

# Guantanamo Bay Gazette

## Black History Organization Hosts Black and Gold Ball



Members of the Black Heritage Organization (BHO) participated in a "Combining of Colors" fashion show during the Black and Gold Ball at the Windjammer Ballroom, Feb. 22.

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

The Black Heritage Organization (BHO) at Naval Station (NS) Guantanamo Bay hosted the third annual Black History Ball called the "Black and Gold Ball" at the Windjammer ballroom, Feb. 23.

The event celebrated this year's Black History Month's theme, "At the Crossroads of Freedom and Equality" which celebrates the anniversary of two important African American turning points - the 1863 Emancipation Proclamation and the 1963 March on Washington.

The Emancipation Proclamation, decreed by President Abraham Lincoln on January 1st, 1863, declared slaves in all confederate states then at war with the Union "forever free" and made them eligible for paid military service in the Union Army. Although it did not end slavery in the nation, it did transform the character of the war. After the proclamation was made, every advance of Federal troops expanded the domain of freedom and black men were allowed to serve in the Union Army and Navy. By the end of the war almost 200,000 black soldiers and sailors had fought for freedom.

The March on Washington for Jobs and Freedom took place a century later in Washington D.C. More than 200,000 demonstrators took part in the walk. Dr. Martin Luther King, Jr. delivered his "I Have

a Dream" speech from the steps of the Lincoln Memorial, noting that the Emancipation Proclamation gave hope to black slaves. The following year Congress passed the Civil Rights Act of 1964 as a concrete step towards fulfilling the promise of the Emancipation Proclamation.

The evening began with an Combining of Colors fashion show where models entered into the ballroom with various types of African clothing.

After the fashion show, key note speaker, Joint Task Force Commander, Rear Admiral John Smith delivered his speech and talked about the significance of both events and shared a personal story from his childhood.

"When I reported to my first command I was told by the Commanding Officer that I would never command anything, and here I stand before you tonight," said Smith. "This just shows us all that we must keep moving forward and overcoming obstacles, we cannot stand still. We cannot look at the skin color; we must look at the heart. We are the same color, pumping the same blood.

Following dinner the evening's events included a solo by Spc. Ardell Henderson, a cake presentation, dance solo by Pauline Thompson and an Evening in White themed fashion presentation.

# U.S. Naval Hospital Guantanamo Bay Focuses on Patient Safety

Stacey Byington

USNH Public Affairs Officer

National Patient Safety Awareness Week is taking place March 3 – 9. U.S. Naval Hospital Guantanamo Bay (USNH GTMO) will be promoting patient safety education and awareness throughout the week.

“The annual campaign, led by the National Patient Safety Foundation, encourages patients to take a role in preventing healthcare errors by becoming actively involved partners on the healthcare team,” said Sandra McMurray, USNH GTMO’s Patient Safety Manager. “Throughout the week of March 3 – 9, members of the healthcare team will be available to answer any questions or concerns patients may have.”

The 2013 patient awareness campaign slogan is “7/365 – 7 days of recognition, 365 days committed to safe care.”

The intent is to involve everyone – patients, healthcare providers, and the general public – in becoming more aware of the ways each one can participate and partner to improve patient safety efforts.

“Patient safety impacts everyone,” said McMurray. “The more we work together to promote patient safety, the more we benefit from a safe healthcare system.”

During the week, hospital personnel will encourage patients to use the acronym “SPEAK-UP” to help patients to become more involved in their healthcare. The acronym stands for:

Speak up if you have questions or concerns.

Pay attention to the care you are receiving.

Educate yourself about your diagnosis, the medical test, and your treatment plan.

Patient safety  
2-2-2

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common healthcare errors.

Use a hospital, clinic, or other type of healthcare organization that has undergone a rigorous on-site evaluation against established quality and safety standard, such as The Joint Commission. Participate in all decisions about your treatment. You are the center of the healthcare team.

“Here at USNH GTMO we encourage patients to empower themselves and ask questions about their care, to educate themselves about their treatment,” added McMurray. “We want them to be part of the healthcare team. Now, more than ever in healthcare, a focus on empowering patients and strengthening patient-provider communications is seen as paramount to reducing errors.”

Patient Safety Representatives will be located in the Primary Care Clinic, Monday through Thursday, 11:30 a.m. - 1 p.m., to provide information on hand-washing, preventing infection, ways to prevent errors in a child’s care, and medication management.

“Patients are encouraged to speak up to anyone on our healthcare team when they are not clear about their care plan, or when something doesn’t feel right,” said McMurray. “Patients are their own best advocate for their health and wellness.”



LEGALMAN  
1ST CLASS

**DANIELA  
BRICENO**

■ **Job/Department:** Legal/ RLSO SE

■ **Age:** 27

■ **Hometown:** La Union, Honduras

■ **Favorite Hobby:** Science Photography

■ **Favorite Movie:** Twilight Zone’s Eye of the Beholder

■ **Favorite Musician:** RHCP

■ **Favorite Quote:** “Do what you can, with what you have, where you are”

■ **Currently Working On:** A Successful transfer to Italy

■ **How Has The Navy Improved Her Life:** Plenty of interaction with different cultures and exposure to various point of views

■ **Sailor of the Week Because:** LN1 Provided legal assistant services to all commands at GTMO. She was also instrumental in helping several service members and families in completing their taxes.





NS Guantanamo Bay Commanding Officer, Capt. J.R. Nettleton presents Clarence (C.C.) Lowery with a Certificate of Appreciation for his five years of dedicated and unwavering support to the base, Feb. 28. Lowery served as the Family Advocacy Representative for Fleet and Family Support Center from 2008 to 2013.



## Chaplain's Corner

### "Decisions that bring about Change"

Lt. Larry Jones

NS Guantanamo Bay Chaplain Services

The month of February has been designated as Black History Month since 1976 by President Gerald R. Ford. This year's theme, "At the Crossroads of Freedom and Equality: the 150th anniversary of President Abraham Lincoln's Emancipation Proclamation and the 50th anniversary of the March on Washington where Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech." The fight for equality in American history and the integral role of African Americans in that fight is embodied by both anniversaries.

It should be noted that these history making events took place because two men courageously faced the odds and made decisions that would forever change the course of American history. In research one will find that these men surrounded themselves with people who provided guidance and a source of

accountability in their decision making. They also knew that their decisions involved risk. For both of them, it became the ultimate sacrifice.

I would like to encourage us to be people of courage and stand up for what is right even when it is not popular. The decision to do what is right will always have a positive impact and will often come with sacrifice. Know that in the process of making decisions in life it is important to always surround yourself with people who will provide wisdom and guidance. The question we should ask ourselves is, "what will be the impact after the decision is made?" I hope we all make decisions that will forever change the lives of people and the world for the better.



To see more, 'Like' us on Facebook  
[www.facebook.com/NSGuantanamoBay](http://www.facebook.com/NSGuantanamoBay)

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

Members of Naval Mobile Construction Battalion (NMCB) 27 along with Naval Station (NS) Guantanamo Bay leadership and Naval Facilities Engineering Command Southeast Guantanamo Bay Public Works attended a farewell cookout for the NMCB-27 at Cable Beach, Feb. 22.

NMCB-27 was established in July 1968 and is one of 15 Reserve Seabee Battalions in the United States. The unit is based out of Westover Air Reserve Base, Mass., and was recalled to active duty in July 2012 and deployed throughout South and Central America in support of U.S. Naval Forces Southern Command/U.S. Fourth Fleet peacekeeping, multinational partnership, and humanitarian assistance

missions.

While assigned to this mission the unit completed a number of projects in Peru, Honduras, El Salvador, Guatemala and various South American countries. They also completed over 20 projects on NS Guantanamo Bay and dedicated 7,400 work days. NMCB-27 was also instrumental in the recovery efforts after Hurricane Sandy made landfall at the base in late October. Recovery projects included reconstruction of the U-Boat pier at Windward Ferry Landing, reconstruction of the "Slot" and Phillips Dive Park.

"Overall this has been a very rewarding deployment, said NMCB-27 Officer in Charge, Lt. Cmdr. Brian McFarland. "It has been a honor to serve here at GTMO and also at the other locations that SOUTHCOM and NAVSOUTH has sent us to such as Peru and El Salvador."



# Command PT; Good for You, Good for Me

MCC Maria Yager

Navy Personnel Command Public Affairs

With more and more Sailors and commands incorporating fitness into the daily routine, Navy Physical Readiness Program officials discussed benefits of organized physical training, Feb. 20.

“Getting out and exercising as a command is good for Sailors and good for leaders,” said Bill Moore, director, Navy Physical Readiness Program. “In addition to building camaraderie and having fun, Sailors may benefit by learning different exercises, and commanders can assess their Sailors abilities, identifying those who may need more help preparing for the semi-annual physical fitness assessment.”

According to the Navy’s Physical Readiness Program Instruction, OPNAVINST 6110.1J, commanding officers are responsible and accountable for the physical fitness of their personnel. The instruction allows commanders flexibility to integrate physical training (PT) into the work week, consistent with mission and operational requirements.

“An effective command PT program is one that has leadership actively engaged,” said Senior Chief Naval Aircrewman Avionics (NAC/AW) Jacob Lyon, policy analyst, Navy Physical Readiness Program. “If the CO, XO, and the CMC are making it to command PT, Sailors will make it to PT every time.”

Rear Adm. Cindy Covell, commander, Navy Personnel Command (NPC), and her department heads meet with NPC Sailors weekly for physical training. The sessions are conducted at the department level to keep the group size manageable. Sessions last 30 to 45 minutes and Sailors train independently the rest of the week as their schedule permits.

“We like to mix it up and keep it fun, incorporating circuit training and aerobics to get Sailors using different muscle groups and learning techniques they may have never tried,” said Covell. “It’s important that

leaders help the Navy move from a culture of testing to a culture of fitness by strengthening physical requirements and providing better nutrition options.”

Navy Physical Readiness Program officials agree that incorporating a variety of workouts keep participants interested and can improve fitness.

“Different activities such as aerobics or some sort of step class have benefits that many Sailors are not aware of; it breaks up the routine of just running and you start using different muscles just by trying something new,” said Lyon.

Command or unit PT sessions must be led by a command fitness leader (CFL), trained assistant CFL or MWR fitness staff members. Sailors wear the blue and gold Navy physical training uniform during command PT sessions. Every session must begin with the Navy’s Pre-Physical Activity Questionnaire and feature an emergency response plan.

“I’m a strong advocate of command PT because we work, and in some cases, live with each other each day and we have duties and responsibilities that keep us busy, but we never really get time together as a command to do something that is fun,” said Covell. “PT is a requirement of our job and it’s nice when we can make it enjoyable.”

According to the Physical Readiness Program Instruction, Sailors should complete at least 150 minutes of moderate physical activity each week and perform strength-training exercises at least twice a week. The objective is to work all major muscle groups in order to maintain health and decrease the risk of chronic disease. Exercise may be completed individually, in a group or combination of the two.

Examples of moderate-intensity cardio-respiratory activities include brisk walking (3 mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity activities include jogging or running, lap swimming, jumping rope and circuit training. Strength training includes pushups, lifting weights, and working with resistance bands. Including two sessions per week of 8-10 exercises that work all the different parts of the body (legs, hips, back, chest, abs, shoulders and arms) repeated for 10-12 reps each, can improve fitness, decrease muscle loss and help maintain a healthy weight.



Master Chief Petty Officer of the Navy (MCPON) (AW/NAC) Michael D. Stevens talks to the Chief's Mess and First Class Petty Officer's Association about the importance of leadership and physical training during his visit to Naval Station Guantanamo Bay, Cuba Feb. 14.

# 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 MCC Keith Bryska at 4520 with your questions or concerns. Please keep ads to a minimum of 5 items.

## VEHICLES

'03 Jeep Wrangler X, \$11K, 113,700 miles, excellent condition, 6 cyl, manual, A/C, oversized off-road tires, soft-top, 1/2 doors, neoprene seats, new unused Bestop bikini top, garage kept. Call 75575

'11 Vespa Scooter, \$5K, 846 miles, 49cc (motor safety course not required), Immaculate condition, chrome cargo rack, garage-kept. Call 75575

'94 GMC Sierra 1500 Truck 6 cyl. Automatic, Very reliable and well maintained. Cold air. \$1750. Call 78180

'06 Chevy Aveo \$5,000 34k miles. call Matt 77911

'98 Toyota Camry LE, model excellent condition with 126000 miles only, new shocks, new timing belt, new water body new brakes, does not need any repair except oil change periodically Reduced to \$4700 OBO. Call x 75565

'03 Nissan Altima, \$4,900, 120K miles, Excellent A/C, new tires, power windows, new battery, great car. Call Eric 78475 or 8236

## HOUSEHOLD GOODS

Entertainment Center \$60, Clothes Dryer fairly new \$110. Call 77148

## ELECTRONICS

Linksys router \$20. Call George 78448

## OUTDOOR REC

Marin Bear Valley Mountain Bike \$250/BO, Size-Small Frame-Chromoly, Speed - 9-speed, 11 - 32 teeth. Call 55166

17' Center Console, Johnson 90hp - comes with new paint, custom T-top, live-well bench seat, Garmin Depth/Fish Finder and Hummingbird Depth/Fish Finder/GPS. \$6,500 OBO. Phone - 4857 or 77677 for more details and/or appointment.

22' Cabin Cuddy, OMC 175hp E-Tech - this boat is being completely rebuilt EVERYTHING will be brand new except the VHF Radio \$11,000 OBO.

\*\* FREE \*\*\* 90' F-150 Crew Cab -

that's right, free w/ purchase of boat. \$1,500 if sold separately. Phone - 4857 or 77677 for more details and/or appointment.

Snorkeling kit \$50 comes with mask/snorkel/fins/men's size 12 boots. Two modems \$45 and \$35, Office desk \$15. DVDs & Xbox games \$2 a piece. Iron/ironing board \$20, lamp, patio furniture, golf clubs and more - all negotiable Call matt at 77911

## MISC

**FOUND:** electronic device found Sunday, Feb 17 at the Windmill beach cabanas near the new showers. To claim, call 77168.

Missing iPhone 5 from Marine Hill, reward if found. Call Chris Bosson 4645.

Ab Lounge \$70. Call George 78448

## YARD SALE

2 March 8am-12pm, Nob Hill 13B, No early birds

2 March, 7:30 am, Nob Hill 15A, multi family No early birds, Baby/toddler clothes, women's and men's clothes, Furniture, toys, home decor, electronics and much more.

2 March, 8am-12pm, CC41D, moving sale everything must go. Call 78742



## SAFE RIDE

Out drinking? Put the keys down and call Safe Ride at 84913 or 84781. Don't drink and drive.

## JUNIOR CLASS BAKE SALE

W.T. Sampson Junior Class will be holding a bake sale at the NEX Atrium this Saturday from 1000 to 1400. All proceeds will go to help fund the W.T. Sampson School Prom.

## WATER RESTRICTIONS

The Naval Station is currently experiencing water production limitations and is under a tight water restriction. We are asking all residents to adhere to the following rules; no lawn watering, no vehicle washing at homes, limit plant watering, no washing of sidewalks with potable water and residents are asked to report possible leaks to the Public Works Department at 4535.

## NAVY COLLEGE

Are you interested in expanding your personal and professional develop-

ment? The Navy College is here to help! The Navy College Office can assist you with; Academic Counseling to start or continue college, Active Duty Tuition Assistance benefits, CLEP and DSST testing, SAT and ACT testing, MGIB and POST 9/11 benefits and much more. Their office is located at Chapel Hill, Room 11 and is open for Customer Service Monday through Friday. For more information or to schedule an appointment call 2227.

## LIFEGUARD CLASS

MWR is sponsoring a Lifeguard Class. The four day class starts March 14. Participants will get certified by the American Red Cross and will receive Lifeguard/First Aid training and CPR/AED for Lifeguards training. You must be at least 15 years old to register. Call 2205 or 84968 for more information.

## W.T. SAMPSON

Congratulations to Ms. Diana Polica who has been accepted into Sheridan College Institute of Technology and Advanced Learning in Ontario Canada. She plans to major in child and youth care programs.



# GTMO JOB HUNT

SCSI Hiring  
Customer Service Representative  
Full time  
scsi@nsgtmo.com  
Call 77360

BREMCOR Hiring 2 positions for US EXPAT on island or conus hires:  
Facilities Maintenance Dept. Manager  
HVAC Supervisor  
Contact estead@roe.com

Recreation Asst. Lifeguard - Flex  
Recreation Asst. Lifeguard - Full Time  
Bartender - O'Kellys - Flex  
Bartender - Flex  
CYP Asst - Flex  
CYP Asst - Full Time  
CYP Ops Clerk - Flex  
Food Service Worker - Flex  
Lead CYP Asst. - Full Time  
Accounting Tech. - Flex  
Electrician - Full Time  
Maintenance Mechanic - Full Time  
Rec Aid Bingo Caller - Flex  
Recreation Asst. - Full Time  
HR Specialist - Full Time  
ID Checker - Flex

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

Social Services Assistant  
Comfortable working with a diverse population  
Must be fluent in Spanish  
Full time and part time positions available  
Local hires only - G4 position, one year fixed term contract  
Call 74788 FMI

Burns and Roe Services Hiring  
Ground Support Equipment Maint. Shop Supervisor  
Ground Electronics Maint. Supervisor  
Ground Electronics Maint. Technician  
For consideration please send resume to: mveditz@brgtmo.com.

# MOVIES DOWNTOWN LYCEUM

FRIDAY	Mar. 1
7 p.m.:	Jack the Giant Slayer(New) PG13 115 min.
9 p.m.:	Hansel and Gretel(New) R 88 min.
SATURDAY	Mar. 2
7 p.m.:	The Impossible(New) PG13 114 min.
9 p.m.:	Parker(New) R 118 min.
SUNDAY	Mar. 3
7 p.m.:	Broken City R 109 min.
MONDAY	Mar. 4
7 p.m.:	The Last Stand R 107 min.
TUESDAY	Mar. 5
7 p.m.:	A Good Day to Die R 97 min.
WEDNESDAY	Mar. 6
7 p.m.:	Les Miserables(Last) PG13 158 min.
THURSDAY	Mar. 7
7 p.m.:	Mama PG13 100 min.

CALL THE MOVIE HOTLINE @ 4880

# MWR Host Sprint Triathlon

MCC Keith Bryska

Gazette Editor

Residents of Naval Station Guantanamo Bay (NS) Cuba participated in a Sprint Triathlon Feb 22. The triathlon was hosted by Morale, Welfare and Recreation (MWR) and included a 500 yard swim, 10 mile bike ride and a 5k run.

According to NS Guantanamo Bay Commanding Officer, Capt. J.R. Nettleton the base hosts a variety of events like this that help with building camaraderie between different units on base.

“This is a nice, healthy competition that teaches teamwork by bringing people together and having fun,” said Nettleton. “I really think the Coast Guard came out on top today.”

The events were broken down in to five categories; all male, all female, co-ed, individual male and individual female teams. The first place male individual winner was Coast Guard Boatswain’s Mate 2nd Class Michael Gavola who finished with a time of 1:11:32.

“It felt good to finish in first place in the individual male category,” said Gavola. “I was feeling a little exhausted after the bike ride, but all the Coast Guard participants kept motivating each other to finish, so in a way it was an overall team effort.”

Logistics Specialist 2nd Class Adrienne King stated that her team came together at the last minute and they trained for each event individually, but they played off of their strengths and weaknesses and came out in 1st place for the co-ed category.

“My team signed up for the race with the mere hope of winning, upon seeing the competition the fear set in and I figured even if we don’t win we will still have a good time,” said King. “Honestly it just felt good to finish the race with my team regardless of where we finished.”

The event had a total of 98 participants and 30 volunteers, and went really smoothly for everyone except Machinery Technician 3rd Class Tyler Kuhn’s whose bike broke down close to the half way marker of his ride near the vet clinic.

“My bike just went flat and I was in the zone so I just threw it on my back and kept trucking,” said Kuhn. “It felt good to hear everyone cheering me on as I finished.”



1st place male team	Individual results:
Team #23 Time: 1:05:13	Female
Kevin Hasbun	1st Erin Driver Time: 1:27:53
Haby Ramerz	2nd Abigail Vargo Time: 1:29:21
Greggory Thorp	3rd Sandra Beverly Time: 1:32:09
1st place co-ed team	Male
Team #30 Time: 1:18:48	1st Michael Gavola Time: 1:11:32
Adrienne King	2nd George Massucco Time: 1:12:21
Samuel Arias	3rd Erik Arnesen Time: 1:14:01
Rolando Robles	
1st place female team	
Team #32 Time: 1:29:44	
Chanh Lam	
Christine Davis	
Julia Marsh	

