Sailors and Marines stationed at Naval Station (NS) Guantanamo Bay hit the ground running in support of 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 Chief Diver Rich Bolen, NS Guantanamo Bay NMCRS Representative the organization provides many things to include interest free loans for emergencies and unexpected financial needs to prevent them from having to secure a high interest loan. They also provide emergency transportation, funeral expenses, medical/dental bills, food, rent, utilities, disaster relief assistance, essential vehicle repairs and unforeseen family emergencies.

“Last year nearly 100,000 shipmates, fellow Marines and their families received almost 50 million in financial assistance, so without the donations this would not happen,” said Bolen. “Someday you may find yourself or your family in need of assistance and NMCRS can be there for you.”

When asked how the NMCRS has helped his Sailors in the past Cmdr. Colin Caswell, Naval Station Guantanamo Bay Executive Officer reflected on a time when he was a third class petty officer and how they helped him secure a grant and some good financial advice to get over a small hurdle, but more importantly they helped him prepare to help his Sailors.

“As a Petty Officer and a Chief, Navy and Marine Corps Relief was one of my best resources for helping my Sailors. I served on two ships in Japan and NMCRS helped with dozens of emergency leaves back to the states (even with a funded flight Sailors still had a mountain of financial obstacles),” said Caswell. “I don’t know how many Sailors NMCRS helped, but I do remember that no Sailor was denied assistance.”

Founded in 1904, the Navy-Marine Corps Relief Society is a private non-profit charitable organization that is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

When asked why he volunteered to be the Assistant NMCRS Coordinator Boatswain’s Mate 1st Class Bob Didier said that it is the right thing to do. He wants people to understand that the money the organization uses to help others is money donated by Sailors and Marines. Since the NMCRS is a non-profit organization they depend on people giving what they can. We all know that when our people’s personal lives are in order Sailors can focus on their jobs which in turn puts the Navy and Marine Corps at its best possible mission readiness.

“From day one in the military we are groomed to become leaders, as you rise through the ranks it becomes less about yourself and more about the Junior Sailor. I am a huge believer that one day the money I give to NMCRS will help out a Sailor working for me,” said Didier. “It’s a win-win situation. There might be a time where I might be in a pinch and need to have someone look out for me in a financial situation and I know the NMCRS is a place I can turn to.”

The NMCRS also provides budget counseling and free in-home visits by registered nurses to Marines, Sailors and their family members who have been affected by combat and to all eligible families to assist with health issues and other concerns. Contributions to the society are fully tax deductible.

“As a Senior Officer I see the importance of NMCRS even more clearly. Sometimes things happen that catch Sailors, and a safety net is important. When Sailors or Marines need money quickly NMCRS provides an alternative to Payday lenders or borrowing from family. As an officer I served on four ships, two installations, and two training commands and I’ve always used NMCRS as a resource for assisting and training Sailors,” said Caswell. “Again, NMCRS has never failed me and I see them responsibly investing in Sailors and Marines. With so much worry about the economy, today NMCRS is even more important. I am always happy to support them, because they were there to support me.”
U.S. Naval Hospital Guantanamo Bay Urges Everyone to “Eat Right, Your Way, Everyday”

CDR Donna M. Hunter
USNH GTMO Registered Dietitian

March is National Nutrition Month. This year’s theme, “Eat Right, Your Way, Every Day,” emphasizes the advantages of developing a healthy eating plan that incorporates individual food choices and preferences. Sponsored by the Academy of Nutrition and Dietetics, this year marks the 40th anniversary of National Nutrition Month.

Good nutrition is important for weight management, but most people do not realize the positive effect it has with respect to cognitive and physical performance, long-term health and disease prevention.

Healthy eating habits have a myriad of advantages. It is instrumental in the reduction of the risks associated with some cancers, stroke, diabetes and heart diseases. The food choices people make every day affect every aspect of their lives including their energy levels, performance in the gym, and overall well-being. Specifically for the military population in an operational setting, healthy eating habits can affect overall endurance during a combat mission.

The most important focus of healthy eating is a person’s “overall” diet, which means people can still include their favorite (what some may consider forbidden) foods in their diet. Portion control and moderation are key to every healthy eating plan.

For more information on weight loss, eating for disease prevention, or how to maximize daily performance, please ask a hospital Primary Care Provider for a consult to see the Registered Dietitian. Active duty personnel seeking guidance on weight loss only, may call Central Appointments directly at 72110 to make an appointment.

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MWR Implementing Changes - Effective March 18

On 2 March, the Secretary of the Navy issued an All Navy message informing the Department that because no budget deal had been reached, the Budget Control Act, or sequestration had begun. This set in motion required automatic, government-wide cuts, and the Navy intends to commence some reductions immediately. As a result, VADM French, commander, Naval Installations Command (CNIC), issued new CNIC Business Rules, that included Naval Station Guantanamo Bay. These business rules include cuts in service hours for programs such as fitness, Liberty and libraries, as well as impacts to other programs. These changes will have an impact on the residents of NS GTMO. However, the Commanding Officer along with the entire Morale, Welfare & Recreation (MWR) team, have chosen the facility hours most closely accommodating the majority of current customers use for each facility. We are aware that will not satisfy all GTMO residents, but we are doing our part to align with the budget cuts. These actions are being done to preserve support for forces stationed overseas and currently forward-deployed. These were difficult decisions but are not specific to NS GTMO. All bases in the U.S. Navy will be impacted by these budget cuts.

GENERAL INFORMATION/Q&A

1. WHEN WILL THESE NEW HOURS OF OPERATION BE IMPLEMENTED?
   • CNIC mandated that new hours of operation for MWR services be implemented no later than Monday, 18 March 2013.

2. WHY DID YOU CHOOSE THESE SPECIFIC HOURS? THE FACILITIES I USE AREN’T OPEN WHEN I NEED TO USE THEM.
   • The new hours were chosen based on hourly patron counts in RecTrac, our data management system. Whenever possible, the new hours align to when the most active duty customers used the facilities.

3. WHEN WILL THE MWR FACILITIES HOURS GO BACK TO NORMAL?
   • If and when Congress passes an FY13 budget, you “may” see some hours change again. However, NS GTMO will make decisions on future hours of operations based on funding levels. The new hours may not be the same as the previous hours.

4. WILL PRICES GO UP FOR MWR PROGRAMS?
   • In some cases, yes, there will be small fees for programs that were once free, such as Outdoor Recreation trips for hiking, biking and kayaking. The Liberty program formerly provided free pizza during bowling night. Bowling will still be offered to the Liberty patrons on Wednesday nights at no cost; however, pizza or other snacks will now be available for sale.

5. WILL PRICES GO UP AT THE MWR RESTAURANTS AND CLUBS?
   • Prices at the MWR restaurants and clubs are unrelated to the Continuing Resolution and Sequestration. The Navy provides clear direction on the cost of goods percentage required in determining the retail price. As the price of food or products increases, so does the retail price. The need for...
GTMO Quality
Of Water Report

-What is the purpose of this report?
This is an annual report on the quality of water delivered by the U. S. Naval Station, Guantanamo Bay (GTMO). A requirement for this was brought about when Congress amended the Safe Drinking Water Act in 1996. It added a provision requiring all community water systems to deliver a brief annual water quality report to their customers. Included in this report is pertinent information about the source of our water, any contaminants detected and possible sources of contaminants for the calendar year 2012.

-What is the source of our water and the basic treatment process?
Our raw water supply is drawn from Guantanamo Bay, approximately 160 feet north of the DESAL Water & Power Plant Compound. This is our “source water” and in our case, it is salt water. The source water is turned into drinking water through a process called “reverse osmosis”. A textbook definition of reverse osmosis (RO) is: The application of pressure to a concentrated solution that causes the passage of a liquid from the concentrated solution to a weaker solution across a semi-permeable membrane. The membrane allows the passage of water (solvent); but does not allow the passage of the dissolved solids (solutes). The RO plant is currently capable of producing about 1.6 million gallons per day. Water produced from the RO plant is transferred to treated water storage tanks before being processed through the water treatment plant. At the treatment plant, water is held in large storage tanks before entering the distribution system to the customer’s tap.

-Is our water system meeting the rules that govern our operations?
The quality of drinking water at GTMO is in compliance with the Final Governing Standards (FGS) for Cuba. The FGS establishes monitoring frequencies for possible contaminants and requires us to keep records of all water quality tests. We are in compliance with the FGS.

-How can I get involved?
If you have any questions about the quality of water at GTMO or would like more information on the Drinking Water Program at GTMO; please contact Public Works Environmental Office at 4662.

-Do I need to take any special precautions?
Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons (such as those with cancer undergoing chemotherapy; persons who have undergone organ transplants; people with HIV / AIDS or other immune system disorders; some elderly and infants) can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA / CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800- 426-4791).

-Are there contaminants in my drinking water and why?
Drinking water (including bottled water) may reasonably be expected to contain at least small amounts of contaminants. There presence does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s Safe Drinking Water Hotline (800-426-4791).

-Contaminants that may be present in source waters include:
  - Microbial Contaminants: such as viruses and bacteria that may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.
  - Inorganic Contaminants: such as salts and metals that can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming. Pesticide & Herbicide Contaminants: may come from a variety of sources such as agriculture storm water runoff and residential uses. Organic Chemical Contaminants: may include synthetic and volatile organic chemicals that may be by-products of industrial processes or petroleum production; and can also come from gas station, urban storm water runoff and septic systems. Radioactive Contaminants: can be naturally occurring or be the result of oil and gas production and mining activities.

GLOSSARY
The definitions and abbreviations below give a better understanding to the meaning of terms and abbreviations concerning contaminants found in our drinking water as indicated in the table on the next page.

AL: Action Level. The concentration of a contaminant (which, if found to be exceeded) will trigger further treatment or other procedures that the water system must follow to lower the level.

MCL: Maximum (allowable) Contaminant Level. The highest level of a contaminant that is allowed in drinking water (by regulation).

MCLG: Maximum Contaminant Level Goal. The level of a contaminant in drinking water below which there is no known or expected risk to health.

mg/L: milligrams per liter, equivalent to parts per million.

ND: Not detectable. A value below the detectable limit by the lab test procedure.

NPDWR: National Primary Drinking Water Regulations: legally enforceable standards that apply to public water supply systems. Primary standards aim at protecting drinking water quality by setting limits on the levels of specific contaminants that can adversely affect public health and are known or anticipated to occur in public water systems.

NSDWR: National Secondary Drinking Water Regulations: non-enforceable guidelines regulating contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor, or color) in drinking water. EPA recommends secondary standards to water systems but does not require systems to comply.

NTU: Nephelometric Turbidity Units -- a measure of the clarity of water. Turbidity is measured with an instrument called a nephelometer, which measures the intensity of light scattered by suspended matter in the water. Turbidity in excess of 5 NTU is just noticeable to the average person.

pCi/L: picocuries per liter -- a measure of radioactivity in water.

Turbidity: A measure of the cloudiness of water. We measure turbidity because it is a good indicator of the effectiveness of the water treatment system.
# Level of Detected Contaminants: Year 2012

<table>
<thead>
<tr>
<th>Contaminant</th>
<th>Units</th>
<th>MCL</th>
<th>MCL or Highest Level Allowed</th>
<th>Level Detected (or Range of Detections)</th>
<th>Violations (Y/N)</th>
<th>Typical Source of Contaminant</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. NPDWR (enforceable)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>A. ORGANICS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Trihalomethanes (TTHM's)</td>
<td>mg/L</td>
<td>0</td>
<td>0.08</td>
<td>0.08*</td>
<td>No</td>
<td>by-product of disinfection by chlorination</td>
</tr>
<tr>
<td><strong>B. INORGANICS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Copper</td>
<td>mg/L</td>
<td>1.3</td>
<td>AL=1.3</td>
<td>ND – 0.0761</td>
<td>No</td>
<td>corrosion of plumbing; erosion of natural deposits</td>
</tr>
<tr>
<td>Lead</td>
<td>mg/L</td>
<td>0</td>
<td>AL=0.015</td>
<td>0.000-0.006</td>
<td>No</td>
<td>corrosion of plumbing; erosion of natural deposits</td>
</tr>
<tr>
<td>Fluoride</td>
<td>mg/L</td>
<td>4</td>
<td>4</td>
<td>0.29 – 2.17</td>
<td>No</td>
<td>water treatment additive which promotes strong teeth; erosion of natural deposits</td>
</tr>
<tr>
<td>Nitrate</td>
<td>mg/L</td>
<td>10</td>
<td>10</td>
<td>0.26</td>
<td>No</td>
<td>run-off from fertilizer use; erosion of natural deposits</td>
</tr>
<tr>
<td><strong>C. MICROBIALS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Coliform</td>
<td>number of positive samples</td>
<td>0</td>
<td>1 positive sample / 40 tests</td>
<td>0</td>
<td>No</td>
<td>naturally present in the environment; human and animal fecal waste</td>
</tr>
<tr>
<td>Turbidity</td>
<td>NTU</td>
<td>n/a</td>
<td>1</td>
<td>0.05 – 0.90</td>
<td>No</td>
<td>soil run-off; breakdown of natural minerals and deposits</td>
</tr>
</tbody>
</table>

*One sample met the maximum (allowable) contamination limit of 0.080. Area lines were flushed three retests were taken the highest of which was 0.041.

| **2. NSDWR (recommended / non-enforceable)** |       |     |                              |                                         |                  |                                                       |
| Sodium                      | mg/L  | n/a | 250                          | 130                                     | n/a              | breakdown of natural minerals and deposits            |
| Chlorides                   | mg/L  | n/a | 250                          | 135 - 190                               | n/a              | breakdown of natural minerals and deposits            |
| Iron                        | mg/L  | n/a | 0.3                          | 0.01 - 0.08                             | n/a              | water distribution pipe corrosion                     |
| Sulfate                     | mg/L  | n/a | 250                          | 9                                       | n/a              | run-off from fertilizer use; erosion of natural deposits |
| Total Dissolved Solids      | mg/L  | n/a | 500                          | 267 - 381                               | n/a              | breakdown of natural minerals and deposits            |
MWR CAT C programs, such as Restaurants, Clubs, Bingo, Bowling, etc. to generate NAF revenue is greater due to the APF reductions. Continued operation of these programs is authorized but these programs should be under continuous review to gain operating efficiencies.

6. WHY IS THIS HAPPENING?
   • This is the result of the Continuing Resolution and Sequestration. Naval Station Guantanamo Bay will follow the orders given by VADM French, Commander, Naval Installations Command, and align to the new CNIC Business Rules for MWR programs. These business rules include drastic cuts in service hours for programs such as fitness, Liberty, and libraries, as well as impacts to other programs.

7. HOW WILL THIS IMPACT BASE SPECIAL EVENTS LIKE CONCERTS, ETC?
   • Special/community events to include family and fitness events are to be canceled unless funded 100 percent funded by Commercial Sponsorship/Advertising funding. Funding from region/installation NAF budgets is not authorized. MWR will continue to accept entertainment from the USO, AFE and any other sources as long as they are providing 100% funding. We’re working on possible solutions for the 4th of July fireworks, but nothing is definite at this time.

8. ARE OTHER BASE PROGRAMS AND SERVICES, BEIDES MWR, GOING TO BE AFFECTED?
   • We do not have the details of how other base programs will be affected. Additional information regarding the impact on other programs and services will be put out as information is received.

9. WHAT CAN I DO IF I DON’T AGREE WITH THE NEW HOURS OF OPERATION?
   • These hours were based on research into hourly patron counts and historical data at each MWR facility. However, we understand the impacts these changes could have on the community. You have a voice. First and foremost, utilize the facilities that are more important to you; because MWR will be keeping detailed patron counts. “People vote with their feet – by utilizing patronizing specific programs and facilities.” Also, each facility has MWR comment cards. Use these to tell us what facilities are most important to you, and at what times. There is only a finite amount of MWR funding; if we add hours to one program, it will likely be at the expense of hours at another facility. After the first thirty days, the NAVSTA Command will work closely with MWR to re-assess the best MWR facility hours and implement changes based on community input and available funding.

New Hours of Operation Beginning Monday 18 March 2013

<table>
<thead>
<tr>
<th>Facility</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTO SKILLS CENTER</td>
<td>THURSDAY-SUNDAY 0900-1800</td>
</tr>
<tr>
<td>MARINA</td>
<td>MONDAY-FRIDAY 1100-2000 (CLOSED WEDNESDAYS) SAT/SUN 0800-2000</td>
</tr>
<tr>
<td>DENICH GYM &amp; FITNESS CENTER</td>
<td>MON-FRI 0500-2000, SAT-SUN 1000-1800</td>
</tr>
<tr>
<td>MARINE HILL GYM</td>
<td>MON-FRI 0700-2100, SAT-SUN 1000-1900</td>
</tr>
<tr>
<td>WINDJAMMER POOL</td>
<td>WED-MON 1000-1900 (CLOSED TUESDAYS)</td>
</tr>
<tr>
<td>MARINE HILL POOL</td>
<td>MON-FRI 0500-1200, SAT-SUN 1100-1800</td>
</tr>
<tr>
<td>CAMP BULKELEY GYM</td>
<td>OPEN 24 HOURS</td>
</tr>
<tr>
<td>LIBRARY</td>
<td>TUES-SUN 1200-2100 (CLOSED MONDAYS)</td>
</tr>
<tr>
<td>DEER POINT LIBERTY CENTER</td>
<td>SAT-SUN 1200-2200</td>
</tr>
<tr>
<td>MARINE HILL LIBERTY CENTER</td>
<td>MON-FRI 1100-2100, SAT-SUN 1100-2200</td>
</tr>
<tr>
<td>TIERRA KAY LIBERTY CENTER</td>
<td>MON-FRI 1200-2300, SAT-SUN 1200-2400</td>
</tr>
<tr>
<td>CAMP AMERICA LIBERTY CENTER</td>
<td>OPEN 24 HOURS</td>
</tr>
<tr>
<td>DOWNTOWN LYCEUM</td>
<td>OPEN 7 NIGHTS A WEEK</td>
</tr>
<tr>
<td>CAMP BULKELEY LYCEUM</td>
<td>OPEN THURS-SUN</td>
</tr>
<tr>
<td>CERAMICS &amp; WOOD SHOP</td>
<td>THURS-SUN 1700-2100</td>
</tr>
</tbody>
</table>
09 Grand Am SE V6. Great car for GTMO. Very cold a/c, am/fm stereo w/CD player, $3000 OBO. Please contact Matt @ (home)75760 (work)3309 or (cell)64851.

04 Chevy Venture, Mini-van. Low mileage, A/T, A/C, $3950.00, OBO. Call 77024

HOUSEHOLD GOODS

Round Contemporary glass top “Dinner Table” with four leather chairs, very stylish and modern look; like new. NWT with 4 level glass shelf “Corner Stand” $475.00 OBO. Must see! Call 79553

8’(foot) white Projector Screen with hooks. Works perfectly. Like new. $65.00 OBO. Call 79553.

VEHICLES

03 Jeep Wrangler X. $11K. 113,700 miles. Excellent condition. 6 clyl. manual, A/C, oversized off-road tires, soft-top, 1/2 doors, neoprene seats, new unused Bestop bikini top, garage kept. Call 75757

11 Vespa Scooter, $5K, 846 miles, 49cc (motor safety course not required), Immaculate condition, chrome cargo rack, garage-kept. Call 75757

02 Chrysler Concord, 3.5L V6 A/C, 18’mag wheels, Full auto Service records on hand, $3950. Call 7 7520 msg.

04 Toyota Solara, 132k miles mostly highway, Mint Condition, Garage Kept. One Owner, Non-Smoker, Dealer Maintained, Sony CD Player with Sirius Radio, Power Sunroof, ICE Cold AC, 4 Cylinder Engine. Asking $7,500 OBO, Call 84074 or 75827

91 Nissan Sentra, 5-spd, 2 door runs amazing! Includes aftermarket CD stereo/AUX Input. Very fuel efficient and dependable. $2k Please call 75955 for more info.

2002 Ford Explorer XLS. Power windows, good condition, cold AC, new battery & tires. $4500.00 OBO. Call 77180, 75195 or 72239.

97 Jeep, good conditions, $3200 OBO. Call 77264

08 Jeep Rubicon, red with two doors with soft top, 6 speed, A/C, DVD player with Navigation system, water proof seats and runs great. Has K & H filtering system and brand new batteries/tires. $21,500. Call 84970 or email kristenkspakoski@yahoo.com.

04 Nissan Sentra 1.8S, second owner, 54,000 miles, 5-spd, A/C, power windows & locks, cruise, 2 remotes. Tires, battery, & muffler one year old. Fantastic mechanical condition, typical GTMO paint oxidation. $4,800 with full tank. Most reliable car on GTMO. North Carolina title. Available 11 April. Call Bruce @ 77064 or email bwillis@gmail.com.

09 Toyota Camry LE Model must sell excellent condition, does not need any repair. Asking $3800 OBO Call x 75589 Saturday and on ward.

Looking for someone with training experience and patience. We have a 7 1/2 month old Boxer that needs additional training. He is full of energy; quick learner; lovable and seeks constant approval. Hugo knows few commands such as: sit, shakes hands left or right, down, stay both verbal and sign language. Looking for at least two to three times per week and willing to pay. Call Leyla at 58763

SAFETY RIDE

Out drinking? Put the keys down and call Safe Ride at 84913 or 84878. 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 home. Limit plant watering, no more spraying of sidewalks with potable water and residents are asked to report possible leaks to the Public Works Department at 4535.

YARD SALE

Yard sale Friday evening at 4 PM to 6 PM, 735 B Villamar.

MISC

SIGMA 70-200mm f/2.8 EX DG APO OS HSM Lens for Nikon, Brand New – unused, in original packaging with receipt, $1,200.00 OBO Nikon 70-200mm f/2.8 Edif Afs-g VR Lens for Nikon, Rare White Color, as Works flawlessly, light wear and/or usage. Lens glass is very clean, $1,600.00 OBO Email – vsiacor@brgtmo.com or VSiacor@roe.com

Easter Egg Hunt

Hosted By 525 MP BN (IR) Family Readiness Group and Guantanamo Bay Spouses’ Club at Phillip’s Dive Park, March 30th 9am-11am. Please bring a basket/bag to collect eggs. Grand prizes will be given to each age group. The Easter Bunny will be there to take pictures with, please bring your own camera.

MOVIES

DOWNTOWN LYCEUM

FRIDAY  Mar. 15
7 p.m.: Beautiful Creatures (New) PG13 124 min.
9 p.m.: Side Effects (New) R 106 min.

SATURDAY  Mar. 16
7 p.m.: Oz the Great & Powerful PG 123 min.
9 p.m.: Warm Bodies PG13 97 min.

SUNDAY  Mar. 17
7 p.m.: Broken City (Last) R 109 min.

MONDAY  Mar. 18
7 p.m.: Hansel & Gretel R 88 min.

TUESDAY  Mar. 19
7 p.m.: Mama (Last) PG13 100 min.
7 p.m.: FMI, call 74121

WEDNESDAY  Mar. 20
7 p.m.: No Movie Due to Comedy Show

THURSDAY  Mar. 21
7 p.m.: The Last Stand (Last) R 107 min.

CALL THE MOVIE HOTLINE @ 4880
Service members stationed at Naval Station (NS) Guantanamo Bay attended the new Transition Goals, Plans, Succeed (GPS) class formally known as TAPS class, March 5-8. The class is designed to help individuals transition from military life to civilian life before retiring or processing out of the service.

According to Angel Holland Work and Family Life Specialist and GPS coordinator the class was revamped into a comprehensive, mandatory program that includes pre-separation counseling, a military to civilian skills review, Veteran Affairs benefits briefings, financial planning support, and offers a jobs skills workshop provided by the Department of Labor, and individual transition plan preparation.

Chief Gunner’s Mate Karey Tucker believes the class was very beneficial and can help Sailors as they transition out of the Navy. “The transition class provided me with the overall basic information to begin the process of becoming a Veteran,” said Tucker. “The most beneficial information to me was the wide selection of online websites that can assist veterans in job placements, and the preparations of transferring your military background into a working resume.”

Holland says the Transition GPS is now five days with an additional two day optional tracks. The new transition GPS program aims to incorporate career readiness standards which will better prepare service members for their transition to civilian life. Service member will also learn to identify and document requirements and eligibility for licensure, certification and apprenticeships at the potential relocation destinations and complete the Individual Transition Plan.

The GPS class is broken down in to different career readiness standards that include; attending Pre-Separation Counseling, completing pre-separation counseling checklist DD Form 2648 / DD Form 2648-1, registering for VA Benefits (eBenefits), preparing a post-separation 12-month budget reflecting personal and family goals and obligations, complete (career interest) assessment profiler, evaluate opportunities presented by continuing military service in a Reserve Component, and compare military skill set to civilian skills (MOS crosswalk) to include an evaluation of the demand for those civilian skills within the potential relocation destinations.

Yeoman 2nd Class Taras Demyanchuk feels that the class provided him with beneficial knowledge about Veteran benefits and civilian work sectors, particularly the training on private and federal employment.

“The facilitator Ms. Sudie had a great background in lobbying, Human Recourses (HR), and hiring process skills,” said Demyanchuk. “She used her skills to break down and explain to us what employers look for in a candidate.”

Service members within 12 months of separation and within 24 months of retirement are required to attend this class. Before signing up for the GPS class participants must first meet with their career counselor and conduct a pre-separation counseling.

“Another topic that was covered was language. What I mean by that is that civilians use different terminology than military. For instance after being in for seven years one tends to forget that people do not actually refer to themselves as “civilians”, said Demyanchuk. “After being immersed in a military for a period of time it is a bit strange to see how things are done on the “other side.” What this class has done is give us glimpse of what is to be expected of us in a professional setting after separation.”