

# Guantanamo Bay Gazette

## USS Nicholas Visits Naval Station Guantanamo Bay



USS Nicholas (FFG 47) makes a port call at Naval Station Guantanamo Bay, July 13. The Oliver Hazard Perry-class frigate visited the installation to receive fuel, water and supplies.

**MC1(SW/AW) Justin Ailes**

Gazette Editor

Oliver Hazard Perry-class frigate USS Nicholas (FFG 47) visited Naval Station (NS) Guantanamo Bay, Cuba, July 13.

USS Nicholas made the port call at the naval station to receive fuel, water and supplies.

“USS Nicholas has been conducting drug interdiction operations in the Caribbean,” said Quartermaster 2nd Class Dennis Steel, a dock-master with NS Guantanamo Bay’s Port

Operations department. “We are providing them with a variety of services...especially fuel, before they head back to their homeport, Norfolk, Va.”

The naval station is a logistical hub for military vessels operating in the Caribbean theater. The installation’s Port Operations department provides operational support for more than 150 ships a year.

USS Nicholas was the third ship of the U.S. Navy to be named for Maj. Samuel Nicholas, the first commanding officer of the U.S. Marines.

# Navy Issues New Shore Energy Policy

## Chief of Naval Operations

Shore Readiness Division

The Navy issued a new energy policy that will drive energy consumption reduction at all Navy installations, transform the shore energy culture and seek new or existing technical solutions for reducing energy, officials announced July 10.

The Shore Energy Management Instruction signifies a complete revision from the previous version published in 1994.

The instruction codifies Navy's policy and strategy to ensure energy security as a strategic imperative, meet federal mandates and executive orders, and achieve Department of the Navy (DoN) shore energy goals.

Since naval forces require constant support from shore installations, Navy is mitigating its vulnerabilities related to the electrical grid - such as outages from natural disasters and man-made events - by lowering consumption, integrating renewable energy sources and increasing control of energy supply and distribution. Energy reliability, resiliency and redundancy are essential components of the Navy's Critical Infrastructure Protection program.

"Energy security is critical because warfighters need assured access to reliable supplies of energy to meet operational needs afloat or ashore," said

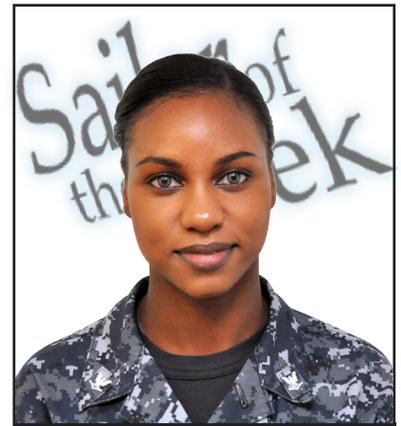
Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Adm. Phil Cullom. "This instruction is just one example of how we are driving a spartan energy ethos in our shore operations. We are committed to cost-effectively achieving our energy goals by pursuing energy efficiency, transforming our energy culture, and integrating renewable energy technologies, where viable."

The revised instruction includes specific responsibilities and actions that commands and personnel ashore must take in implementing the Navy Shore Energy program. For example, each Navy installation will have a tailored energy consumption reduction goal based on its unique energy situation. By increasing energy efficiency, Navy can reduce operating costs, multiply the impact of current and future alternative energy sources and achieve DoN renewable energy targets.

Secretary of the Navy Ray Mabus laid out five aggressive energy goals in October 2009 to improve energy security and efficiency afloat and ashore and increase our energy security.

To review the instruction, visit <http://greenfleet.dodlive.mil/files/2012/07/OPNAVINST-4100.5E.pdf>.

For more information about the Navy's Energy Program, visit [www.greenfleet.dodlive.mil](http://www.greenfleet.dodlive.mil) or [www.facebook.com/navalenergy](http://www.facebook.com/navalenergy).



## MASTER-AT-ARMS 3RD CLASS BRITTANY WOODS

- **Job/Department:** CMAA/LPO
- **Age:** 23
- **Home Town:** Vallejo, California
- **Quote:** "A winner never quits and a quitter never wins."
- **Favorite TV Show:** Secret Life of the American Teenager
- **Favorite Hobby:** Cooking
- **Favorite GTMO Restaurant:** Taco Bell
- **Favorite Movie:** Nanny McPhee
- **Favorite Musician:** Alicia Keys
- **Currently Working On:** Bachelor's Degree in Political Science
- **Hero:** My Dad
- **Greatest Passion:** Making a difference
- **How The Navy Has Improved Her Life:** The Navy allowed me the opportunity to pursue higher education.
- **Sailor Of The Week Because:** Provided excellent customer service while supervising over 20 trouble calls in one week, and assisted in NEGB's Change of Command.

## New-Born Congratulations

### NS Guantanamo Bay, Cuba

Public Affairs

Congratulations to parents Lourdes and Christian Schroeder, who welcomed Faith Carli Schroeder to their family, July 11.

Faith Carli Schroeder was born at 10:06 a.m., weighed six pounds 15 ounces, and was 20 inches long.



# Elrod, Coast Guard Disrupt Drug Flow In The Caribbean

U.S. Naval Forces Southern Command and U.S. 4th Fleet

Public Affairs

Guided-missile frigate USS Elrod (FFG 55) with embarked U.S. Coast Guard (USCG) Law Enforcement Detachment (LEDET) team recovered 91 packages of marijuana, weighing approximately 4,938 pounds, during an interdiction in support of Operation Martillo, July 3.

The estimated wholesale value of the recovered drugs is more than \$2 million.

A U.S. Customs and Border Protection P-3 initially detected the “go-fast” vessel. The drug traffickers then began to jettison the contraband as the P-3 turned over tracking of the vessel to Elrod while USCG District 7 assumed control of the interdiction effort.

An embarked SH-60 helicopter was launched with an airborne use of force (AUF) gunner on board to intercept the vessel and locate the debris field. In an attempt to get the vessel to stop, the gunner fired warning shots aft of the speedboat. When the vessel did not stop, the gunner fired disabling rounds, bringing the go-fast to a stop.

In a coordinated effort, crews from Elrod and USCG LEDET recovered 91 packages of various sizes from the debris field, and through two narcotics identification kit tests, it was determined that the contraband was marijuana.

Since the beginning of their deployment in January, Elrod

and the embarked LEDET have seized approximately 9,630 pounds of cocaine and 4,938 pounds of marijuana, with a total wholesale value of more than \$120 million.

Operation Martillo (Spanish for ‘hammer’) is a U.S., European, and Western Hemisphere partner nation effort targeting illicit trafficking routes in coastal waters along the Central American isthmus. This joint service, interagency, and multinational operation is being led by Joint Interagency Task Force-South, a National Task Force charged with detection, monitoring, and supporting the interdiction of illicit trafficking in a 42 million square mile area primarily in the U.S. Southern Command (USSOUTHCOM) area of operations. Operation Martillo is a component of the U.S. government’s coordinated interagency regional security strategy in support of the White House strategy to combat transnational organized crime and the U.S. Central America Regional Security Initiative.

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) supports USSOUTHCOM joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.



## Chaplain's Corner

### Are You Listening?

Chaplain Jones

NS Guantanamo Bay Chaplain Services

In a world where there are constant technological inventions and social networking ideas being introduced into society, it makes it harder to maintain strong interpersonal connections. The lack of interpersonal connection then causes the art of listening to become a rarity in today’s society. Regardless of the latest inventions in communication, people still desire to have that person that they can rely on to provide a listening ear. The goal is to be an active

empathetic listener so that the person sharing feels that you were engaged and tried to understand the thoughts and feelings they are conveying. When we become better listeners it lessens the probability of confusion, stress, lies, hurt feelings, and feelings of rejection. People begin to open up to their chain of command which then produces an environment wherein people feel accepted and experience a sense of community. Marriages are enhanced because both spouses now know that the other person is making an effort to understand. So I encourage you to take on the challenge of becoming a better active and empathetic listener regardless of professional position or social connection and expect to see a positive change.

**GM2 Waycee Parker attempts to demolish the window of a donated Chevrolet Suburban with a sledgehammer during the Navy Birthday Ball Committee's Car Show fundraiser, July 7. Base residents had the opportunity to donate \$5 per swing, with all proceeds supporting the 237th Navy Birthday Ball which will be held October 13 at the Windjammer ballroom.**



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[www.facebook.com/NSGuantanamoBay](http://www.facebook.com/NSGuantanamoBay)



# CAR SHOW, SMASH! 2012



## Guantanamo's Navy Ball Committee Host Car Show

MC1(SW/AW) Justin Ailes

Gazette Editor

The Navy Birthday Ball Committee at Naval Station (NS) Guantanamo Bay, Cuba hosted a car show fundraiser at the installation's Downtown lyceum, July 7.

Base residents who participated in the event displayed their personal operating vehicles (POVs) in a variety of categories including 'best island beater,' raising funds for the annual birthday ball, taking place later this year.

"This event is all about entertaining the community," said Chief Master-at-Arms Eduardo Perez, Navy Ball Committee Chairman. "Today we hope to bring people together. We have a small community here, and we greatly appreciate their support."

Along with the worst vehicle award, contestant's luxury POVs were eligible for 1st, 2nd, and 3rd place. Those who attended

the event had the opportunity to donate money for a barbeque, a high mobility multi-wheeled vehicle (HMMWV) pull, a car audio "sound off," and an opportunity to use a sledgehammer to vandalize a vehicle. All proceeds from the event support the 237th Navy Birthday Ball.

"NS Guantanamo Bay's Public Works department donated an abandoned Chevrolet Suburban that was set to be disposed of," said Perez. "Residents can pay \$5 and take their frustrations out by taking a swing at the truck."

After donning the proper personal protective equipment (PPE) and armed with a sledgehammer, a safety observer stood by as participants attempted to destroy the windows, windshield, and body of the vehicle.

"I've never smashed a window out of a vehicle," said Gunner's Mate 2nd Class Waycee Parker. "That was quite the motivating experience, and the money goes towards a good cause."

# Sexual Assault Prevention And Response Mobile Training Teams Ready For Deployment

Chief Of Naval Personnel

Public Affairs

Master Mobile Training Teams from the Navy's Sexual Assault Prevention and Response (SAPR) Task Force are preparing to deploy worldwide to provide SAPR training to fleet leaders, Navy officials said July 12.

Part of the Navy's aggressive efforts to prevent sexual assaults and promote essential culture changes within the force, the 14 SAPR Master Mobile Training Teams (MMTTs) will deploy from the Center for Professional and Personal Development (CPPD) around the globe starting July 13 to provide SAPR leadership training (SAPR-L) to command leadership triads (commanding officer/officer in charge, executive officer/assistant officer in charge, and command master chief/chief of the boat/senior enlisted advisor) in fleet concentration areas and locations with significant Navy presence.

The command triads will then deliver the SAPR-L training to their command leadership, E-7 and above.

The MMTT preparatory training to command triads will prepare the command triad to provide valuable SAPR training to officers and enlisted leaders, explained Capt. Scott Seeberger, chief of staff for the SAPR Task Force.

"The MMTTs have a great journey ahead of them as they train our command leaders and provide tools critical to reducing sexual assault and promoting a culture of respect and professionalism in the force. SAPR-L will be the first phase of this training utilizing a top-down leadership approach," said Seeberger. "We've structured the MMTTs to reflect the command triad with a captain, commander

and master chief. We've also added a Judge Advocate General (JAG) officer to each team to explain the legal procedures that follow an allegation of sexual assault and discuss recent changes in the Uniform Code of Military Justice that apply."

The MMTT training is coordinated and hosted by CPPD and uses videos and a variety of methods to reinforce the fact that sexual assault is a crime and will not be tolerated in the Navy.

"We've put a lot of time and effort into working with the contractor to ensure that the training is innovative, effective and relevant with today's Navy," said Capt. John Newcomer, CPPD commanding officer. "There isn't a single briefing slide in the entire presentation - the focus is on interaction and facilitated face-to-face discussion to provide command leaders the tools to develop and promote a culture of change."

Nearly 650 SAPR-L training sessions are scheduled in the next month, providing training for regular and reserve commands. The few commands that are deployed and unable to host a MMTT can receive the training via Defense Connect Online. SAPR-L training must be completed for all E-7 and above by Sept. 30

and SAPR-L training completion will be documented by individual commands via the Fleet Training Management Planning System (FLTMPS).

Capt. Clark Price, commanding officer of the Navy ROTC unit at Savannah State University and assigned as team leader for the Florida/Central Command MMTT, will present some of first SAPR-L sessions, starting at Naval Air Station Pensacola, Fla.

"The training for the MMTTs was excellent; it got the teams up to the podium

almost immediately and ready to prepare the command triads to conduct interactive training with their senior leadership," said Price. "My team has an aggressive schedule of 11 cities in 30 days allowing us to see a lot of the fleet. My team is looking forward to delivering the CNO's message on sexual assault prevention."

Sexual assault prevention is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the department of the Navy (DoN).

*"The MMTTs have a great journey ahead of them as they train our command leaders and provide tools critical to reducing sexual assault and promoting a culture of respect and professionalism in the force."*

**+** Any Day *at* USNH

Stacey Byington

USNH Public Affairs Officer

Soon-to-be mothers visiting U.S. Naval Hospital Guantanamo Bay (USNH), either for pre-natal check-ups or delivery, now have a special parking spot at the front of the hospital along with senior leadership. The sign was painted by Bremcor painters, Dennis Garcia and Ericson Sunga. Any expectant mother is welcome to use the space if it is available, regardless of rank or social status. It is located just beyond the automatic double doors of the hospital entrance.



# 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

'04 Ford Mustang convertible, \$6,000 OBO. Red with leather seating, new alternator, runs great, good condition, 115,000 miles. Call AJ at 77519(h) or 4805(w)

'97 Jeep Cherokee-4dr Sport- \$4,300 OBO. One driver, one owner, original title. Dealer maintained. Replaced in Sept 2010: muffler, brakes, shocks, tires. Automatic, 4.0 engine, 6 cyl., tinted windows, a/c, backseat never used. Extra full size spare and extra headlights. Great condition, runs super. Contact 2166 day or 79491 evening

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

'94 Buick LeSabre, cold /AC, stereo, power window, automatic transmission, good running condition, \$2,300 OBO. Call Rene 75208 or 75896

'97 Ford Ranger, 5 speed, 4 passengers. Runs great, new starter and good tires. \$2,000 OBO. Call Matt at 77986

'00 Chevy Silverado Pickup with camper top, \$6,000 OBO. Red with red camper top, runs great, ac blows cold, good condition, 138,000 miles. Call Randy 77730(h) or 8565(w) or email aubuchonz@gmail.com

'99 Saturn SC2 Coupe. Manual transmission, stereo, good tires. Clean & runs well. \$2,000. Contact farujik@yahoo.com or call 79483

'90 Nissan Maxima, runs good, AC very cold, \$2,700 OBO. Call 77501

'96 Ford Explorer, runs well, cold AC, body damage, \$500. Call 77501

'94 Chevy S10 pickup. 5 speed, 4 cyl. Great working A/C. \$1,800. Call 77737

'04 Ford Mustang Convertible, \$6,000 OBO. Red with leather seating, new alternator, runs great, good condition, 115,000 miles. Call 77519  
 '95 Cadillac Deville, Panasonic Stereo, Leather Interior, runs great, excellent condition. \$2,995 OBO. Call 78477

'94 Toyota Camry, automatic. \$3,000 OBO. Power windows, A/C, CD player and radio, great condition. Call 77577, 77473, or 2285

'91 Mazda Miata, standard, \$2300 OBO. Hard and soft top cover, A/C, CD player and radio. Call 77577, 77473, or 2285

'03 Ford Mustang GT, white, new tires, new custom rims, after market Borla exhaust, hurst shifter, new 7in screen in-dash DVD player, XM radio setup, new custom GT mats, chrome accessories, AC, 96K miles, no issues, \$9,999. Please call 77367 or email joko85@hotmail.com

'00 Subaru Outback, great condition, Multi-CD changer, great AC, recent tune up, new belt, and battery. 170K miles. \$4100 OBO. Call 84430 (cell), 77000 (home)

## YARD SALE

CC 27B, July 14, 0700-1100

CC 2A, July 14, 0800-1000

## ELECTRONICS

Router scisco, TV, Printer, Copier ad Scanner all in one, and many other items for sale. Call 78478

SCSI Modem W/Ethernet cable, power charger, and phone cord. Like new. \$60. Call 58545

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

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

26" Zenith TV, \$25. DVD/VCR \$25. Entertainment center, wood w/glass doors and accent lights \$100. Call Dan 79513 or 75816

SCSI modem w/ power cord, Ethernet cable and CD, \$50. Call 55322 or 4655

6" Satellite Dish with 8 way splitter, LNB, and some cables. \$600. Call 79404

SCSI modem and Cisco Wireless router for sale. Available July 27th, \$35. Call 78009

Panasonic TH-42PZ700U 42-Inch Flat-Panel 1080p Plasma HDTV, \$400. Available July 19th, PCS on the 21st. Call 78247 or 4409

Fully activated Directv receiver available. Premium subscription package 285+ channels w/ East Coast networks. Email jbradley0912@yahoo.com

## HOUSEHOLD GOODS

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

Like New Suede Sofa-Double Recliner \$150. Suede Love-Seat \$100. Love-Seat \$75. Other items too. Call 78743

## OUTDOOR REC

Women's Dive Gear- SM Ladyhawk BC, Nav, Octo and Reg, \$575. Call Theresa at 78009

Women's wet suit & dive gloves, \$90 OBO. Dive fins & boots, \$150 OBO. Call 55028

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

9' Striper Fishing Pole with fishing lures, \$20. Email andrew.maughn@usnbgtno.navy.mil

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

SeaDive mask w snorkel, like new, \$25. Stingray mask w purge valve and snorkel \$25. SeaDive Fins, Large, made in Italy \$50. Aqua Lung Sonic BCD not weight integrated like new with dive knife \$100. Email Sammy: forunclesam@yahoo.com

# 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
- Housekeeper - Full time
- Rec Aid (Athletics) - Full time
- Automotive Mechanic - Flex
- NGIS Admin Asst. - Full time
- CYP Sports Coordinator - Full time

Job Descriptions can be found on MWR's Job Wall next to the NAF HR office, Bldg. 760. FMI, call 74121

Administrative/Financial Assistant - One year fixed term contract, part time, SAP experience a plus

Social Services Assistant - Must be fluent in Spanish, comfortable working with a diverse population. One year fixed term contract. Full time and Part time, night and day positions available.

International Organization for Migration  
 FMI, Call 74788

Navy Federal is hiring a part time member service representative. Apply at navyfederal.org. FMI, call 774333

# MOVIES DOWNTOWN LYCEUM

FRIDAY	July 13
8 p.m.:	<b>Brave</b> PG 93 min.
10 p.m.:	<b>Battleship</b> PG13 131 min.
SATURDAY	July 14
8 p.m.:	<b>What To Expect When You are Expecting</b> PG13 110 min.
10 p.m.:	<b>The Dictator</b> R 83 min.
SUNDAY	July 15
8 p.m.:	<b>The Raven</b> R 110 min.
MONDAY	July 16
8 p.m.:	<b>The Avengers</b> PG13 142 min.
TUESDAY	July 17
8 p.m.:	<b>Think Like A Man</b> PG13 122 min.
WEDNESDAY	July 18
8 p.m.:	<b>Dark Shadows</b> PG13 120 min.
THURSDAY	July 19
8 p.m.:	<b>The Dictator</b> R 83 min.

CALL THE MOVIE HOTLINE @ 4880

# Beauty Battalion Brings Massage Therapy To Guantanamo

MC1(SW/AW) Justin Alles

Gazette Editor

Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, Cuba are hosting masseuse and massage therapists, July 10-24.

Operating out of the upper level of the installation's Windjammer facility, "The Beauty Battalion" is providing spa and beauty services to base residents.

"We're all here for a reason and we all know that our jobs can be very stressful at times," said NS Guantanamo Bay MWR Community Activities Director Stephen Prestesater. "I believe that this service is crucial to the morale of the community and it allows us the opportunity to relax and be at ease with our day. Every now and then, we need a little taste of home."

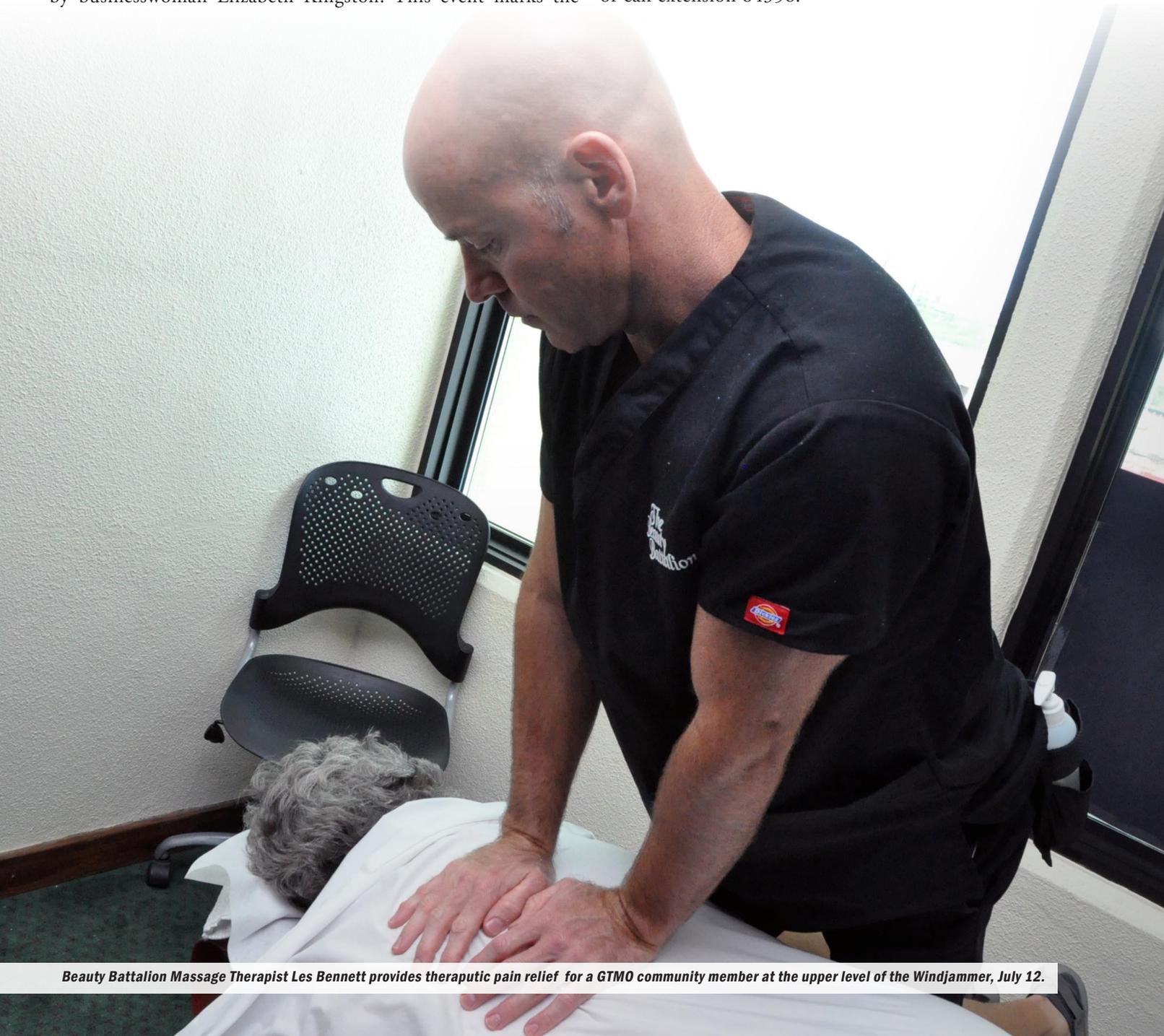
Based in Los Angeles, Calif., The Beauty Battalion is organized by businesswoman Elizabeth Kingston. This event marks the

fourth time Beauty Battalion spa treatment professionals have visited NS Guantanamo Bay.

"Beauty Battalion offers a full service luxury spa experience," said Prestesater. "They are providing the community with a variety of services including full-body massage, body waxing, aromatherapy, and facials."

NS Guantanamo Bay is a remote military base and the only U.S. installation operating in a Communist country. Service members and their families as well as a host of civilian contractors are stationed on base. MWR organizes social activities for the base, but access to luxuries such as spa treatments is limited. According to Prestesater, The Beauty Battalion's visit provides services that would otherwise be unobtainable for those stationed at the naval station.

To make an appointment, contact [liz@beauty-battalion.org](mailto:liz@beauty-battalion.org) or call extension 84356.



Beauty Battalion Massage Therapist Les Bennett provides therapeutic pain relief for a GTMO community member at the upper level of the Windjammer, July 12.