them too. For instance they could only give me a draft for the resume; I

had to fill out my information before their editors could make it presentable.”

CGC is also contracted to assist with actual job search help by providing employment resources to Sailors and even practice interviews and salary negotiation techniques.

“I was overwhelmed with all they were offering, luckily, with my networking efforts I was fortunate enough to meet my future employer here on NSA Crane, so I didn’t really need the full complement of CGC’s services,” Hughes explained.

In the end, Hughes’ setback turned out to be a road to a new a bright future, noted his wife Nikki Hughes.

“The main ‘stressor’ with getting out of the Navy is clearly the job search,” said Nikki Hughes. “But I must say, within the blink of an eye Anthony had a job offer...with the ERB resources (CGC) plus my husband’s natural abilities to take charge of the situation, we are ready for the next chapter!”

Hughes has a job offer with a local contracting company in his hometown of Crane, Ind., where he plans to settle his family after he leaves active duty in September 2012.

“I’ll tell you this, no one is going to hand you a job, but with a little help from the Navy and CGC, plus my willingness to lean forward and make a plan, I was able to ensure a future and a life after my 14 year plus career in the Navy.”

The Navy’s contract with CGC is extensive and tasks them to reach out to all ERB Sailors. Sailors are encouraged to contact CGC by calling 1-800-971-4288 or by e-mail at cgcusnavy@challengergray.com if they desire services and have not heard from CGC. Sailors can also contact the Help Center at Commander, Navy Personnel Command by calling 866-827-5672 for more information.

For more information visit the NPC ERB Web Page at www.npc.navy.mil/boards/ERB/, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672) or email cscmailbox@navy.mil.



HM3 Milton Curry has his new Third Class collar devices pinned on by U.S. Naval Hospital Guantanamo Bay Command Master Chief HMCMSW(AW/FMF) Betty Watson during a command frocking ceremony on June 8 on the newly reopened hospital Quarterdeck. Other hospital personnel frocked from the most recent advancement exam were: HM1(FMF) Orlando Atencia, CS1(SW) Jonathan Trotman, HM2 Renita Flakes, HM2 Jesse Houseknecht, HM2(AW) Miguel Mejiacontreras, HM2(FMF) Louvel Velicaria, HM2 Melody Warren, HM3 Grayson Johnson, HM3 Innocent Ntamag, HM3 Gregory Sanders, HM3 Timothy Sena, HM3 Chase Sims and HM3 Fengyuan Yu. - Photo by Stacey Byington

GTMO SHOPPER

E-mail classified ad submissions to **PAO-CLASSIFIEDADS@USNBGTMO.NAVY.MIL** If sent to any other e-mail, it may not be published. Submit your ad NLT noon Wednesdays for that week's Gazette. Ads are removed after two weeks. Re-submit the ad to re-publish. The Gazette staff and NS Guantanamo Bay, Cuba, page. The Public Affairs Office has final editorial discretion on all content. Call MC1 Justin Ailes at 4520 with your questions or concerns.

VEHICLES

'93 Saturn. 4 doors very clean \$1400. '94 Nissan Quest nice clean with A/C, \$1700. Call 78470

'02 Toyota Tundra, Access Cab, 4 doors, exc cond, available late June. \$5900. Call 75611

'05 Dodge Dakota, White, 4DR, 2WD, V8, Tow Pkg, Spray-in Bedliner, 78,000 mi, Excellent Cond, Cold A/C, Available June 23, \$11,000 OBO. Call 4886 or 78138

'95 Cadillac Deville, runs great, excellent condition. \$2,995 OBO. Call 78477

'00 Jeep Cherokee Sport, 4.0 I power tech, Inline six cylinder, A/C- Power and tinted Windows- Power Locks, Roof Rack, runs great and in great condition. \$4600 OBO. Call 77798
'02 Chevy Extended Cab, 8-ft bed, 72K miles, great running cond. \$9000 OBO. Call 78247

'94 Buick LeSabre, cold /AC, stereo, power window, automatic transmission, good running condition, \$2300 OBO. Call Rene 75208 or 75896

'07 Virago 250cc for sale \$1800. Only 700 miles. Has been in storage for 3 years Contact Lori or Matthew at 77732

Grand Am V6, In perfect condition, AC, AM/FM/CD stereo, New brakes, battery, belt, all maintenance records available. \$3400 OBO. Call 78742

'10 Suzuki Burgman Executive 650cc. Pearl White, Fully Loaded, ABS, Full instruments, CVT transmission with manual shift or automatic mode. Low miles, impeccable condition. \$5000. Call 77636

'94 Nissan Quest. 7 passengers, fully loaded, with a moon roof, everything work including the A/C. \$2000. Call 78470

'96 Toyota Corolla. 43,000 Miles, excellent condition; Silver, hatchback, Auto, cold AC, power windows/mirrors, 2 sides airbags. \$4,000 OBO. Call 78471

'64 Chevrolet Bel Air \$5000 OBO. Call 3228

'04 Ford Mustang Convertible, \$6000 OBO. Red with leather seating, new alternator, runs great, good condition, 115,000 miles. Call 77519 or 4805

'96 Toyota Corolla DX. Automatic, PW, CD player & radio, cold AC. Well-maintained engine. Call 75621

'95 Cadillac Deville, Panasonic Stereo, Leather Interior, runs great, excellent condition. \$2,995 OBO. Call 78477

YARD SALE

June 16, Caravella Point 1405 B, 0800-Noon

June 16, Radio Point 727, 0800-1100

June 17-18, Villamar 734 D, 0800-1130

June 17, Granadillo Point 10 A, 0800-1100

June 16, Caribbean Circle 16 C, 0700-1300

June 16-17, Caribbean Circle 22 A

June 16, West Iguana 2708, 0800-1100

ELECTRONICS

JVC DVD player \$ 30.00. Philips DVD player \$ 25.00 Call 77123 leave a message if not home.

SCSI Modem \$48. Call AJ at 77519(h) or 4805(w).

Cookware, incl 3 pots, 2 pans, and 1 electric skillet. \$20. Call AJ at 77519(h) or 4805(w)

Sony 36" color TV (Not flat screen) \$60 OBO. SCSI Modem \$60 OBO. Call 78477

SCSI Modem/Router with cables. \$45. Call 78453

SCSI Modem \$60 OBO. Call 78477

Unlocked Blackberry Cell phone, \$80. Call 84611

4 ft. dish, \$200. Call 4851

46" Sony Bavia LCD TV with stand. \$500 OBO. Call 8235 or 77266

HOUSEHOLD GOODS

2 dining room sets, infant car seat, large area rug, bass guitar and amp, coffee tables. Call 78009

Regalo Hide Away Bed Rail for Toddlers, white. \$15 ph 78009

For Sale: Gas weedeater, trimmer, blower all in one. Toro. Best offer gets it. ph 78009

40" LCD TV \$200, 30" LED with HD-MIA new \$250, Free to Air receiver & 6feet Dish \$250, 2 Vacuum cleaners bag less \$40 each, 2 entertainment center \$200 for both, Can separate. Sofa and Love seat with marble top

coffee table \$250. Also Garage sale on Saturday & Sunday June 1st and 2nd from 9a.m. till 4p.m. call 78470

Blueair 203 Air Purifier effectively purifies air in rooms as large as 175 sq. ft. for \$ 100. Call 77641

New (In box) Computer modem for sale \$45 OBO; Dinning set, table with 4 chairs (Mahogany) \$150 OBO, Patio table and four chairs \$40 OBO. Contact Fred at 78461

2-pc. King Box Spring, 2 matching nightstands, other home décor items. FMI, call 84908

Like-New, Sofa, Love Seat, marble coffee table, all for \$350. Large entertainment center \$200. Small entertainment center \$120. Call 78470

Shoe rack 2 shelves \$ 20. Sony Trinitron 32 Inch TV- Flat Screen- Rear-Projection +Sony DVD + TV Table \$80. Small Desk + Chair \$20. ATA Phone with answering machine \$25. Comforter (Queen Size-AVA Brand), Bedskirt, 2 Shams, 2 Euro Shams, 4 Decorative Pillows. \$ 45. Coffee Maker \$25. New Paintball Mask \$20. Call 77641

Wood Entertainment Center with glass doors. Includes DVD/VCR and TV (not flat screen). \$200 OBO. Call 75816

Living room set, includes Full size Sofa Bed , Love seat , Coffee table, and one end table \$300. Call 3228

Three seater couch with full size pull out bed, \$45. Call 79466

Computer desk, \$25. Call 78470

JVC DVD Player \$30, Two full size mattresses \$15 each, \$25 for both. Classic outdoor turkey fryer, never used, \$30. Call 77123

Entertainment center, like new, will hold up to 72" TV, \$50. Call 78470

Plants for sale. Call 78859

OUTDOOR REC

Fins, mask, snorkle, and boots size Lg/Xlg (like new) \$180 OBO. Call 78477

Gas Grill, Char-Broil 3 burner 40,000 btu, push button ignition, includes 1 full prop tank and 1 empty prop tank. \$100. Call 4886 or 78138

3-Band JBL Speargun, 53 in., Competition Magnum Aluminum JBL, \$100 OBO. Fins (Split), Mask, snorkle, and Boots Lg/Xlg (like new) \$180 OBO. Fins (Split), Mask, snorkle, and Boots size 9 (like new) \$190 OBO Call 78477

Men Full Wet Suit, Bare (tropical series) \$40. Call 78450

Dive Gear; Aqua Lung regulator Octo set, TUSA gauges w/ compass, Female BCD with 10-lbs of weight, 8 boots, Mask, fins, and 2.5 MIL short wet suit. \$700. Call 78247 or 4409

GTMO JOB HUNT

- Electrician - Full time
 - Warehouse Worker - Flex
 - ID Checker - Flex
 - Recreation Asst. Lifeguard - Flex
 - Recreation Asst. Lifeguard - Full time
 - CYP Program Asst. - Full time
 - Food Service Worker - Flex
 - Teen Center Director - Full time
 - Cook - Full time
 - Waiter/Waitress - Flex (2 openings)
 - Warehouse Manager - Full time
- Job Descriptions can be found on MWR's Job Wall next to the NAF HR office, Bldg. 760. FMI, call 74121

- Housing Manager (NAVSTA) - LH12-020
 - Medical Records Tech (NAVHOS) - LH12-021
 - Material Handler (FLSC) - LH12-024
- CNSRSE HRO
FMI, Call 4441 or stop by Bldg. 2142 (Temp. Location)

MOVIES DOWNTOWN LYCEUM

FRIDAY	June 15
8 p.m.:	Madagascar 3 (new) PG 103 min.
10 p.m.:	5 Year Engagement (new) R 124 min.
SATURDAY	June 16
8 p.m.:	Pirates (new) PG 88 min.
10 p.m.:	Prometheus (new) R 124 min.
SUNDAY	June 17
8 p.m.:	MIB 3 PG13 103 min.
MONDAY	June 18
8 p.m.:	No Movie
TUESDAY	June 19
8 p.m.:	No Movie
WEDNESDAY	June 20
8 p.m.:	No Movie
THURSDAY	June 21
8 p.m.:	No Movie

CALL THE MOVIE HOTLINE @ 4880

W.T. Sampson Elementary Perform For GTMO Residents

End-Of-Year Summer Concert Showcases Student's Talent

MC1(SW/AW) Justin Ailes

Gazette Editor

W.T. Sampson Elementary at Naval Station (NS) Guantanamo Bay, Cuba, presented the end-of-year summer concert at the school's gymnasium, June 12.

Students from kindergarten through fifth grade showcased their musical talents as they sang for community members in attendance.

"Students have been preparing for the concert for over a month," said Daniel Freeman, W.T. Sampson Elementary

school music teacher. "It's very important to display the work our students do and make it available for those people who aren't commonly involved in the school."

Students performed classic songs such as "Puff The Magic Dragon" and "On The Road Again," as well as patriotic songs "America," "America The Beautiful," and "This Land Is Your Land."

The 2012 W.T. Sampson Elementary class featured 23 kindergarten students, 18 first grade students, 19 second grade students, 18 third grade students, 21 fourth grade students, and 24 fifth grade students.



NS Guantanamo Bay's W.T. Sampson second grade class perform "Puff The Magic Dragon" during the Elementary school's end-of-year summer concert in the school's gymnasium, June 12. Students in kindergarten through fifth grade showcased their musical talents for concert attendees.

