



Guantanamo Bay Gazette

GTMO Holds Radiothon and Jail and Bail for NMCRS



Master-At-Arms 1st Class Zachery Clause “arrests” Cmdr. Colin Caswell, Naval Station Guantanamo Bay Cuba, Executive Officer as part of the “Jail and Bail” fundraiser to raise donations for the Navy Marine Corps Relief Society (NMCRS).

MCC(SW/AW) Keith Bryska / Gazette Editor

Sailors and Marines stationed at Naval Station (NS) Guantanamo Bay make the final push for donations for the Navy Marine Corps Relief Society (NMCRS). The NMCRS is a nonprofit organization aimed at helping Sailors, Marines and dependants in times of need and emergencies.

According to Navy Chief Diver Rich Bolen NS Guantanamo Bay NMCRS Representative the Naval Station team has been working hard over the last two months and has given up several hours of liberty to support the effort.

“Assistant NMCRS coordinator Boatswain’s Mate 1st Class Bob Didier has been the driving force behind the operation and has coordinated most of the events that have taken place,” said Bolen. “Without his support and the rest of the team we would never reach our goal of \$17,000.”

The team scheduled events that were a hit to base residents to include a “Jail and Bail” in which individuals could contribute money to lock someone up at the Navy Exchange atrium and a Radiothon that allowed people to call in and request a song for a small donation, or pledge more money to bump a song off the air.

Mass Communication Specialist Second Class Oliver Cole of Armed Forces Network Guantanamo Bay who helped DJ the Radiothon thought it was a creative way to get the entire community involved.

“It was a very entertaining and creative way to raise money for such

a good cause,” said Cole. “Being a DJ for the fundraiser was a blast! My favorite part was bumping songs. There were some pretty big bump wars going on and I’m not sure who came out on top. All I’m sure of is that I know every word to “Girls Just Wanna Have Fun” and “Muskrat Love.”

According to Master-At-Arms 1st Class Zachery Clause the “Jail and Bail” was a huge success and thought that upper leadership in the command showed great esprit de corps when he arrested the base Commanding Officer and Executive Officer.

“I think the overall attitude of everyone that was arrested was excellent, after we explained that they weren’t really going to jail and it was a fundraiser for a great cause,” said Clause. “Most people paid the extra money to flip it on the person that put the bounty on them.”

Didier would like to thank all Guantanamo Bay for their efforts and contributions given to help the NMCRS.

“The Radiothon and the Jail and Bail have been a huge success. All of Guantanamo Bay has come together to make this thing work. The success of it all depended on the volunteers who have helped out a great deal,” said Didier. “People are giving what they can and having a great time also. So far we have made a total of over \$20,000. We are almost at the goal we set out to meet and we still have time left. We are going to keep the press on and be rock stars.”



NS Guantanamo Bay Commanding Officer, Capt. J.R. Nettleton congratulates PSSR Sasha Brown on her selection as Sailor of the Week.

■ **Job/Department:** ESO/ Travel Claim Clerk / PSD GTMO

■ **Age:** 20

■ **Hometown:** San Antonio, Texas

■ **Favorite Musician:** Bob Marley

■ **Favorite GTMO Restaurant:** Wind Jammer

■ **Goal:** Becoming a Naval Officer in the Medical field

■ **TV Show:** The Game and Love and Hip Hop Atlanta

■ **Hero:** My Mom and Big Brother

■ **How Has The Navy Improved Their Life:** The Navy has improved my life by giving me a job/education, first and foremost, and the opportunity to visit and work in different country other than my own.

■ **Sailor of the Week Because:** PSSR Brown was nominated Sailor of the Week because she took charge of implementing a travel tickler that effectively brought PSD accuracy rate up to 81%. She assisted in the timely submissions of allotments for the Navy-Marine Corps Relief Society , and received an LOA for being active on JEA and CSADD Community Service.

PERSONNEL SPECIALIST SASHA BROWN

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NAVAL STATION GUANTANAMO BAY, CUBA

GUANTANAMO BAY GAZETTE

COMMANDING OFFICER
EXECUTIVE OFFICER
COMMAND MASTER CHIEF

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



PUBLIC AFFAIRS OFFICER
GAZETTE EDITOR

KELLY WIRFEL
MCC(SW/AW) KEITH BRYSKA



LT Cedric Mitchell, NC, USN, (l) and LT Sierra Williams, NC, USN, (r) show off their new lieutenant collar devices with Capt. Kristen Atterbury, NC, USN, Director of Nursing Services at U.S. Naval Hospital Guantanamo Bay. The two lieutenants were promoted to their current rank on the hospital's quarterdeck on May 1. Capt. Atterbury was the officiating officer. U.S. Navy Photo by Stacey Byington.

Chaplain's Corner

Lt. Larry Jones

NS Guantanamo Bay Chaplain Services

"Two Wolves"

In this week's article, I would like to share a Cherokee Tale that I was introduced to while serving as a hospital chaplain about the "Two Wolves." The author of the tale is unknown but the moral of the story is powerful.

"One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, greed, lies, false pride and ego. The other

is good. It is joy peace, love, hope, serenity, kindness, compassion and faith. The grandson thought about it and then asked, "Which wolf wins?" The old Cherokee simply replied, "The one you feed."

Upon reflection on this story I would like for you to ask yourself, which wolf seems to be winning right now in your life? If it is good, continue to feed yourself with those things that have added to the positive upkeep in your life. There are many ways to feed the good, for example, positive literature, your close relationships, or your faith. If the evil wolf seems to be stronger at the moment, however, it is never too late to make a change and to feed it less and less until you see the expected positive results. Remember, you make the choice on which one wins.



SPORTS BYLINE

Visits Guantanamo Bay

MCC(SW/AW) Keith Bryska

Gazette Editor

A team of sports celebrities to include national sports broadcaster Ron Barr of Sports Byline USA, Super Bowl XXXV winning coach Brian Billick and retired NBA veteran player Adonal Foyle visited Naval Station (NS) Guantanamo Bay, Cuba April 29 – May 2. The trip was schedule by Morale, Welfare and Recreation (MWR) in partnership with Armed Forces Entertainment the official Department of Defense agency for providing entertainment to U.S. military personnel overseas.

While on the installation they spent time with the Sailors and Troops and toured different commands on the base. They also watched a military working dogs demonstration, ate at the base galley and participated in the base radio show “Openline” hosted by Commanding Officer, Capt. J.R. Nettleton and Command Master Chief Ross Cramer.

“After spending time with the personnel stationed here it is amazing to me to meet these bright eyed, mission driven young people and it’s humbling for one, and it makes you feel good as an American,” said Billick. “I realize it’s a volatile time and there a lot of things going on in the world, but when you meet these young people and you see what America’s future is all about and it’s phenomenal.”

Adonal talked about how he enjoyed spending time talking to the Sailors and Troops here while making an occasional joke about him being bigger than the plane he came down on. He also shared a laugh when Nettleton challenge him to a basketball game.

“What these people do here and what they give up is extraordinary,” said Adonal. “We can tip our hats, because they are the real heroes that work day in and night out to protect us and I am very humbled to be here.”

Sports Byline USA is a national, three-hour, nightly sports talk show and was the first national sports talk show and network, and has become America’s largest multi-media, sports talk network. Now 24-hours a day, seven days a week, Sports Byline USA is heard on 200 U.S. radio stations, with 2.2 million American listeners and 500 American Forces Radio Network stations in 177 countries.

Coach Billick talked about his leadership styles to Nettleton and how they helped him become a successful head coach. He claimed you can talk to your players about motivation all you want, but as soon as the ball is kicked off and a player gets knocked on his butt that motivation ends.

“I always felt that when I was with my team my primary job on Wednesdays when we first came together was to focus on the mission and what part of that mission we needed to focus on and how we are going to accomplish it throughout the week,” said Billick. Then on Saturday night’s before the game you bring it back in to focus during your pregame, if I did that than I knew I motivated them to get the job done.”

Coach Billick also believes that leadership in sports is not that different than leadership styles in the military and how it ties into believing in your chain of command.

“They have got to respect the chain of command in the heat of battle when you tell them what to do, but leading up to that point the interaction that you have with them is important,” said Billick. “I always believe if you’re going to lead than it’s not about what you say, but why you say it. They are not going to follow you because of what you said; it’s because of why you said it. They don’t care that you know, until they know that you care.”

This is the first time the team has been on a Navy Base and while at Guantanamo Bay they conducted two live shows while taking questions from members of the audience about their favorite sports team.



Preventing and Controlling Mildew and Mold

NS Guantanamo Bay Public Affairs

As we quickly approach the summer months Naval Station (NS) Guantanamo Bay residents need to take extra precautions to deal with the heat and humidity of the Caribbean region. Two issues that arise in the summer time are mold and mildew. In the last several years these two pests have caught our attention in the newspapers, on television and in magazines. It's been around for thousands of years - so what's the deal? Molds and mildew are found everywhere in our environment.

Molds and mildews are microscopic organisms. They are not animal or plant but are part of the fungi kingdom, like mushrooms and yeast. Like all fungi, they produce enzymes that allow them to decompose and digest organic matter. They also produce spores that allow them to easily spread and reproduce. There are more than 100,000 species of these microorganisms and they are found everywhere in the world. They thrive in warm, moist and humid environments and surfaces and often seek out organic materials like wood and food.

Mold and mildew are basically fungus cousins. Mold usually manifests itself as a black, brown or green film or fuzz that attacks and thrives on rotting food or any organic material. It can also survive on non-living materials such as tile, plastic, insulation and sheetrock. Mildew, on the other hand, usually has a powdery consistency and forms in a flat pattern. It tends to target a variety of moist, organic surfaces and products made out of animals and plants including leather, paper, books, clothing, ceilings, walls, floors and furniture.

Microscopic mold and mildew spores can easily travel through the air and settle in your home. They need moisture to begin growing and organic material to eat, so they will begin gravitating to any surface where excess moisture or water builds up in your home. This moisture can arise from a leaky roof, flooding, bad drainage, poor ventilation, high humidity, flooding, faulty plumbing, problems with your heating and air conditioning system...any source of moisture makes ideal conditions for mold and mildew.

Realistically, there is no way to prevent or rid ALL mold and mildew from your home or other facilities but there are some things NS Guantanamo Bay residents can do to control the growth. In order to control the growth they must control moisture.

- **Fix Any and All Moisture Problems in Your Home.** Look for and stop all water leaks. Ask housing to repair leaky roofs and plumbing fixtures. Repair or replace old heating, air conditioning and ventilation systems.
- **Increase Air Circulation within Your Home.** Ventilate your home with fresh dry air from outside. Provide warm air to all areas of the home, especially along the inside of exterior walls. Open windows regularly and use fans. Move large objects a few inches away from exterior walls to provide good air circulation. Use exhaust fans in bathrooms, kitchens, and laundry rooms. Use ceiling fans and old-fashioned propeller fans regularly throughout your house.
- **Seal Air Leaks.** Sealing windows, doors and walls with caulk, stripping and other sealants can prevent moist outdoor air and mold and mildew spores from entering your home.
- **Don't Let Wet Items Linger.** Clean and dry water-damaged carpets, clothing, bedding and upholstered furniture within 24 – 48 hours or consider removing and replacing damaged furnishings. Mop and dry all spills and leaks on any floor or surface.
- **Run Your Air Conditioner Regularly.** Regular use of air conditioning keeps your home cool and dry in the summer months, the peak season for mold and mildew growth.
- **Vacuum and Clean Your Home Regularly.** Dusting, sweeping and a little elbow grease will remove or kill much surface mold and mildew before they get a chance to settle and spread.
- **Hit the Bleach.** Floors, counters, window sills, appliances and kitchens and bathroom fixtures should be cleaned regularly with not just soap or detergent but an anti-bacterial and anti-fungal agent. One containing ammonia bleach is your best bet for overall effectiveness. But be careful — bleach can damage surfaces, clothing and skin, especially if you use it straight and don't dilute. Be sure to wear gloves and protect yourself.

We are all exposed to many kinds of mold both inside and outside the house and in other locations in and around base. Of the thousands of molds that exist, some are known allergens (aggravating or causing skin, eye, and respiratory problems), and a few molds produce harmful mycotoxins that can cause serious problems. The potential for health problems occurs when people inhale large quantities of the airborne mold spores.

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

2008 Motorcycle/Scooter, Legacy 260cc, Over 90 miles/gallon, 7000 Miles, Excellent condition, Reliable Smooth ride, Tires are two months old, well maintained, Comes with 2 nice helmets, \$1500 Leaving GTMO in Two weeks, Sammy @ 78954 \$1800 Negotiable

1999 Dodge Stratus excellent condition. Runs great, Air condition, not a GTMO special. Asking price \$2200.00 Call Oral @ 55148

2008 SILVER DODGE CALIBER SXT, 16,700 MILES, EXCELLENT CONDITION! \$8,000, CALL 78851

1995 Dodge Caravan FOR SALE \$1500, Call x77766 for inquiries

1997 Jeep Cherokee, Good condition, \$2,300, Call 77264 or 4051

HOUSEHOLD GOODS

Electric clothes dryer. Excellent condition. \$75 OBO, Wagner Power Steamer. Like new, with all original packaging and accessories. \$65 OBO. Sealy twin mattress set. Excellent condition. \$35 OBO. Call 77806.

Queen bed w/ frame & box spring \$250; 2 bedside tables w/ 2 drawers & glass protective tops \$25 ea; Sharp vacuum cleaner w/ 2 extra bags & replacement belt \$30; black swivel desk chair \$20. Call 75717.

Coffee table, green glass 2 shelves with contemporary aluminum design \$30, Black low TV stand with double-glass doors and one shelf \$25, Sammy @ 78954 \$1800 Negotiable

Variable speed craftsman drill press (on stand) \$80.00, 42" Samsung Plasma TV \$300.00, Twin bed frame/box spring/bed skirt/head board (no mattress) \$50.00, Sofa & Love seat (chocolate brown microfiber, includes home theater riser for sofa and 4 cube storage ottomans) \$400.00, Ashley Low Boy hutch/wine cabinet \$100.00, Yamaha RX-V2095 receiver/amplifier, JVC XL-R5000 CD/CDR multiple cd player/recorder, Bose 901s with floor stands and eq driver, Bose AM5s with wall mounts and floor stands, and Bose VCS80 center speak-

er (sold together ONLY) \$1,900. E-mail us at dunbar_family@yahoo.com for pictures or call 79505.

OUTDOOR REC

Prelude Schwinn Road Bike (white) \$200.00 OBO. e-mail jbautista@brgtmo.com or jbautista@roe.com.

ELECTRONICS

DirectTV Satellite Dish FOR SALE \$700, Call x77766 for inquiries

MISC

Selling a pair of never worn white Nike Air force 1's with brown accents. \$50 obo call Jimmy 77111

5 gallon gas container \$10, Brand new battery for a motorcycle/scooter still in original package \$30, Brand new CDI & Starter Relay for your 50cc and 150cc scooter \$20. Sammy @ 78954 \$1800 Negotiable

YARD SALE

Moving Sale, Nob Hill 15A 7:30 AM, Saturday, May 4th

GARAGE SALE, NOB HILL 13B Sunday, 5 May 2013, 7 AM TO 11 AM



SAFE RIDE

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

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.

WOMENS RETREAT

A Womens Encounter Retreat will be held May 10th and 11th in the Main Chapel. Details can be found on the base roller or by contacting Keli Caraveo at 77178.

MANATEE SURVEY

Public Works Environmental Department is looking for volunteers to help with a manatee survey. The survey is scheduled for May 20 to 24 and training and orientation will be held May 19. Volunteers must be able to work in a boat environment, able to lift heavy weight, be a team player and be a good swimmer. For more information call 4493.

DONUT SALE

The Naval Hospital is having a Donut Sale to benefit the Corpsman Birthday Ball. The sale is scheduled for Saturday, May 11th from 1400 to 1800 and then on Sunday, May 12th from 1000 to 1300 in the NEX Atrium.

RED CROSS

The American Red Cross is holding two Adult/Infant/Child First Aid/CPR/AED certification courses. The courses are scheduled for May 4th and May 18th. For more information or to register call 2511 or 2512.

FFSC

Fleet and Family Support Center has a child counselor on island for two weeks! She is available for appointments with children and adolescents, as well as with parents or families. Please call 4141 or 4047 for more information or to set up an appointment before May 10th. Also, this week is TAP GPS...if you did not get an opportunity to sign up for this week's course and are interested please see your career counselors for the next TAP GPS, which will be June 24th! Fleet and Family Support Center classes are free and open to all base residents (active duty, civilians, contractors, and foreign nationals). For more information about either class call 4141.

W.T. SAMPSON

W.T. Sampson is holding a Student Talent Show May 17th at 1700 at the Elementary Campus. The acts must be less than two minutes, participants must attend two rehearsals and they must have their music ready on a IPOD/MP3 or CD. Additional details to follow on flyers from the school and the base roller. W.T. Sampson also has prom tickets on sale. The prom is open to grades 9 to 12 and 8th grade students can attend by invitation from an upperclassman only. For more information contact Pat Clark at 3241.

GAS PRICES

We have received some good news regarding the gas prices. Last week we received notification from OSD that the FY 2013 fuel price change effective May 1 has been postponed due to revised business and economic assumptions. The current price will remain in effect until further notice.

GTMO JOB HUNT

MWR

Recreation Asst. Lifeguard - Flex
 Recreation Asst. Lifeguard - Full Time
 Bartender - O'Kellys - Flex
 Bartender - 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
 Waiter/Waitress(Flex)
 Auto Skills Center Manager (Full Time)
 Recreation Asst.-Flex
 Food Service Worker-Flex
 Sexual Assault Prevention and
 Job Descriptions can be found on MWR's
 Job Wall next to the NAF HR office, Bldg. 760.
 FMI, call 74121

Administrative Assistant
 Chenega Federal Systems is seeking a qualified, full time local hire to perform the task of Administrative Assistant. Candidate must be a US citizen and be able to obtain a SECRET clearance. For more detail concerning this opportunity, please visit our website at:
<https://chenega.taleo.net/careersection/jobdetail.ftl?job=114901&lang=en&sns>
 You may also contact Alan Sterling or Jessica Joseph directly at extension 8072 or 8736.

MOVIES DOWNTOWN LYCEUM

FRIDAY	May 3
8 p.m.:	Iron Man 3: Caged (New) PG13 130 min.
10 p.m.:	Tyler Perry's Temptation PG13 111 min.
SATURDAY	May 4
8 p.m.:	Oblivion PG13 124 min.
10 p.m.:	Olympus Has Fallen R 107 min.
SUNDAY	May 5
8 p.m.:	Admission PG13 107 min.
MONDAY	May 6
8 p.m.:	G.I. Joe Retaliation PG13 110 min
TUESDAY	May 7
8 p.m.:	The Call(Last) R 94 min.
WEDNESDAY	May 8
8 p.m.:	The Incredible Burt Wonderstone (Last) PG13 101 min.
THURSDAY	May 9
8 p.m.:	The Host PG13 125 min.

CALL THE MOVIE HOTLINE @ 4880

Day at the Bay



2013

