

Guantanamo Bay Gazette

GTMO Conducts MEDEVAC for Chilean Submarine



Naval Station (NS) Guantanamo Bay assisted with a MEDEVAC from Chilean submarine, CS Simpson (SSK 21), Nov. 20.

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

Naval Station (NS) Guantanamo Bay assisted in a medical evacuation (MEDEVAC) from a Chilean submarine, Nov. 20.

At approximately 3 a.m. the base Command Duty Officer (CDO) received notification from Fourth Fleet Battle Watch that foreign submarine, CS Simpson (SSK 21), issued a message requesting a MEDEVAC for a Sailor on board who needed emergency medical attention.

“Once receiving the phone call, I immediately starting making the notifications necessary to execute the request,” said CDO, Chief Master at Arms Ricky Carter. “From the initial call from Forth Fleet to myself as the CDO, coordination between SUBLANT, Operations Officer, Port Operations Officer, XO, CO, security, the hospital and everyone who supported the MEDEVAC went extremely smooth. Being able to bring some many different players into one scenario shows that all of the training we do in GTMO is paying off.”

Port Operations coordinated a meeting point and time with the submarine and then carefully executed the plan, transferring the patient from the submarine to the Port Security boat.

“We were happy to show our infinite flexibility and support, in the

aid of a seriously ill Chilean Sailor,” said Engineman First Class Carlos Lopez. “With the cooperation between Port Operations, Security, Naval Hospital and our Port Services Contractors, we were able to quickly plan and successfully execute a small boat transfer in the bay.” Lopez served as the coxswain of the boat used to transfer the patient.

Following the transfer, emergency medical services from the Naval Hospital were waiting at the pier to transfer and evaluate the patient.

“This isn’t out of the realm for us,” said Port Operations Officer, Lt. Dave Moore. “This MEDEVAC went very well. At all levels of planning and coordination, it went seamlessly. This is just one more example of how Naval Station Guantanamo Bay is willing to support whenever and wherever we can.”

Simpson is a German-built Type 209 diesel-electric submarine with a crew of approximately 45 officers and Sailors and provides critical training opportunities for the U.S. Navy platforms to develop and improve their anti-submarine warfare capability in the area of diesel-electric submarines. The Simpson was in route to North Florida/Southeast Georgia to take part in the Diesel Electric Submarine Initiative (DESI) with the U.S. Navy.

Zeroing in on Excellence- Part 1

Mike Stevens

Master Chief Petty Officer of the Navy (MCPON)



This is the first of four blogs by Master Chief Petty Officer of the Navy (MCPON) Mike Stevens. In these blogs he will be discussing his detailed thoughts on three key areas and begin to actively associate them with ways we can functionally support the CNO's Sailing Directions.

At our Leadership Mess Symposium in September, I mentioned that my refrain as MCPON will be Zeroing in on Excellence. For me, that is about solidifying our lines of operation with three fundamental focus areas:

- Developing Leaders
- Good Order and Discipline
- Controlling What We Own

Zeroing in on Excellence is a universal theme we can all apply in our respective positions. It does not distract from or add to existing individual roles and responsibilities – it provides a sturdy framework around which we can build sound, durable readiness. Each of you has your own professional obligations, and your sustained success in meeting them is a large reason our Navy is the world's preeminent maritime force. I simply ask that as you carry out the business of leading Sailors, you do so not only with energy aimed at accomplishing a stand-alone task but also at building an environment where our entire organization gets stronger.

I believe developing leaders, fostering good order and discipline and controlling what we own help us get precisely that type of environment, now and down the road. These are not single actions; they are deliberate mindsets that permeate our processes and procedures. Each directly advances

the CNO's tenets of warfighting first, operating forward and being ready. Each already falls within our assigned swim lane, and can be a powerful engine of influence if it becomes a heightened part of our consciousness.

I've said before that together, pulling methodically on the same line, our Navy CPO Mess has the credibility and fortitude to effect sea change. If we grab Zeroing in on Excellence and maintain a steady strain on the ideas it entails, we will have a positive impact on readiness and get after some of the issues tainting our Navy, including sexual assault, suicide, domestic violence and alcohol/drug abuse. I need your leadership and support to make it work. Please begin the Zeroing in on Excellence drumbeat in your AOR and consider ways we can make it most effective. I welcome your thoughts. Thank you.

Mike Stevens
MCPON

LAST WEEK IN NAVAL HISTORY NOV.15-NOV.21



President John F. Kennedy meets with Soviet Ambassador Anatoli Dobrynin and Soviet Foreign Minister Andrei Gromyko, center, at the White House Oct. 18, 1962. One month later Kennedy would lift the U.S. Naval blockade of Cuba.

Photo Courtesy of Naval History and Heritage Command.

- **Nov. 15, 1960 - First fleet ballistic missile submarine, USS George Washington (SSBN-598), leaves Charleston, S.C., on initial fleet ballistic missile patrol.**
- **Nov. 16, 1942 - Navy's first Night Fighter squadron, VMF(N)-531, established at Cherry Point, N.C.,**
- **Nov. 17, 1924 - USS Langley (CV-1), first aircraft carrier, reports for duty.**
- **Nov. 18, 1890 - USS Maine (ACR-1), the first American battleship, is launched.**
- **Nov. 19, 1943 - U.S. carrier force attacks bases on Tarawa and Makin.**
- **Nov. 20, 1962 - President John F. Kennedy lifts the Blockade of Cuba.**
- **Nov. 21, 1918 - U.S. battleships witness surrender of German High Seas Fleet at Rosyth, Firth of Forth, Scotland, to U.S. and British fleets.**

GUANTANAMO BAY GAZETTE

COMMANDING OFFICER
EXECUTIVE OFFICER
COMMAND MASTER CHIEF

CAPT. JOHN NETTLETON
CMDR. COLIN CASWELL
CMDMCM (SW/EXW/AW) ROSS CRAMER



PUBLIC AFFAIRS OFFICER
GAZETTE EDITOR
PHOTOJOURNALIST

KELLY WIRFEL
MC2(SW/AW) JUSTIN AILES
MC2(SW/AW) JUSTIN AILES

GTMO Supports ‘That Guy’ Campaign

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

In an effort to bring awareness and reduce both excessive and binge drinking among service members, Naval Station (NS) Guantanamo Bay leadership is actively supporting the ‘That Guy’ campaign.

Introduced in 2005 by the Military Health Systems and Tricare military health plan, the ‘That Guy’ campaign has two primary goals: to reduce alcohol abuse and to raise awareness of the negative short-term social consequences of excessive drinking. The campaign tells cautionary tales of excessive drinking and its consequences in a way which young servicemembers can relate.

“Through the use of edgy humor and visual propaganda, I think the campaign really captures the essence of who ‘That Guy’ is,” said NS Guantanamo Bay’s Drug and Alcohol Programs Advisor (DAPA), Chief Aviation Boatswain’s Mate, Jayson Kumar. “It encourages people to stop abusing alcohol and becoming a subject of ridicule.”

Heavy alcohol consumption is a significant problem in the military, affecting both uniformed service members and their families. Service members often use alcohol to cope with stress, boredom, loneliness and the lack of other recreational activities. The most recent study by the Department of Defense indicates that about 20 percent of active-duty service members reported they engaged in heavy drinking in 2008, the latest year for which data was available. (Heavy drinking was defined as five or more drinks a day as a regular practice.) The study also indicated that binge-drinking increased from 35 percent in 1998 to 47 percent in 2008.

“The overall aim of this campaign is to encourage young enlisted service members to reject excessive drinking because it detracts from the things they care about: family, friends, dating, money and reputation,” said Assistant DAPA, Master at Arms First Class Jessica Brown. “We are trying to promote responsible drinking and deter out-of-control behavior. There are plenty of positive activities to take part in here at GTMO and excessive drinking is not one of them.”

Nearly 150 small and large military installations around the world actively participate in the ‘That Guy’ campaign.

The campaign is a reminder to everyone: Don’t Be That Guy!

For more information go to www.thatguy.com or call 55088 or 4115.



A ‘That Guy’ banner is displayed outside of the Navy Exchange. The goal of the campaign is to reduce alcohol abuse and to raise awareness of the negative short-term social consequences of excessive drinking.



Chaplain's Corner “Thankful”

Chaplain Larry Jones

NS Guantanamo Bay Deputy Chaplain

In 1863, in the midst of the Civil War, President Abraham Lincoln proclaimed a national Thanksgiving Day to be held the last Thursday each November. It was in 1941, however, that President Roosevelt actually signed a bill making Thanksgiving the fourth Thursday in November. Since the days of the newly developed New England colonies, there have been a number of histories given for the holiday and definitely many traditions that we’ve all enjoyed with our families throughout the years. For my family, we would all go around giving expressions of thanks for whatever came to our hearts. Then we’d continue

the time sitting around the table eating a nice baked turkey and some cornbread dressing along with many side dishes. For me, it was the expression of thanks that touched the heart because it made us remember to be grateful for the small things in life. In a world where things can go wrong at any time, it is sometimes hard to keep an attitude of gratitude but this month I challenged myself along with a few others to find something to be thankful for instead of complaining. By the time you all read this article Thanksgiving Day would have already passed, but I want to encourage you to make everyday a day to be thankful!

USNH hosts comm



Facts about household mold, other industrial hygiene services provided by USNH



Emergency preparedness

U.S. Naval Hospital Guantanamo Bay hosted its annual fall health fair, Saturday, Nov. 17, at the Navy Exchange atrium. More than 20 medical and base command entities were represented.



Informational "goodie" bags



Childhood obesity



Medical info



Pet adoption

community health fair



Information brochures for seniors over 65



Blood pressure screenings



Photos by Stacey Byington, USNH PAO



Patient safety



Physical therapy



Flu and DTaP shots

November Recognized as Military Appreciation Month

NS Guantanamo Bay Public Affairs

Each year the President signs a proclamation declaring November Military Family Month. Last year President Obama said that our nation owes “each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.”

This annual proclamation marks the beginning of a month-long celebration of the Military Family in which the Department of Defense and the nation will honor the commitment and sacrifices made by the families of the nation’s servicemembers.

Throughout the month of November, military families serving around the world are honored through a variety of observances and recognized for their commitment and the many contributions they make every day in support of the military and our nation. Efforts to recognize the sacrifices of the military family by Active, Guard, and

Reserve leaders are being joined and supported by DoD organizations to include the Army Air Force Exchange Service, Defense Commissary Agency, and others.

Community leaders, businesses, and military bases and posts are teaming up to recognize military families through special events such as: open houses, fun runs, family fun nights, and community dinners; discounts at MWR facilities, local business and sporting events; and special recognitions during community activities throughout the month of November.

This year, Naval Station (NS) Guantanamo Bay’s Fleet and Morale Welfare and Recreations Child and Youth programs sponsored several fun events for military families such as a poetry contest and art project all focused on their experiences as a military (affiliated for non-active duty children) family. The projects will be judged and winners announced at the Christmas Tree lighting, Nov. 24 at the NEX Atrium.



Master at Arms First Class John Nitti and military working dog, Zorro, conduct training in Bulkeley Hall, Nov. 20. Nitti is assigned to Naval Station Guantanamo Bay’s Military Working Dog Detachment.

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 MC2 Justin Ailes at 4520 with your questions or concerns.

VEHICLES

'94 Toyota Corolla 4-door Sedan, \$1500. POC is Karen at 77238 home after 5 p.m. or 72100 work daytime M-F.

'03 Honda Civic LX, 4 door sedan, Low mileage, \$5,000 (price negotiable). Call Eric or Ryan 8235

'97 Jeep Grand Cherokee Laredo, White, Cold A/C and 2 new tires, \$1,997. Call 3014 or e-mail Brandon.s.lloyd.ctr@jtf-gtmo.southcom.mil

'01 Toyota Tacoma, V6 3.4L Dbl Cab 4X4, TRD Package, K&N Intake, Kenwood DVD/CD/MP3/iPod connector/Navigation System, Edge Insight Vehicle Monitor, A/C, PWR Windows/locks, Custom CR-Grade Neoprene Seat Covers. Excellent condition, \$10,000 OBO. Call 79494 or 4531.

'94 22' Starcraft with trailer, inboard/outboard, tackle box approved, fishfinder, cabin, deepwell and more. \$7000 OBO. Call 4849 or 77118 and ask for Walt.

'98 21' Aquasport 215 Explorer Fishing Boat with a Johnson 200 V6 outboard engine, Cabin, Live Well, Authorized for Tackle Box, trailer included. Excellent condition. \$12,000 OBO. Call 77025 or 58438.

'94 Suzuki Sidekick, standard 5 speed with new top, in good condition, \$2000 OBO. Call 4301 or 77301.

'93 Mercury Grand Marquis white, keyless entry, power windows, runs good, \$2,500 OBO. Call 78888 after 1600.

2008 Dodge Caliber SXT, Silver, 5-speed manual. Only 14,700K miles, great A/C, excellent condition, title in hand. Asking \$11,000. Call 78851.

'94 Chevy S10 Pick-up, 5-speed, 4 cylinder in good running condition. \$2000 OBO. Call Joe at 75566 (pm) or 8732 (am).

1991 Nissan Sentra. Standard 5-speed. Well maintained (with records) since ownership. Several new parts. Reliable and fuel efficient. \$1800 OBO. Call Maria at 79691.

WANTED

Looking for someone to provide acoustic guitar lessons Call Dave at 4831.

ELECTRONICS

Modem, \$50. 13 TV, \$15. 5 Universal Dual LNBF ULN2 Dish Free to Air, \$25. Dorman/Window Lift Motor for 2000 Honda Accord SE 2.3 MFIVTEC 4cy front driver side new, \$50 OBO. Call 77314.

X-Box Mass Effect 2 \$10, X-Box Dead Space 2 \$10, Wireless router \$20, Ethernet hub router \$10, Call Sammy at 77929

One 19in Sylvania TV Tube style \$40, one 13in Sylvania TV Tube style \$20. Call 77255 after 1500

32" Sony Trinitron TV, \$50. Altec Lansing BS2621 Speaker System in box, \$30. Call Jo or Mark 77872

HOUSEHOLD GOODS

Poulan PRO Riding Mower, \$1200 OBO. Very gently used. Excellent condition. Only used about 15 times. Call 77749 after 1700

Glass top dining room set, 4 chairs, \$300. Coffee table, 2 intables, \$200. Call Kat at 75802

Elliptical/Stationary Bike Combo, \$175 OBO. Very gently used and in excellent condition. Has only been used a handful of times. Call 77749 after 1700

Light wood night stand with one draw, \$5. File cabinet, solid oak with 2 draws and 1 file drawer, \$20. Call Jo or Mark 77872

White Jack LaLanne's Power Juicer, great condition and works great, \$60. Call 2710.

Child's single bed with night stand and armoire for \$275 OBO. Please call 75569.

Dining room table, \$40 OBO. Call 77314.

Contemporary table, \$40. TV Stand Black 2 shelves, \$25. Office Chair, \$20. Mirror, \$25. Sam at 77929.

OUTDOOR REC

Mares Pneumatic Spear Gun, never used, \$170. Dive n' Surf 2.2 mm wet suit L/XL \$50. Call Sammy at 77929

3 gal. boat gas can, \$5. Obrien double skis, \$40. Obrien Slalom Ski, \$40. New V-ski bridle, \$20. New 75' ski rope, \$20. 2 dive gear hangers. Several snorkel fins and gear also. Beach chairs. Call Jo at 77872.

Kid's 16" Toy Story bike with removable training wheels. \$35. Call 7716 leave message or divergtmo@gmail.com.

New Turkey Fryer, \$50. Call 77123.

MISC

Round Trip IBC Airline Tickets from Fort Lauderdale to GTMO for sale. Tickets good until Sept. 10, 2013, \$450. Transfer Fee paid by me. Call 5026 Day/79087 Evening. Ask for Brian

Epiphone PR150 guitar with a plush lined hardshell case. Fairly new Elixir nanoweb strings. Great beginner/practice guitar. Asking \$90 OBO. Call Mark 77872.

The Scoop

CHRISTMAS TREE LIGHTING

The Navy Exchange will be holding their annual Christmas Tree Lighting Ceremony at the NEX Atrium, Sat. Nov. 24. If you're not already in the Christmas mood, this will definitely get you there. Please bring your own chair.

40 YEARS FOR NAVY FED.

Navy Federal has been serving the GTMO community for 40 years! Stop by next Friday, Nov. 30 to help them celebrate. They will have snacks, cakes and promotional items.

PASSPORT INFORMATION

Is your No-Fee passport about to expire? If so, we can help! There will be an informational meeting on Nov. 27 from 9 a.m. to 11:30 a.m. and then 1 p.m. to 3 p.m. in Bulkeley Hall, Suite 220.

GOLD HILL GALLEY CLOSING

Gold Hill Galley will be closed for renovations Dec. 26-Jan. 27.

CRAFT FAIR

MWR will be hosting a Craft Fair Nov. 24 at the Windjammer Ballroom from 12 p.m. to 3 p.m. To register for a booth go to the Community Activities office in bldg. 760. Call 4882 or 75351 FMI.

NEW TO GTMO

FFSC is holding a New to GTMO Orientation Nov. 27. This is a great opportunity to meet newly arriving people and learn about key resources and also tour the base. Call 4153 or 4141 to sign up. Fleet and Family Services will also be holding Interview Training Nov. 28 from 1:30 p.m. to 3:30 p.m. Learn "how to" techniques to impress!

SONGS OF THE SEASON

Command Religious Ministries will be hosting Songs of the Season at the base chapel on Dec. 6 at 6 p.m. This is a great way to get into the holiday spirit.

GTMO JOB HUNT

- Electrician - Full Time
- Recreation Asst. Lifeguard - Flex
- Recreation Asst. Lifeguard - Full Time
- Movie Manager - Full Time
- Bartender - Flex
- Bartender Lead - Flex
- CYP Asst. - Flex
- CYP Ops Clerk - Flex
- Library Aide - Full Time
- Computer Tech. - Full Time
- Bartender - Flex
- Waitstaff - Full Time
- Golf Course Rec. Aid - Full Time
- Bartender - Full Time
- Food Service Worker - Flex

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

Navy Federal

Part Time Positions Available

Take advantage of career opportunities with Navy Federal. Apply at navyfederal.org and click on 'careers.'

FMI, call 74333 or email sara_presley@navyfederal.org

MOVIES

DOWNTOWN LYCEUM

FRIDAY Nov. 23

7 p.m.: Rise of the Guardians
PG 97 min.

9 p.m.: Pitch Perfect (NEW)
PG13 112min.

SATURDAY Nov. 24

7 p.m.: Here Comes the Boom
PG 105 min.

9 p.m.: Taken 2
PG13 92 min.

SUNDAY Nov. 25

7 p.m.: Dredd
R 98 min.

MONDAY Nov. 26

7 p.m.: Possession (Last showing)
PG-13 91 min.

TUESDAY Nov. 27

7 p.m.: Lawless
R 115 min.

WEDNESDAY Nov. 28

7 p.m.: Twilight: Breaking Dawn Part 2
PG13 116min

THURSDAY Nov. 29

7 p.m.: End of Watch
R 109 min.

Public Works Interns Making a Difference

Ian Kelmartin and Clayton Jones

Naval Facilities Engineering Command Guantanamo Bay Interns

The red mangrove tree (*Rhizophora mangle*) is one of the most important species at Naval Station Guantanamo Bay (GTMO). The trees, which grow along the water's edge, provide natural habitat and erosion control that is vital to the preservation of the base's unique natural environment. For a number of reasons, the abundance of red mangroves has declined on the base, which poses a significant threat to the base ecosystem. As a result GTMO's Public Works Environmental Department has initiated a program to help restore the red mangrove to areas where it has been eliminated. To help with the restoration initiative, they sponsored two interns who evaluated, selected and planted red mangroves at several sites around the base.

The red mangrove is very unique in that it has adapted to grow on coasts inundated by salt water. The trees grow right at the water's edge, often are rooted in ground that is submerged at high tide. Most trees would quickly die in such a harsh environment. Red mangroves are easily identified—they are the most common tree found growing in the Guantanamo Bay area and their large, complex above ground root systems are very distinctive.

Mangroves are important to the base in several ways. They filter sediments and pollution out of water entering the bay, prevent erosion of the shoreline and provide essential habitat for fish, crabs, birds, and other animals. A large and healthy mangrove population is vital to the water quality in Guantanamo Bay, and the many plants and animals that live within it. Clear and pollutant-free waters provide for stronger coral and sea grass communities, which are the foundation for an aquatic environment that supports healthy fish, sea turtle, and manatee populations. As a result of the environmental benefits, base residents will experience improved snorkeling conditions, better fishing, and more vibrant wildlife base-wide.

GTMO's mangroves have declined for a number of reasons. Historically, storms, pollution and coastline development were the biggest threats. Today, the Desmarest's hutia (*Capromys pilorides*, but known commonly in GTMO as banana rats) does the most damage. With fewer native predators like the Cuban Boa (*Epicrates angulifer*) and more resources available to them from human development on base, the hutia population has exploded. The hutia's diet historically consisted of a number of native plants, including mangroves. When the hutia population was controlled by boas and other predators, the vegetation was consumed at sustainable rates; the plants could grow back as fast as they were being consumed. As the hutia population increased, the base's vegetation has been unable to keep up with the high rate of consumption. The result has been severe damage to GTMO's native vegetation, including mangroves and the rare plant species found within GTMO's tropical dry forest ecosystem. The base has undertaken an aggressive program to control the hutia population, and it is now believed that the population has been reduced enough to allow net growth of new mangroves.

The restoration process itself used in GTMO is quite simple, it's essentially the facilitation of the red mangrove's unique natural reproductive process. The trees produce seeds that undergo germination while they are still attached to the

tree—unusual in the plant world. The seeds develop into structures known as propagules, which in GTMO typically grow to lengths of seven to 18 inches before they are released from the tree. The propagules drop into the water, and are slightly buoyant. The bottom of the propagules is denser than the top, so the propagules float upright in the water. When the bottom of the propagule contacts the shoreline, it will send out roots and start to grow a new tree.

To gather stock for the project, mature propagules were collected by boat from trees found on the base, with most of the propagules coming from a healthy mangrove population along the Guantanamo River. To facilitate rooting, the propagules can be stored upright in a bucket with several inches of water in the bottom. Rooting begins in one to two weeks. To store the seed for a longer period of time, they can be placed sideways in a container stored in a cool dry place, taking care to make sure the tips are not in contact with anything. The propagules can be stored three months or more in this fashion.

The planting sites were selected based on a few criteria. The most important consideration is the historical presence of mangroves on the site. If mangroves previously grew there, chances are that the conditions are right for them to grow again. Mangrove "volunteers"—or trees that have sprouted naturally—are also good indicators of the suitability of a site. Also considered was the public visibility of sites, with the idea that planting in conspicuous places will increase the public's awareness of the project and support for continuing restoration efforts. The mangroves are planted in bottom that is still covered in 2-6 inches of water at low tide. This amount of water prevents hutias from consuming the vulnerable young plants, but still allows the top of the propagule exposure to air and light. Once the sight is selected, the bottoms of the propagules are simply pushed a few inches into the mud, allowing each about a square a meter of space to develop. Using this method, over 3000 trees were planted at six sites on the base.

After about six weeks, signs of growth will appear from the tops of the propagules. It will take 20-30 years for the trees



to reach their full size, but will begin to stabilize the shoreline where they are planted in just one or two. With a concerted effort, red mangroves could be planted in all of the suitable sites on base in the next few years, and significant improvement to the base's ecosystem could potentially be seen within a decade.

Left; Intern Ian Kelmartin plants red mangrove propagules. The interns have planted 3000 mangrove trees at six sites on the base.

