

Army ship ports at GTMO for Haiti supplies



Photo by MCC Bill Mesta

Sailors attached to the Navy Cargo Handling Bn. 13 (NCHB 13) and Soldiers attached to the 335th Transportation Detachment use a Kalmar Rough Terrain Container Handler to load CONEX boxes onto the U. S. Army logistics support vessel General Frank S. Besson, Jr. (LSV 1). The Besson was Naval Station Guantanamo Bay, Cuba (NAVSTA GTMO) receiving disaster relief supplies and equipment for delivery to Haiti. The Besson delivered the humanitarian relief supplies consisting of 21 CONEX Boxes containing bios and water purification systems, high nutrition meals and bulk rice to Haiti in support of Operation Unified Response.

by Naval Station Guantanamo Bay Public Affairs

The U. S. Army logistics support vessel General Frank S. Besson, Jr. (LSV 1) pulled in to Naval Base Guantanamo Bay, Cuba (NAVSTA GTMO), Mar. 8. and loaded 21 CONEX boxes of food and humanitarian relief supplies to support Operation Unified Response in Haiti.

The Army's 10th Transportation Bn. is supporting the request to transport humanitarian aid for relief organizations

This is the first time the Besson has made a port visit to NAVSTA GTMO to load supplies and transport them to Haiti. The trip from GTMO to Haiti will take approximately 18 hours.

Sailors attached to Navy Cargo Handling Bn. 13 (NCHB 13) and Soldiers assigned to the 335th Transportation Detachment used a Kalmar Rough Terrain Container Handler to load the CONEX boxes containing rice, food rations and water purification equipment within 24 hours during it's brief stop Mar. 8. The Kalmar is a specialized cargo handling tractor designed to move CONEX boxes over rough terrain.

The Besson is a vital asset to Combined Task Force 48 (CTF 48). CTF 48 is responsible for coordinating all logistics for the delivery of

disaster relief supplies, vehicles and equipment to Haiti. The Besson crew conducts amphibious operations around the clock to get supplies to the Haitian people in this time of emergency.

"Our command tracked the cargo coming in from Naval Air Station Jacksonville and informed Joint Task Force Haiti of the need for onward movement, providing the necessary coordination of efforts," said Yeoman Senior Chief JoAnn Barnes, command senior enlisted advisor for CTF-48.

The Besson is the largest powered Logistics Support Vessel (LSV) watercraft in the United States Army's inventory. The Besson is designed to give the Army the capability to deliver its vehicles and cargo anywhere in the world. Named in honor of Frank S. Besson, Jr., The Besson class of ship has bow and stern ramps and the ability to beach themselves, which enables them to discharge 900 short tons of vehicles and cargo over the shore

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GUANTANAMO BAY GAZETTE

Vol. 70 No. 10



U.S. Naval Station
Guantanamo Bay, Cuba

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Sailor of the Week

**MA3 Stephen
Caezza**
Rochester, NY

Naval Station Security Dept

"It is an honor to represent the
Security Department as
Sailor of the Week"



Photo by MC2 Erica Gardner

GTMO CPOA clean Sherman Ave



Photo by MCC Bill Mesta

Senior Chief Machinist Mate Donald Brock, the Naval Station Guantanamo Bay, Cuba Brig Officer leads the Guantanamo Bay, Cuba Chief Petty Officer Association (GTMO CPOA) on the Sherman Avenue Beautification Project. The GTMO CPOA members and their families removed trash from a 3 mile stretch of road that runs through the middle of Naval Station Guantanamo Bay, Cuba. The GTMO CPOA membership is comprised of U. S. Navy Chiefs, U.S Coast Guard Chiefs and senior enlisted service members assigned to NAVSTA GTMO, JTF GTMO, USNH GTMO and other tenant commands from the Naval Station.

IMPORTANT INFORMATION FOR MARCH EXAM!

THE LOCATION FOR THE UPCOMING MARCH EXAM
HAS CHANGED TO THE WINDJAMMER

E4 EXAM- 18 MARCH, 0700

PLEASE ARRIVE BEFORE 0700, IN UNIFORM OF
THE DAY WITH MILITARY ID CARD.

PARENT'S NIGHT OUT

The Child and Youth Programs will be
hosting a Parent's Night Out, on Saturday
March 13, 2010

Venue: Youth Center

Time: 6:00-12:00 midnight

FMI: Suzet Williams @ 3664

Chaplain's Corner

Tranquility

As I look out from my office window today, I am looking into the courtyard of the Chapel Annex. The yard is quiet; it has sun beams reaching into it. Two little birds are playing on my windowsill. There seems to be a tranquility there that helps fill the rest of my day. However, some days it just seems to storm. I bet you have had days in your lives that just seem to storm. Nothing goes right, everything you do is wrong, and when you think you are out of the thick of things, you are just pulled right back in.

Yet, even in storms there can always be found a place of peace, you just have to find it for yourself. I was taught that when you are in a storm, you need to go take a moment and breathe, then come back to the problem. Sometimes we do not have this ability to leave and come back, so we must find that peace in ourselves. God offers that peace, so we pray may the peace of God rule our hearts. Jesus says in John 16:33 "These things I have spoken to you, so that in me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.



LT Jg. Douglas Holmes
NAVSTA Chaplain

"May the Peace God rule in your life today."

Spouse's Association benefits NAVSTA GTMO

For GTMO residents looking for assistance, an organization of volunteers are waiting to help.

The GTMO Spouse Association coordinates and sponsors events throughout the year to raise money to help the local community.

"We are a nonprofit organization giving back to the community in which we live," said Rebecca Bayless, president, GTMO Spouse Association. "It feels good being able to give money to those who need it."

The majority of the money the association raises come from Treasures & Trivia, an on-base thrift store run by members of the GTMO Spouse Association. There are currently 50 members of the club and they each take turns volunteering in the shop as their schedule allows. Donations of all kinds are welcome except for children's toys because they cannot be certified to be lead free.

Every first Saturday of the month, anything that can fit in a plastic grocery bag sells for \$5.

"We welcome all donated items because 100 percent of the proceeds benefit the community," Bayless said. "The volunteers are what keep this organization going."

Local commands have assisted the spouse's association in meeting half of their goals by volunteering time and materials. The Seabees

made the donation bin outside of Treasures & Trivia and the racks that hold all of the gently worn clothing.

"The Coast Guard has even come by to help us paint the building to make it look more appealing," said Bayless.

Fundraising events are periodically scheduled to fund scholarships and distribute donations to other nonprofit organizations within the community. Spouses, high school and home schooled students are eligible and encouraged to apply for the academic scholarships.

"I am proud to say we have given money to each organization that has requested funds," said Bayless. "It feels good to be able to grant the requests as a result of our hard work."

The spouse's association coordinates events like the Mother and Daughter Tea in May, the Lighthouse Social, Community Center and Angel Tree during the Christmas holidays.

Bayless said she has made many friends and connections since joining the club. Bayless will be leaving GTMO in May after three and a half years.

"I have learned a lot about being an active member of the community since joining the

See Spouse Assoc., pg.6

Religious Services

Base Chapel

CATHOLIC

Daily Catholic Mass
Mon.- Fri. 5:30 p.m. (Main Chapel)
Vigil Mass
Sat. 5 p.m. (Main Chapel)
Mass
Sunday 9 a.m. (Main Chapel)

PROTESTANT

Seventh Day Adventist Service
Sat. 11 a.m. (Room B)
Iglesia Ni Christo
Sun. 5:30 a.m. (Room A)
Pentecostal Gospel Temple
Sun. 8 a.m. (Room D)
LDS Service
Sun. 10 a.m. (Room A)
Liturgical Service
Sun. 10 a.m. (Room B)
General Protestant Service
Sun. 11 a.m. (Main Chapel)
United Jamaican Fellowship
Sun. 11 a.m. (Bldg. 1036)
Gospel Service
Sun. 1 p.m. (Main Chapel)
LORIMI Gospel Service
Sun. 1 p.m. (Room D)
GTMO Bay Christian Fellowship
Sun. 6 p.m. (Main Chapel)
GTMO Christian Fellowship
Sun. 8 p.m. (Main Chapel)

FRIDAY SERVICES

Islamic Service
1:15 p.m. (Room C)
Jewish Service
7 p.m. (FMI call 2628)

JTF Trooper's Chapel

CATHOLIC SERVICES

Spanish Mass
Wed. 11 a.m.
Vigil Mass
Sat. 6:30 p.m. (PPI Chapel)
Sunday Mass
Sun. 7:30 a.m.

Guantanamo Bay Ombudsmen

NAVSTA Ombudsman
Connie Schiltz
Call 84792 or 78519.

NEGB Ombudsman
Marjorie True
(757) 705-3538
NEGBombudsman@yahoo.com

U.S. Naval Hospital Ombudsman
Jennifer Mangum
Call 5048.

NEX Facebook Offers Exclusive Coupons to Its Fans

by Chief of Navy Information

The NEX has expanded its footprint on Facebook since it first launched its page in October 2008. Military customers who become fans of the NEX have the opportunity to find out about upcoming sales and promotions, store events, ask questions, participate in surveys and to be a part of the exclusive Deal of the Day program.

“During the holidays, we launched our Deal of the Day program and it was very successful,” said Liza Hartman, Navy Exchange Service Command (NEXCOM) marketing specialist in charge of e-mail and social media. “We’ve expanded the program to now include exclusive coupons just for our Facebook fans. The response from our customers has been very positive.”

Currently, the NEX has over 32,000 fans, but it would like to see even more. “Since we have such a mobile customers who tend to be far from home, social media, such as Facebook and Twitter, are how they connect,” said Hartman. “We want all our customers to know the benefits of the NEX. It’s a benefit they’ve earned by serving their country.”

NEXCOM’s use of social media sites also helps with its goals to be good stewards of the environment. By increasing the amount of marketing it produces online, it will further reduce the need for the paper and postage it uses to print its sales flyers each week.

To become a NEX Facebook fan, go to <http://www.facebook.com/NavyExchange>.

CHIEF PETTY OFFICER'S BIRTHDAY TRIATHLON
03 APRIL 2010





250 YARD SWIM 10 MILE BIKE 3 MILE RUN

WHERE: WINDMILL BEACH
WHEN: 03 APRIL 2010
SHOW TIME: 0630

INDIVIDUAL OR TEAM PARTICIPATION
COST: \$15.00 PER PARTICIPANT OR \$45.00 PER 3 PERSON TEAM
(1 SWIMMER, 1 BIKER AND 1 RUNNER)

REGISTRATION @ THE POST OFFICE DURING NORMAL WORKING HOURS
OR @ THE NEX ATRIUM SATURDAY'S FROM 0900 TO 1100

COURSE:

- 250 YARD OPEN WATER SWIM @ WINDMILL BEACH
- 10 MILE BIKE FROM WINDMILL BEACH TO THE WINDJAMMER CLUB PARKING LOT AND BACK TO WINDMILL BEACH. CENTRAL MAG RD TO KITTYER BEACH ROAD PASS THE GOLF COURSE LEFT @ RECREATION RD TO THE WINDJAMMER PARKING LOT & RETURN TO WINDMILL BEACH
- 3 MILE RUN FROM WINDMILL BEACH TO MAG 52 ON THE CENTRAL MAG RD AND BACK TO WINDMILL BEACH

AWARDS: 1ST, 2ND AND 3RD PLACE INDIVIDUAL FINISHERS
1ST, 2ND AND 3RD PLACE TEAM FINISHERS
ALL PARTICIPANTS RECEIVE A COMMEMORATIVE CPO BIRTHDAY WORK OUT TOWEL
PROCEEDS SUPPORT THE CPOA HIGH SCHOOL SCHOLARSHIP AWARD
FMI CONTACT NDC HAJDUK @ 4444

Need to do your taxes?
Want to do it for free?

The Volunteer Income Tax Assistance (VITA) Program is now open for appointments. Call LN2 Kelly-Alston at 4692 to make your appointment for the Naval Station. Or call LN1 Lehmann at 8149 to make an appointment for the JTF side.

ANY DAY IN GTMO



Photo by MCC Bill Mesta

(Mar. 9.) Marines attached to the 2nd Combat Engineering Battalion Stage their gear after flying off of USS Bataan (LHD 5)



Photo by MC2 Marie Montez

(Mar. 7.) The USS Fort McHenry pulled into NAVSTA GTMO for a wash down



Photo by MCC Bill Mesta

(Mar. 11.) Sailors took the Navy Wide Advancement Exam for PO 2nd Class



Photo by MCC Bill Mesta

The U. S. Army logistics support vessel General Frank S. Besson, Jr. (LSV 1) is guided into the Windward Ferry Landing at Naval Station Guantanamo Bay, Cuba (NAVSTA GTMO) by Sailors attached to Beach Master Unit 2. Sailors attached to the Navy Cargo Handling Bn. 13 (NCHB 13) and the Soldiers attached to the 335th Transportation Detachment loaded 21 CONEX boxes containing bios and water purification systems, high nutrition meals and bulk rice on to the Besson. The Besson will be delivering the humanitarian relief supplies to Haiti in support of Operation Unified Response.

Drop, Cover and Hold On: Are you prepared for earthquakes?

by Mass Communication Specialist 2nd Class Erica R Gardner
Naval Station Guantanamo Bay Public Affairs

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of subterranean rock. Since it is impossible to predict when an earthquake will occur, it is important that you and your family are prepared ahead of time; earthquakes can happen here.

A 4.3 magnitude earthquake occurred Mar. 2. in Santiago de Cuba, which is 30 miles from Guantanamo Bay. Although this earthquake did not cause damage to the base, there have been earthquakes for the same region that have been over the 8.0 magnitude scale.

"I believe everyone should have a disaster supply kit ready at all times," said Jan Chilson, emergency manager for Naval Station Guantanamo Bay. "You never know when a natural disaster will occur and you need to be prepared."

It is the responsibility of each Sailor to have a disaster supply kit accessible in the event of a natural disaster. Knowing the types of natural disasters that may occur in the area in which you live can help in your preparation.

A basic survival kit should include three days worth of

Besson, from pg 1

in as little as four feet of water, or 2,000 short tons as an intra-theater line haul roll-on/roll-off cargo ship.

"Eventually, food and clean drinking water will be provided directly to the Haitian population," said Barnes. "Successive joint operations better define that ability of the Army, Navy, Marines, Coast Guard and Air Force to work together in "purple suit" symphony."

The General Frank S. Besson Jr. is operating as an asset of Combined Task Force 48. The multipurpose transport ship is on station in the Caribbean theater to perform logistics mission to Haiti in support of Operation Unified Response, a joint humanitarian assistance mission to Haiti following a 7.0 magnitude earthquake Jan. 12

MONEY AND THE MOVE



- When: March 16
- Time: 0900-1100 am
- Where: FFSC, Bldg. 2135

Call to register 4141



non-perishable foods and water, a battery-powered or hand-crank radio, whistles, flashlights and batteries for each person in your household and bedding such as sleeping beds and blankets. Copies of important papers and medical prescriptions should be kept in a secure location for easy retrieval.

"Keep important papers in a water-tight container is good in the event of floods," said Chilson. "This is the kind of information that is needed at a time when it is not available."

Planning an emergency route needs to be done together with each family member to ensure everyone is familiar with the locations chosen as a meeting place.

It is important to know how you will contact one another, how you will get back together and what will be done in case of an emergency.

"Each family should practice earthquake drills like fire drills are practiced," said Chilson. "Drop, cover, and hold on are the things to remember when an earthquake strikes."

If an earthquake strikes and you are in ours, do not run outside. Chilson warned the ground may open up and not provide a safe environment. If possible, drop to the ground; take cover under a table or sturdy piece of furniture and hold on until the shaking stops.

"Once the natural disaster is over, it is important to muster with your command so that they can account for you and your family," said Chilson.

While waiting for assistance after a disaster, be careful of the surroundings. Chilson recommends that you not light matches to use as a light source in case there are gas leaks, and make sure to cover your mouth with a handkerchief to prevent inhaling dust.



Assoc. from pg 3

spouse's association," said Bayless.

The GTMO Spouse Association is open to all spouses of military and government civilian employees. Members meet once a month and take a break during the summer months to allow time for family outings and prepare for the fall membership drive.

For more information regarding the GTMO Spouse Association, email: gtmospouses@gmail.com.

Treasures and Trivia
Hours of Operation
 M-W-F 9am – 1pm
 Sun-T-TH 4pm – 6pm
 1st Saturdays Bag Sale, 10am-1pm
 3rd Saturdays, 10am – 1pm

**GTMO Women's Association's
 Breast Cancer Awareness
 5k run/walk**



Winners of the GTMO Women's Association's Breast Cancer Awareness 5k run/walk stand with Legalman 2nd Class Sarah Kelly-Alston, the Association's president. Approximately 168 runners participated in the event held at Phillip's Dive Park on Feb 27. "I think we had a really good turn out," said Kelly-Alston "I want to thank all of the people who supported us, especially the GTMO-Spousal Club who donated \$500".

Navy Offers Four-Year Scholarships to Winners of Cyber Challenge

Naval Service Training Command Public Affairs

The Navy is establishing five annual four-year college Naval Reserve Officers Training Corps (NROTC) scholarships for U.S. high school and college students who demonstrate advanced cyber security skills.

The new cyber-option NROTC scholarships are a key part of a comprehensive Navy strategy to attract, recruit and develop elite cyber professionals needed to operate securely and effectively in cyber space.

The Navy will award five cyber-option NROTC scholarships annually to high school seniors or first year college students who individually place in the top 20 percent at the U.S. Cyber Challenge competition. The competition is a national talent search and skills development program that identifies young Americans with the interests and technical skills required to fill the ranks of cyber security practitioners, researchers and professionals who become the innovative leaders in cyber security.


The students must meet these requirements for the NROTC program, such as maintaining a grade point average of 3.0 or greater on a 4.0 scale, ranking in the top 40 percent of their class, scoring competitively in the ACT and/or SAT and passing a physical exam.

Upon commissioning from the NROTC program, the cyber-option scholarship winners will use their skills in cyber warfare leadership positions.

NROTC scholarships provide significant benefits, including 100 percent payment of college tuition; full reimbursement for required books, supplies and equipment; a monthly monetary stipend; and active duty pay and benefits for up to 45 days a year.

The NROTC program, overseen by Naval Service Training Command at Naval Station Great Lakes, Ill., was established to develop midshipmen mentally, morally and physically and to imbue them with the highest ideals of duty, loyalty and Navy core values. NROTC graduates become Naval officers who possess a basic professional background, are motivated toward careers in the Naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

Memorial Service for Mrs. Eldica Moore
 Tuesday March 16, 2010



- ❖ **Time:** 10:30 am
- ❖ **Location:** Base Chapel
- ❖ *If you wish to send flowers please contact the base chapel at 2323.*
- ❖ *For more information contact Ronald Gardner CCAP Manager at 2093.*

July 5, 1910 – March 9, 2010

Guantanamo Bay CLASSIFIEDS

The deadline for classified ads is no later than NOON the Tuesday before publication. Send all classified ads to pao-classifiedads@usnbgmto.navy.mil. If the ad is sent to any other e-mail address, it may not be included in the Guantanamo Bay Gazette. For more information, call 4520 or e-mail pao@usnbgmto.navy.mil. Ads run for two weeks.

FOR SALE

2007 Hyosung 250GT, blk, 250cc \$2600
X-77003 eve X-9794 day
Spear guns for sale, 1-JBL Sawed-Off
Magnum Woody \$214 new and 1-53" JBL
Magnum Aluminum \$211 call. 84700.

Barely Used Furniture
Ashley Sofa/Loveseat \$800 OBO Set 3 glass top tables \$100 Call 77787

46" Sony TV w/ heavy-duty wallmount - \$800
Mike - (H) 77650 (W) 4862

Mongoose child's electric charged motor scooter, comes with charger \$75, Huge lot of Legos. Years of collecting. \$75, 19" color TV, cable ready, no A/V jack \$20, "FIRE-PROOF YOUR MARRIAGE" Couple's Kit with 6-session DVD and two participant's guide \$10, Evan Moor Hot Topics High Interest Reading Set. Brand new condition \$100, 12 Barbie hardback beginner chapter books from Book Club \$5, call 77344

Dimension Spirit 4.7 meter Kayak (White) \$500 - obo call 77349

Ashley Millennium hardwood table, 6 chairs, includes 18" leaf. Blonde in color, E.C., ask \$800. Credenza 30"H X 24"D X 84"L Nine drawers \$100 OBO Call 84908 or 75506

1 HP Pavillion DV6-1030US 16" Laptop Intel Core Duo 2.0Ghz 64 Bit OS W/Webcam 320G HD 4G Memory windows Vista \$500 FMI 75208.

VEHICLES

'94 Chevrolet Lumina Van, A/C, CD changer \$2,500 call 77001/72626

98"Chevy STO \$2000 OBO Mike (W) 4862

94 Chevrolet Lumina Van, A/C, p/w, 12 CD changer \$2,500 OBO, call 77001/72626/77782

1995 4D Dodge Neon Good Running Condition W/ A/C, Newly changed alternator, struts, headliner and lights, Good Paint. Please Call 75208. 1995 Ford Escort/White

1995 Ford Escort/White 4 Door, 4 cylinder, Automatic transmission Very Good condition \$2500 but negotiable For more Info call: 77259 H or 2287 W

1994 Jeep wrangler, mechanically sound, soft top and hard top with full doors, rear seat & stereo, needs minor body work but everything else good. First \$5,000 Call Mike at 2596 or 77982

2004 Suzuki GZ250 motorcycle Runs great! Low mileage. But needs new battery. Need to sell... \$2,800 OBO. Call 79373 Daytime or 3587 after 6pm Email: navygirl-janelle@aol.com

1999 GMC Sonoma 2 1/2 doors with rear jump seat 4 new tires, cooling system and Cold A/C Runs great! Need to sell... Leaving next month \$4,000 OBO. Call 79373 Daytime or 3587 after 6pm Email: navygirl-janelle@aol.com

1994 Toyota Tercel Maroon, 5 Speed, A/C, CD Player, Tinted Windows, Runs Great! \$2800 OBO Call 79023 or Laydragn1@yahoo.com

'91 Aerostar Ford Automatic \$2000 OBO. (W) 2744/ 2457 (H) 75824

YARD SALES

Sat. Mar 13
8am GP16C

Sat. Mar 13
7am -10am NH 21B

Sat. Mar 13
7am -10am NH 18A

Sat. Mar 13
7am -11am CC 27B

Sat. Mar 13
8am -11am CC 07

ANIMALS

Dog lovers, I have a Dog that is looking for a nice home Pitbull mix call 77120

TUTORS

Math Tutor (algebra, basic math, Trig, etc), new to GTMO here til' Jan. call 8989 (w) or 84183 (c). evenings & weekends.

LOST/FOUND

Cue found at Windjammer March 5-6. Please call for description & return.

BOATS

20ft Grady White 208 adventure 200 HP Yamaha, GARMIN 400C fish finder GPS with GTMO Bay's best locations marked Many accessories, best boat around for the price! \$17,500 call Dave 78483

BIKES

Honda xl80 street legal dirtbike with only 4200 miles runs great needs headlight bulb possibly a new taillight assembly I have too many toys \$500 call 77795

FURNITURE

Broyhill large entertainment center, light pine-\$500 obo. Corner desk-\$75. Kitchen island/ microwave cart w/ wine storage-\$25. Acoustic guitar-\$75 Telescope-\$50 Small freezer-\$45 Call 77351

Navy Federal Credit Union will be closes on March 18 and March 19 due to office renovations. Sorry for any inconvenience that this might have caused anyone. If there is something you need down within those two days that can't wait, please contact the call center at 1-800-842-NFCU

GTMO Jobs

HUMAN RESOURCES OFFICE POSITIONS (CALL 4441 OR 4209)

FINANCIAL TECHNICIAN (#FN10-001)
Open: 1/25/10
First Cut-off: 2/8/10
Close: Open Until Filled

CUSTODIAL WORKER (#FN10-003)
Open: 1/25/10
First Cut-off: 2/8/10
Close: Open Until Filled

OCCUPATIONAL HEALTH TECH (#FN10-005)
Open: 1/25/10
First Cut-off: 2/5/10
Close: Open Until Filled

PERFORMANCE ASSESSMENT REP (#LH10-007)
Open: 1/25/10
First Cut-off: 2/9/10
Close: Open Until Filled

PROCUREMENT TECH (#LH10-008)
Open: 1/25/10
First Cut-off: 2/10/10
Close: Open Until Filled

FINANCIAL TECHNICIAN (#LH10-001)
Open: 1/25/10
First Cut-Off: 2/8/10
Cut-off every 2 weeks thereafter
Close: Open Until Filled

REGISTERED NURSE (#LH10-002)
Open: 1/25/10
First Cut-Off: 2/8/10
Cut-off every 2 weeks thereafter
Close: Open Until Filled

FACILITY MANAGEMENT SPECIALIST (#LH10-006)
Open: 1/25/10
First Cut-Off: 2/8/10
Cut-off every 2 weeks thereafter
Close: Open Until Filled

OCCUPATIONAL HEALTH TECH (#LH10-004)
Open: 1/25/10
First Cut-off: 2/5/10
Close: Open Until Filled

SECRETARY (#LH10-010)
Open: 1/25/10
First Cut-off: 2/10/10
Close: Open Until Filled

OTHER POSITIONS
Burns and Roe Services Corp. currently accepting applications for Shipping/Receiving clerk and Supply Supervisor positions. (FT) Bring resumes and obtain application from Human Resources located at the Burns and Roe Main office. For more information call Carolyn Martinez, 75790.

Stress Management



- ◆ **WHEN:** 18 March, Thursday
- ◆ **TIME:** 0900 - 1100 am
- ◆ **WHERE:** FFSC, Bldg. 2135

Learn ways to reduce the stress in your life.



To register call 4141

SCSI

Long Distance calls and Commercial Internet services will be interrupted due to Sun Outage.

08 March	2:05 - 2:09 pm
09 March	2:04 - 2:12 pm
10 March	2:05 - 2:14 pm
11 March	2:06 - 2:14 pm
12 March	2:06 - 2:14 pm
13 March	2:07 - 2:14 pm

ATTENTION GTMO:
using lawn sprinklers is PROHIBITED
Washing Vehicles at one's residence is PROHIBITED

CONCH SEASON IS CLOSED
ENVIRONMENTAL REMINDER:

CONCH SEASON IS CLOSED
MARCH, APRIL, & MAY



TAKING STARFISH IS PROHIBITED AT ALL TIMES
REPORT VIOLATIONS AT 4105 OR VHS CHANNEL 12



GTMO welcomes Alejandro Lee Griffiths born Feb. 16, 2010 7lbs 8oz 21in

MWR happenings



DOWNTOWN LYCEUM

FRIDAY MAR 12TH – 1900

THE SPY NEXT DOOR
PG (92 MIN)

FRIDAY MAR 12TH – 2100

SHERLOCK HOLMES
PG13 (134 MIN)(LAST SHOWING)

SATURDAY MAR 13TH – 1900

LEGION
R (100 MIN)

SATURDAY MAR 13TH – 2100

PRECIOUS
R (109 MIN)(LAST SHOWING)

SUNDAY MAR 14TH – 1900

ALICE IN WONDERLAND
PG (109MIN)

MONDAY MAR 15TH – 1900

LEAD YEAR
PG (100MIN)

TUESDAY MAR 16TH – 1900

LOVELY BONES
PG13 (135 MIN)

WEDNESDAY MAR 17TH – 1900

ALICE IN WONDERLAND
PG (109 MIN)

THURSDAY MAR 18TH – 1900

DAYBREAKERS
R (98 MIN)

"Burns and Roe Leaders League will be having a **Kabayan Night (Talent Show)** on Saturday, March 13 at the Sunken Garden (behind GHT) at 8pm. This is a fundraising for this year's Philippine Independence Day Celebration. FMI Jhoanne 3126/Tek 2404"

NEX HOURS M-SAT 9am - 9pm SUN 9am - 7pm
 LIBRARY HOURS M-SAT 8am - 9pm SUN 12 - 9pm
 POST OFFICE M & Th 9am - 3:30p T, W, & F 8- 3:30pm

MWR SPORTS STANDINGS

WINTER SOFTBALL

TEAM	WINS	LOSSES
GTMO Crush	11	0
GTMO Intensity	9	2
Puddle Pirates	7	4
GTMO Latinos	7	5
Cobra Kai	7	5
GTMO Pulse	7	5
NAVSTA	6	5
JDG Predators	5	7
115th Outlaws	4	8
JTF Ving	3	8
GTMO Ten	2	10
Magnolia Militia	1	10

CAPTAIN'S CUP BASKETBALL

TEAM	WINS	LOSSES
JJMG	11	1
JTF VING	10	1
THE ALLIANCE	10	2
NEGB SPARTANS	9	2
J4 COUGARS	6	4
Docs	6	5
PINOY SOLJAH	6	6
MSST	5	7
115TH SHARKBITERS	5	7
W.T. SAMPSON PIRATES	3	8
NEGB TENSORS	2	10
NEGB CAMP 6	1	10
525 GETUM GURLZ	0	11

BAYVIEW PRESENTS... TEXAS ROAD HOUSE NIGHT
 SATURDAY, MARCH 13, 2010
 START TIME: 1800H

NY STRIP \$24.95
 T-BONE \$24.95
 RIB EYE \$16.95

INCLUDES:
 CHOICE OF SIDES
 CORN BREAD
 SALAD BAR
 SWEET & UNSWEET TEA

SIDES:
 BAKED POTATO
 (W/ SHREDDED CHEESE & BACON)
 BBQ BAKED BEANS
 CORN ON THE COB
 HOMEMADE COLESLAW
 GREEN BEANS

COMPLIMENTARY PEANUTS

CDC and Youth Center will be sponsoring Parents Night Out from 9000-1200N FMI: 74658 or 3884

FMI BAYVIEW @ 75604

GTMO MOVIE IN REVIEW "DAYBREAKERS"

By Robert Sanders

With American society so enamored by concepts of the vampire, it comes as a great relief to finally have a realistic vampire movie. Enter a society that parallels our own, we'll find the vampire race living normal, everyday lives...or should I say, everynight lives. Take the realistic problem of starvation one step further and we discover that the human race (vampire's main food supply) is on the verge of extinction...fewer and fewer of us are available to be "farmed". In comes Edward Dalton, Chief Hematologist, desperately seeking a solution to the growing food crisis, without success Until, in classic Hollywood fashion, the humans come to his aid. In this attempt to 'save the world', Ed is introduced to a vampire, turned human, and yes, you read correctly. Though this is a hard concept to grasp, I give props to the thought out development, of which I will not detail. Unfortunately, from this point forward, we take a dramatic turn into an abundance of unnecessary twists and turns...effectively massacring the well developed plot. Simultaneously we gratefully accept a depth of character interaction and development not yet seen in this film. For it's accurate portrayal of the wealth, corruption and greed of today's society, to the always favored last glimmer of hope, and even reaching beyond into the dark void of the evil within, "Daybreakers" brings new 'life' to the vampires of old. What the movie lacks in plot continuity, it makes up for in originality, and for this, I'm issuing 3 of 5 Iguanas.



Fitness Facility Environment

The recommended temperature range for strength and conditioning areas (weight room) are from 72 - 78 degrees. The recommended temperature range for cardio exercise areas is 68 - 72 degrees. If the room temperature is too hot or cold the quality of the training session is reduced.

These temperatures are to facilitate the most effective training environment for all available patrons.

Reference: National Strength & Conditioning Association: "Essentials of Strength Training and Conditioning" 2nd Ed.