GUANTANAMO BAY
BASE ROLLER
UPDATED INFORMATION

February 15, 2018

SUBMIT SLIDES TO:
usn.nsgb.pao@mail.mil
Submit slides in **PowerPoint landscape** format, and check for any errors! Slides received after the deadline will appear in the next published Roller.

**Deadlines:**
For inclusion of slides in the Monday roller, slides must be submitted by close of business the previous Friday.

For inclusion of slides in the Thursday roller, slides must be submitted by close of business the previous Wednesday.

**SUBMIT SLIDES TO:**
[usn.nsgb.pao@mail.mil](mailto:usn.nsgb.pao@mail.mil)
BASE ROLLER
CHANNEL 45

GENERAL INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
Naval Station Guantanamo Bay, Cuba
Indoctrination and Base Orientation Course

BULKELEY HALL 20-23 FEBRUARY 2018
0800-1600
Spouses are highly encouraged to attend. This course is open to all base residents.

<table>
<thead>
<tr>
<th>DAY</th>
<th>Attendees</th>
<th>Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY</td>
<td>Military, civilians and spouse – Uniform of the Day</td>
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</tr>
<tr>
<td>WEDNESDAY</td>
<td>Military, civilians and spouse – Uniform of the Day</td>
<td></td>
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<tr>
<td>THURSDAY</td>
<td>Military only – Uniform of the Day</td>
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<tr>
<td>FRIDAY</td>
<td>Military only – Uniform of the Day</td>
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</tbody>
</table>

INDOCTRINATION COORDINATOR:
CHIEF THOMPSON- EXT 4824
Women’s Fellowship Event
SUNDAY, MARCH 11 | 6PM | GUANTANAMO BAY LIGHTHOUSE

For more information, please contact:
Kelly Moroshan
253.241.1188
kelly.moroshan@gmail.com

Be sure to RSVP on our Facebook event page - first 30 receive a FREE T-shirt!

Guantanamo Bay Women’s Fellowship
FLU SEASON IS COMING

Flu vaccine will be available for all NAVSTA GB personnel and residents free of charge as a public health service. If you have questions or concerns, please contact your primary care provider at 7-2944 or Preventive Medicine at 7-2990.
Health Effects of Vape Oils Containing Unknown Substances

Users of e-cigarettes and/or vaporizer pens must ensure that the products they purchase do not contain Cannabidiol (CBD) oil, CBD, tetrahydrocannabinol (THC) or synthetic cannabinoids.

Womack Army Medical Center at Fort Bragg, NC, and the Naval Medical Center at Camp Lejeune, NC, have seen a combined total of approximately 60 patients with medical conditions potentially related to vaping products marketed as containing CBD oil. Although pure CBD oil has not yet been associated with adverse health effects, CBD vape oils most likely contain synthetic cannabinoids, concentrated tetrahydrocannabinol (THC) and/or other hazardous compounds in addition to, or in place of, CBD oil. Adverse health effects in Active Duty patients ranged from headache, nausea, vomiting, palpitations, dilated pupils and dizziness to confusion, disorientation, agitation and seizures, all of which are consistent with synthetic cannabinoids. Complications from the seizures may have resulted in significant neurologic damage in one Soldier, and falls/accidents resulting from seizures are blamed for the deaths of two Marines. Four additional public cases have been reported in North Carolina and 33 cases have been reported in Utah.

This problem has the potential to spread quickly across the Army. Although some vape oils claim to contain CBD oil, CBD, THC, and/or synthetic cannabinoids, many vape oils do not disclose that they may contain illegal and/or potentially hazardous substances to include synthetic cannabinoids. Even consumers who may not be seeking products containing CBD oil, CBD, THC or other synthetic cannabinoids may unintentionally purchase and use them. Per AR 600-85, Soldiers are prohibited from using hemp or products containing hemp oil and are also prohibited from using synthetic cannabis, to include synthetic blends using CBD oil, and other THC substitutes (“spice”), or any other substance similarly designed to mimic the effects of a controlled substance.

Additional information for leaders, warfighters, families and healthcare professionals is provided by the Uniformed Services University Consortium for Health and Military Performance's DOD Operation Supplement Safety at:

https://www.opss.org/faqs/cannabinol-are-dietary-supplements-cannabinol-legal
Your Cyber Security Tip of the Month

Basic Cybersecurity Tips to Keep Your Data Safe

(U) SUBJECT: Joint Service Provider (JSP) Cyber Threat Awareness Message
(U) PURPOSE: The intent of this warning is to provide situational awareness to JSP and its subscribers of malicious emails that could impact DoDIN users.
(U) SUMMARY: A phishing scam targeting millions of Netflix users is spreading across the internet this week.
(U) NETFLIX EMAIL SCAM TARGETING 110 MILLION IS SPREADING
(U) A phishing scam targeting millions of Netflix users is spreading across the internet this week directing customers to update the financial details of their accounts. The subject line is "Your suspension notification," and the body of the email informs victims that their accounts have been suspended due to a billing issue. The email directs recipients to click a link that redirects to a fake Netflix landing page. The fake landing page directs victims to input their user information and billing details in an effort to harvest credentials.
(U) COUNTERMEASURES
• Do not use your work email to subscribe to commercial mailing lists.
• Exercise caution when accessing personal web mail from your work environment.
• Verify the sender’s email address from a trusted source.
• Do not click on embedded hyperlinks in email messages.

(U//FOUO) CONTACT: For additional information and awareness products please visit the PENTCIRT Wiki: http://www.intelink.sgov.gov/wiki/PENTCIRT

Report all phishing attempts to ISD Service Desk @ 5717
Safety in Places of Public Assembly

BEFORE YOU ENTER:
- **Take a good look.** Does the building appear to be in a condition that makes you feel comfortable? Is the main entrance wide and does it open outward to allow easy exit?
- **Have a communication plan.** Identify a relative or friend to contact in case of emergency and you are separated from family or friends.
- **Plan a meeting place.** Pick a meeting place outside to meet family of friends with whom you are attending the function. If there is an emergency, be sure to meet them there.

WHEN YOU ENTER:
- **Take a good look.** Locate exits immediately. When you enter a building you should look for all available exits. Some exits may be in front of you and some in back of you. Be prepared to use your closest exit. You may not be able to use the main exit.
- **Check for clear exit paths.** Make sure aisles are wide enough and not obstructed by chairs or furniture. Check to make sure the exit door is not blocked or chained. If there are not at least two exits or exit paths are blocked, report the violation to management and leave the building if it is not immediately addressed.
- **Do you feel safe?** Does the building appear to be overcrowded? Are there fire sources such as candles burning, cigarettes or cigars burning, pyrotechnics, or other heat sources that make you feel unsafe? Are there safety systems in place such as alternative exits, sprinklers, and smoke alarms? Ask the management for clarification on your concerns. If you do not feel safe in the building, leave immediately.

Source: National Fire Protection Association (NFPA)

For questions **Contact Fire Prevention @ 4178**
Or email: usn.gtmo.navstagtmobaycu.list.n30-frepereventprevention@mail.mil
Grilling Safety Tips:
- Propane and charcoal BBQ grills should only be used outdoors
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three (3) feet away from grill area
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill
- NEVER leave your grill unattended
- ALWAYS make sure your gas grill lid is open before lighting it

Charcoal Grills
- Charcoal chimney starters (starter logs) allow you to start the charcoal using newspaper as a fuel
- Use only charcoal starter fluid. NEVER add charcoal fluid or any other flammable fluid to the fire
- Keep charcoal starter fluid out of reach of children and away from heat sources
- You can use electric charcoal starters, which do not use fire. BE SURE to use an extension cord for outdoor use
- When grilling is complete, soak charcoals for 24 hours before dispensing in a metal container

Propane Grills
- Check hose for leaks before first time use each year. If you have a leak and can not stop it, call 9-1-1
- If you smell gas while cooking, immediately get away from the grill and call 9-1-1

FACT: Roughly half of the injuries involving grills are thermal burns

Source: National Fire Protection Association

For questions Contact Fire Prevention @ 4178
Or email: usn.gtmo.navstagtmobaycu.list.n30-frepvention@mail.mil
AS A REMINDER, Family housing thermostats should not be set below 76 degrees. This is per NAVSTAGTMOINST 4100.2

For additional information please call the Base Energy Manager at #5689.
WT SAMPSON
Volunteers Wanted
WE NEED YOU!
SHOWCASE YOUR SKILLS
WITH US!

Classrooms, Cafeteria, Recess Duty,
Landscape, Gardening, Study Trips,
Special Presentations

Pick up your application today!

Taylor Edwards # 3500
Volunteer Coordinator
WTS School
ACT/SAT

Navy College Office
will be conducting the exams on:

ACT
2/20
3/19

SAT
2/27
3/26

Note: Due to service regulations this testing service is available to only military personnel. Limited space available!

Call 2227 or email Jessica.Mojicarivera.civ@mail.mil
Graduation/ Recognition Ceremony

Did you complete your degree, certificate or certification in 2017/18?
Are you 6 to 9 credits from completing your degree, certificate or certification?

YOU worked hard for YOUR degree, certificate or certification and WE want to celebrate YOUR accomplishments!

The NAVY COLLEGE Office will be hosting the Graduation/ Recognition Ceremony April 6th
Graduation Recognition Ceremony

For further information please contact
Mrs. Mojicarivera @
X 2227 and jessica.mojicarivera.civ@mail.mil

Or Mrs. Battle @ x75555 and mbattle5@ccis.edu

*3/16 last day to sign up
PSD HOURS OF OPERATION

- CUSTOMER SERVICE HOURS
  - M-F 0800-1500
  - M-F 1500-1600 EMERGENCY CASES ONLY

- DEERS/RAPIDS/CAC ID
  - M-F 0800-1400 APPOINTMENTS & WALK-INS
  - M-F 1400-1500 EMERGENCY CASES ONLY

- CLOSED EVERY DAY FOR LUNCH 1100-1200

- IN CASE OF EMERGENCY CALL PSD CDO AT (757) 324-9833

- Note: To schedule appointment for DEERS/RAPIDS go to https://rapids-appointments.dmmd.osd.mil/appointment. Under “Find an OCONUS Identification Card Issuance Office,” hit the drop list and select Cuba then click on “Go” button. Select PSD Guantanamo Bay and select appointment times.
In Order To Serve You Better

Timeline for Repair

Administrative Changes – 1 TO 2 DAYS
(ex. Voicemail Resets, Caller ID changes)

Troubles – 5 DAYS
(ex. Broken Phone or Wall Jack)

MAC – 10 DAYS
(Move, Add, Change)

Have your TCO contact us at:
usn.gtmo.navstagtmobaycu.mbx.nctldet@mail.mil
or 757-458-2500
General Dialing Information

When dialing the Hospital from a phone on base, please dial the full five digit number, ex. 7xxxx. If having a call placed off island to the Hospital, the caller must dial 757-458-2998 to access the hospital directory. Select option #1, then the five digit, ex. 7xxxx.

Have your TCO contact us at:
usn.gtmo.navstagtmobaycu.mbx.nctldeimail.mil
or 757-458-2500
For more information or assistance with absentee voting, contact the Installation Voting Assistance Officer, LT Clay Arthur

Bulkeley Hall
Room 217
x4388

Upcoming Events
- Presidential Election: 03NOV2020
- Check lvap.gov for your upcoming state elections
IN OBSERVANCE OF PRESIDENTS’ DAY.

THE POST OFFICE WILL BE CLOSED ON MONDAY
19 FEBRUARY 2018.

NORMAL POSTAL OPERATIONS WILL RESUME ON TUESDAY 20 FEBRUARY AT 0900.

JTF CUSTOMERS THE CAMP AMERICA POST OFFICE IS OPEN FOR YOUR CONVENIENCE. ***JTF BADGE REQUIRED***

POC: POSTAL OFFICER @2304
USPS MAILING PRICE INCREASE: EFFECTIVE 21 JAN 2018 THE PRICE OF A FIRST CLASS FOREVER STAMP WILL INCREASE FROM $0.49 TO $0.50.
- ALL PREVIOUSLY PURCHASED FOREVER STAMPS WILL STILL BE VALID.
- THE PRICE OF A POSTCARD STAMP INCREASES FROM $0.34 to $0.35.

NEW PRIORITY MAIL FLAT RATE BOXES AND ENVELOPES PRICE LISTING:

<table>
<thead>
<tr>
<th>Item</th>
<th>Current</th>
<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small flat-rate box</td>
<td>$7.15</td>
<td>$7.20</td>
</tr>
<tr>
<td>Medium flat-rate box</td>
<td>$13.60</td>
<td>$13.65</td>
</tr>
<tr>
<td>Large flat-rate box</td>
<td>$18.85</td>
<td>$18.90</td>
</tr>
<tr>
<td>Large APO/FPO flat-rate box</td>
<td>$17.35</td>
<td>$17.40</td>
</tr>
<tr>
<td>Regular flat-rate envelope</td>
<td>$6.65</td>
<td>$6.70</td>
</tr>
<tr>
<td>Legal flat-rate envelope</td>
<td>$6.95</td>
<td>$7.00</td>
</tr>
<tr>
<td>Padded flat-rate envelope</td>
<td>$7.20</td>
<td>$7.25</td>
</tr>
</tbody>
</table>

The complete new price listing for all products can be found at [https://www.prc.gov/dockets/daily](https://www.prc.gov/dockets/daily).
POC: Mr. WILL SMITH OR LS2 JACOBS @2156.
NAVAL STATION GUANTANAMO BAY POSTAL TIPS:

- **USPS PACKAGE TRACKING**: Mail package tracking inquiries can be submitted via email to usn.gtmo.navstagtmobaycu.mbx.nsgb-n33-postal@mail.mil. All inquiries will be answered within 24 hours. Information required will be tracking/certified/insured number, to and from address information, and date mailed.

- You can also text your tracking number to 28-777 and you will get an update from USPS within 30 seconds. Normal text rates apply.

- For JTF inquiries, please call the Camp America Post Office at @2331.

- Post Office Hours: JTF- 0800-1600 NAVSTA-0900-1530.
- NAVSTA POC: Mr. Rich Vargas or Mr. Will Smith @ X2156.
- JTF POC: SGT Vargas @2331.
THE GTMO POST OFFICE IS NOW ON SOCIAL MEDIA!!!

WE ARE UTILIZING FACEBOOK AS A MORE EFFICIENT MEANS OF KEEPING YOU OUR CUSTOMERS INFORMED ON ALL THINGS POSTAL AT GUANTANAMO BAY.

PLEASE LIKE US ON FACEBOOK. JUST TYPE IN GTMO POST OFFICE. OUR PAGE IS FOR INFORMATION DISSEMINATION ONLY NOT FOR CUSTOMER POSTING. PLEASE CONTACT US @2156 IF YOU HAVE QUESTIONS.
WILL YOU SAVE A LIFE?

The American Red Cross, Guantanamo Bay office will be conducting Adult & Pediatric CPR/AED/First Aid training every month. These valuable skills can save lives in times of need and can help you with your personal and professional development.

Scheduled date:
February 17, 2018 Saturday 0800-1300
2 Private Class dates for February
*Fee must be paid when registering for class as this holds your spot as limited number.

Price:
Certification: $55 (Huge discount)

For more information contact us:
(757) 458-5060/4676 Cell: 757-339-7646
Sharon.Coganow@redcross.org
WIC Overseas

Infants - Children - Pregnant Women - Postpartum Women - Breastfeeding Women

The WIC Overseas Program provides several important benefits that help you & your family lead healthier lives.

Program services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

Contact us now to see if you qualify:
Chapel Annex, Room 9
Phone: 2186
dawn.s.cox.ctr@mail.mil
WIC Overseas

HOURS:

WEDNESDAY  0930-1500
THURSDAY    0930-1500

CLOSED FOR LUNCH  1200-1230
Tobacco Cessation Group

Four 1-hour sessions over two weeks covering:

Understand basic nicotine addiction and why quitting can be hard.

Learn to recognize nicotine withdrawal symptoms and how to deal with them.

Learn how to recover from a slip

Referral for nicotine replacement therapy and other treatment options.

And Much More!

Starting March 06, 2018
New Group Starts Every Tuesday @ 1000

Call x2321 to register now!
JSMART Team x2321

Hours Mon-Fri 0700-1700, 1800-2000
Saturday walk-ins 0800-1200

- 3 Psychologists
- Med management referrals
- 6 Behavioral Health Technicians
- And Various Pet Visitation Dogs
  - 0830-1430
JSMART’s Services (mitigate & restore)
A Full Service Behavioral Health Clinic  x2321

- Individual Therapy
  - Cognitive Behavioral Therapy
  - Stress/Anger Management
  - Problem solving
- Special duty evals (Recruiter, Drill Sgt, etc.)
- Command support (CDE, climate, etc.)
- Tobacco Cessation Classes
- Sleep Hygiene

WE ACCEPT WALK-INS
Self Care Day
2nd Saturday of the month from 0800-1200
Massage chairs, dogs, and yoga!

JSMART Radio
Fridays 1200 - 1330
## NEW U.S. VACANCIES

<table>
<thead>
<tr>
<th>Ann. No.</th>
<th>Job / Title</th>
<th>Ser / Grd</th>
<th>Location</th>
<th>Category</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>180000AY</td>
<td>Service Station Attendant</td>
<td>NA-02</td>
<td>MAIN STORE – GTMO</td>
<td>RFT</td>
<td>01/20/2018</td>
</tr>
</tbody>
</table>

## NEW FN VACANCIES

<table>
<thead>
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<th>Ann. No.</th>
<th>Job / Title</th>
<th>Ser / Grd</th>
<th>Location</th>
<th>Category</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>180000AY</td>
<td>Service Station Attendant</td>
<td>LGS-04</td>
<td>MAIN STORE - GTMO</td>
<td>RFT</td>
<td>02/20/2018</td>
</tr>
</tbody>
</table>

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**EQUAL EMPLOYMENT OPPORTUNITY (EEO)**

The Department of the Navy is an Equal Employment Opportunity Employer. All qualified candidates will receive consideration without regard to race, color, religion, sex, national origin, age, disability, marital status, political affiliation, sexual orientation, or any other non-merit factor.

Applicant information:

Retail store positions require rotating shifts, evening, weekends, and holidays. Selections will be posted weekly & multiple selections can be made from any announced vacancy. US applicants who wish to apply for the positions must login to TALEO and attached a resume to [www.navyexchange.jobs](http://www.navyexchange.jobs)
## U.S. Applicants Only

<table>
<thead>
<tr>
<th>Code</th>
<th>Position</th>
<th>Grade</th>
<th>Pay Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016-057</td>
<td>Flex - CYP Food Service Worker</td>
<td>NA-7408-04-01</td>
<td>$10.58 p/hr</td>
</tr>
</tbody>
</table>

## U.S. & F.N. Applicants

<table>
<thead>
<tr>
<th>Code</th>
<th>Position</th>
<th>Grade</th>
<th>Pay Rate</th>
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</thead>
<tbody>
<tr>
<td>2016-004</td>
<td>Custodial Worker - Full Time</td>
<td>NA-3566-02-01</td>
<td>$8.95 p/hr</td>
</tr>
<tr>
<td>2016-012</td>
<td>Bartender - Flex</td>
<td>NF-0189-01</td>
<td>$7.25 p/hr</td>
</tr>
<tr>
<td>2016-024</td>
<td>Greenskeeper Lead - Full Time</td>
<td>NL-5001-06</td>
<td>$13.84 p/hr</td>
</tr>
<tr>
<td>2016-025</td>
<td>Rec Aid/Bingo Caller - Flex</td>
<td>NL-5001-06</td>
<td>$13.84 p/hr</td>
</tr>
<tr>
<td>2016-035</td>
<td>Food Service Worker - Flex</td>
<td>NA-7408-02-01</td>
<td>$9.29 p/hr</td>
</tr>
<tr>
<td>2016-069</td>
<td>Movie Projectionist - Flex</td>
<td>NA-3910-05-01</td>
<td>$11.83 p/hr</td>
</tr>
<tr>
<td>2017-017</td>
<td>Youth Sports Assistant - Flex</td>
<td>CY-1702-01/02</td>
<td>$11.27-$14.26</td>
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<tr>
<td>2017-020</td>
<td>Food Service Worker - Flex</td>
<td>NA-7408-02-01</td>
<td>$9.29 p/hr</td>
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<tr>
<td>2017-021</td>
<td>Food Service Worker - Flex</td>
<td>NA-7408-02-01</td>
<td>$9.29 p/hr</td>
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<tr>
<td>2017-025</td>
<td>Food Service Worker - Full Time</td>
<td>NA-7408-02-01</td>
<td>$9.29 p/hr</td>
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<tr>
<td>2017-028</td>
<td>Fitness Specialist - Flex</td>
<td>NF-0030-03</td>
<td>$10 - $12 p/hr</td>
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<tr>
<td>2017-041</td>
<td>Recreation Aid - Flex</td>
<td>NF-0189-01</td>
<td>$7.25 p/hr</td>
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<tr>
<td>2017-049</td>
<td>Food Service Worker - Full Time</td>
<td>NA-7408-02-01</td>
<td>$9.29 p/hr</td>
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<tr>
<td>2017-050</td>
<td>Waiter/Waitress - Flex</td>
<td>NA-7420-01-01</td>
<td>$8.57 p/hr</td>
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<tr>
<td>2017-054</td>
<td>Electrical Worker - Full Time</td>
<td>NA-4749-08-01</td>
<td>$13.84 p/hr</td>
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<tr>
<td>2017-056</td>
<td>Rec. Assistant - Flex</td>
<td>NF-0189-02</td>
<td>$8.71 p/hr</td>
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<tr>
<td>2017-057</td>
<td>Rec. Aid - Flex</td>
<td>NF-0189-01</td>
<td>$7.25 p/hr</td>
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<tr>
<td>Job Title</td>
<td>Position</td>
<td>Grade</td>
<td>Salary Range</td>
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<tr>
<td>--------------------------------------------------------</td>
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<tr>
<td>2016-057 Child &amp; Youth Program – Flexible – CYP Food Service Worker (School Age Care)</td>
<td>NA-7408-04-01 ($10.58 hour)</td>
<td></td>
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</tr>
<tr>
<td>2016-004 Navy Gateway Inns &amp; Suites – Full Time - Custodial Worker</td>
<td>NA-3566-02-01 ($8.95 p/hr)</td>
<td>LWG-3566-02-01 ($5.60+0.33 B.A. p/hr)</td>
<td></td>
</tr>
<tr>
<td>2016-024 Golf Pro Shop – Full Time – Greenskeeper Lead</td>
<td>NA-3566-02-01 ($8.95 p/hr)</td>
<td>LWL-5001-06 ($7.93+0.37 B.A. p/hr)</td>
<td></td>
</tr>
<tr>
<td>2016-035 Concessions – Flex – Food Service Worker</td>
<td>NA-7408-02-01 ($9.48 p/hr)</td>
<td>LWG-7408-02-01 ($5.37 + 0.33 B.A. p/hr)</td>
<td></td>
</tr>
<tr>
<td>2016-069 Community Recreation – Flex – Movie Projectionist</td>
<td>NA-3910-05-01 ($11.83 p/hr)</td>
<td>LWG-3910-05-01 ($6.50+0.36 B.A. p/hr)</td>
<td></td>
</tr>
<tr>
<td>2017-017 Child &amp; Youth Program – Flex – Youth Sports Assistant</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
<td></td>
<td></td>
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<tr>
<td>2017-028 Fitness – Flex – Fitness Specialist</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-041 Outdoor Recreation Dept. – Flex – Recreation Aid</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-054 MWR Maintenance – Full Time – Electrical Worker</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-056 MWR Outdoor Recreation – Flex – Rec. Asst. (2 Positions)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-057 MWR Outdoor Recreation – Flexible – Recreation Aid</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-063 Child &amp; Youth Program – Full Time – CYP Asst. (O.C.)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-064 Child &amp; Youth Program – Flex – Teen Center CYP Asst. (O.C.)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<td>2017-065 Child &amp; Youth Program – Flexible – Youth Sports CYP Asst. (Open Cont)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017-066 MWR Arts &amp; Crafts – Full Time – Recreation Assistant</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017-067 MWR Liberty Center – Full Time – Recreation Assistant</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-074 MWR Fitness – Full Time – Recreation Assistant</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2017-083 Child &amp; Youth Program – Flexible – CYP Asst. (Open Cont)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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<tr>
<td>2018-001 MWR Fitness – Flex – Recreation Aid (2 positions)</td>
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<tr>
<td>2018-005 MWR Aquatics – Flex – Rec. Aid/Life Guard (4 positions)</td>
<td>CY-1702-01/02 ($11.27-$14.26 p/hr)</td>
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</tbody>
</table>
Job Vacancy Announcement

U.S. Vacancy

MIDWEST ATC

Midwest ATC is accepting resumes for a Passenger Service Agent to work at the Leeward Air Terminal and the Windward Annex. We offer a flexible schedule, excellent salary and a fast paced, pleasant working environment. Attention to detail is essential as well as above average customer service skills.

Must be eligible to obtain a CAC.

Please send resume to:

Kim.n.veditz.ctr@mail.mil  or  
Lauren.a.strausbaugh.ctr@mail.mil

For more information, please call 6364 or 6351
Enlist Yourself In a Fun and Rewarding Career with One of the Most Trusted Names in Wireless Sales!
The Mobile Center family is seeking energetic full and part time Wireless Sales Experts, right now!

We Offer:
- Flexible Work Schedules
- Paid Training
- Growth Opportunities
- Uncapped Commission
- 401k
- Discounted Employee rate plans
- Guantanamo Bay Location

Send your resume to Hillary Baynham
e mc7151@wirelessadvocates.com
OR Phone 904-609-5861
Columbia College News

Job Postings
Adjunct Instructor
Part Time Online Test Proctor – new listing

Applicants, please apply and submit your resume on the Columbia College website

• For a details on position description and requirements please visit www.ccis.edu

Columbia College is located in the Chapel Annex.
Office hours are Monday - Friday 9 am – 3 pm
Office Phone: #75555
www.ccis.edu/guantanamo
VEHICLE REGISTRATION OFFICE

Steps to register a new vehicle

-Bring to VRO:
  1. Notarized Bill of Sale or Proof of Ownership (Title).
  2. Current Insurance in your name that shows the vehicle is insured in GTMO.
-Once verified, a Temporary Registration Pass will be issued.
-Inspection from MWR Hobby Shop.
-Bring Inspection to VRO office and receive license plate and up-to-date stickers.

Procedure for reregistering a vehicle

-Bring to VRO:
  1. Inspection from MWR Hobby Shop.
  2. Updated Insurance in your name.
-Once updated, new stickers will be placed on your license plate by VRO staff.

NOTE: VEHICLE MUST BE PRESENT IN ORDER TO PUT STICKERS ON VEHICLE!!!

IF YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT VRO: 4229
VEHICLE REGISTRATION OFFICE

NEW POLICIES:

IN ORDER TO SELL A VEHICLE YOU MUST RETURN THE LICENSE PLATE TO VRO AND RECEIVE A TEMPORARY REGISTRATION STATING “PENDING SALE.”

IN ORDER TO SHIP A VEHICLE YOU MUST RETURN THE LICENSE PLATE TO VRO AND RECEIVE A TEMPORARY REGISTRATION STATING “PENDING SHIPMENT.”

IF YOUR REGISTRATION EXPIRES AND YOU DO NOT HAVE INSURANCE YOU WILL NEED TO RETURN THE LICENSE PLATE AND WE WILL ISSUE A DO NOT TOW PASS THAT WILL BE VALID FOR SIX MONTHS.

IF YOUR INSURANCE HAS EXPIRED AND NOT BEEN UPDATED AT THE VRO OFFICE FOR LONGER THAN THREE MONTHS, YOUR LICENSE PLATE WILL BE TAKEN AND YOU WILL HAVE TO COME INTO VRO AND UPDATE YOUR INSURANCE.

NOTE: OUR SYSTEM DOES NOT AUTOMATICALLY UPDATE INSURANCE, YOU MUST COME TO VRO AND UPDATE IT YOURSELF.

*YOU ARE RESPONSIBLE FOR THE LICENSE PLATE UNTIL IT IS RETURNED FOR PENDING SALE PASS. IT IS GOVERNMENT PROPERTY AND CANNOT BE BOUGHT*

IF YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT VRO: 4229
NAVAL STATION TRAFFIC COURT

- Traffic court is held at the Legal office Court room located at building 760 (Door is on the Right if walking into the courtyard from building 760).
- Traffic court takes place on the 2nd Wednesday of every month and starts at 0900.
- The Next Traffic Court will be held **14MAR2018 at 0900**
- Military Members attending traffic court are required to be in uniform.
- Please see the next slide for map to the legal office.
- For additional information call the Vehicle Registration Office at 4229.
- Drive down Sherman Ave. past the Downtown Lyceum and Rogers Rd (Government Gas Station) and take a right onto Soule Rd. heading toward Buley Hall.
- Traffic court is held at building 760 in the Legal Office. You may park in any building 760 parking spaces with exception of designated spots.
INBOUND SHIPMENTS

- As soon as you arrive on island, please stop by the Personal Property Office (PPO) with a copy of your orders and any shipping documents you may have. Delivery cannot be scheduled until the PPO has received the aforementioned documents.

- PPO does not get advance paperwork and without it, we may not know that you have a shipment coming until it arrives.

- Failure to provide the required documents can result in delayed delivery.

- For more information, contact PPO at 4206/4495/4735
OUTBOUND SHIPMENTS

• YOU MUST GO ONLINE TO **WWW.MOVE.MIL**

• COMPLETE THE COUNSELING ONLINE

• PRINT THE 3 FORMS AT THE END

• BRING IN YOUR FORMS AND THE ORDERS (for military personnel, we need BOTH mobilization and demobilization orders) to NAVSUP FLCJ PPO (Bldg. 752 / 2nd Floor)

➢ For more information contact PPO at 4206/4495/4735
Personnel here on MOBILIZATION orders are NOT authorized household goods shipment, ONLY a baggage shipment.

Baggage shipments are limited in weight and DO NOT include furniture. TVs MUST BE under 42 inches.

We MUST have orders to process your move, regardless of when your unit/command says you are flying.

For more information or clarification please contact us at 4206/4495/4735 PRIOR to your scheduled pickup date.
Change of Address
All personnel transferring to or from U.S. Naval Station Guantanamo Bay, Cuba must complete a change of address form at the Post Office.
*Incorrect addresses are the #1 cause of delayed mail delivery*

The change of address you complete here is for local use only so you must complete a change of address with USPS as well online at
https://moversguide.usps.com/icoa/.

POC: POSTAL OFFICER @2304
State of Legal Residents for Puerto Rico

- Military Pay Advisory 32/17 mentions changes to state of legal residents of Puerto Rico.
- Effective November 2017, service members will see changes to their LESs.
  - Start of State Income Tax Withholding deductions.

Note: Be advised those affected should review their November LES to see the impact of the new change. Also, this will affect your 2017 W-2.

Any questions or concerns, please contact PS1(AW/FMF) Taylor at extension 5099.
NSGB ADMINISTRATION
BULKELY HALL RM 218

CORRESPONDENCE EMAIL ADDRESS

- usn.gtmo.navstagtmobaycu.mbx.nsgb-n04c-admin-correspondence@mail.mil
- Submit all Correspondence to this email address.

Routing Times Strictly Adhered to:

- Emergency requests are requested via Department Heads only.
- Space A Request and UEML are due to Admin a minimum of 14 days prior to departure date.
- Funded Environmental and Morale Leave is due to Admin a minimum of 30 days prior to departure date.
NSGB ADMINISTRATION
BULKELY HALL RM 218

APPOINTMENTS

• Fingerprints for security investigations are done by appointment only on Wednesdays 1300-1400.

• Contact YN1 Haga at x4412 to set an appointment or by email at usn.gtmo.navstagtmobaycu.mbx.nsgb-n04c-security-mgr@mail.mil
BASE ROLLER
CHANNEL 45

GALLEY MENUS AND INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmbaycu.mbx.nsgb-n00p-pao@mail.mil
1. SWEAT PANTS (ANY TYPE)
2. PANTS OR SHORTS W/O POCKETS
3. PANTS W/ HOLES
4. CUT OFF SHORTS
5. RUNNING SHORTS
6. MILITARY P.T. GEAR
7. PLAIN SHIRTS OF ANY COLOR
8. PLAIN WHITE V-NECK T-SHIRTS
9. EXPOSED MID-DRIFT
10. EXPOSED ARMPITS
11. COVERALLS
12. PROVOCATIVE LANGUAGE
13. SHORTS, SKIRTS, AND DRESSES MUST BE NO SHORTER THAN 2 INCHES ABOVE THE KNEE
14. SOILED OR DIRTY CLOTHING
15. CLOTHING WITH DRY PAINT
16. NO BACKPACKS OR BAGS OF ANY KIND
17. NO OUTSIDE CUPS OR BOTTLES PERMITTED
18. WOMEN’S PURSES ARE ALLOWED
19. NO MUDDY OR PAINTED SHOES OR BOOTS
20. ALL SHIRTS MUST HAVE SLEEVES, LIGHT JACKETS OR SWEATERS ARE ALLOWED
GALLEY HOURS

Monday – Saturday
Breakfast 0600-0800
Lunch 1100-1300
Dinner 1630-1830

Sunday & Holiday
Breakfast 0700-0900
UNAUTHORIZED

- NO PANTS WITH HOLES
- NO CUT OFF SHORTS
- NO MILITARY PT GEAR
- NO EXPOSED MID-DRIFT
- NO EXPOSED ARMPITS
- NO COVERALLS OF ANY TYPE
- REFRAIN FROM PROVOCATIVE LANGUAGE
- SHORTS, SKIRTS, AND DRESSES SHOULD NOT EXPOSE THE BUTTOCKS, OR SHOW EXCESSIVE THIGH
- NO SOILED OR DIRTY CLOTHING
- NO CLOTHING WITH DRY PAINT
- NO BACKPACKS, OR BAGS OF ANY KIND
- NO OUTSIDE CUPS OR BOTTLES PERMITTED
- WOMENS PURSES ARE ALLOWED
- NO SHOWER SHOES, MUDDY/PAINTED SHOES OR BOOTS
- NO UNDERSHIRTS WORN AS AN OUTER GARMENT
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
15 FEBRUARY 2018
Thursday

BREAKFAST
Grits
Hot Oatmeal
Hominy Grits
Eggs to Order
Oven Fried Bacon
Grilled Ham Slices
Veggie Egg Pocket
Biscuits and Creamed Beef
Shredded Hash Browns
Pancakes
Waffles
Steamed / Garlic Fried Rice

LUNCH
Vegetable Beef Supreme Soup
Honey Glazed Rock Cornish Hens
Barbecued Spareribs
Simmered Pork Hocks
Boston Baked Beans
Rice Pilaf
Potatoes Au Gratin
Seasoned Carrots
Southern Style Greens

DINNER
Chicken Noodle Soup
Beef Teriyaki
Mambo Roast Pork
Paprika Buttered Potatoes
Steamed Rice
Corn O’Brien
Brussel Sprouts Polonaise

SPECIALTY BAR
BAKE POTATO BAR
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
16 FEBRUARY 2018
Friday

BREAKFAST
Hot Oatmeal
Grits
Eggs to Order
Oven Fried Bacon
Grilled Turkey Sausage Patties
Biscuits and Gravy
Tater Tots
French Toast Sticks
Waffles
Steamed / Garlic Fried Rice

LUNCH
Garden Vegetable Soup
Roast Porkloin
Blackened Fish
Oven-Glo Potatoes
Long Grain and Wild Rice
Peas
Fried Cauliflower
Brown Gravy

DINNER
Vegetable Soup
Cheese Tortellini
Baked Lasagna
Chicken Parmesan
French Bread Pizza
Broccoli
Carrots and Celery Amandine
Onions Rings

SPECIALTY BAR
ASIAN BAR
GOLDFIELD, SEASIDE & LEEWARD GALLEY MENU
17 February 2018
Saturday

BREAKFAST
Hot Grits
Hot Oatmeal
Eggs to Order
Oven Fried Bacon
Biscuits and Gravy
Hash Brown Potatoes
Waffles
Pancakes
Steamed / Garlic Fried Rice

LUNCH
Chicken Gumbo Soup
Steamed Rice
Shrimp Jambalaya
Oven Baked Breaded
Red Beans W/Rice
Oven Browned Potatoes
Louisiana Style Smothered Squash

DINNER
Chicken Noodle Soup
Steamed Rice
Grilled Tenderloin Steak
Lemon Baked Fish
Baked Potatoes W/ Sour Cream
Hacienda Green Beans
Corn on the Cob
Garlic Bread
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
18 February 2018
Sunday

BREAKFAST
Hot Oatmeal
Grits
Eggs to Order
Oven Fried Bacon
Grilled Tenderloin Steak
Grilled Sausage Links
Biscuits and Gravy
Hash Brown Potatoes
French Toast
Waffles
Steamed / Garlic Fried Rice

LUNCH
Manhattan Clam Chowder
Steamed Rice
Pepper Steak
Chicken Cordon Bleu
Fried Cabbage
Oven Roasted Breaded Potatoes
Mixed Vegetables

DINNER
Pepper Pot Soup
Steamed Rice
Chili Macaroni
Roast Turkey
Mashed Potatoes
Bread Dressing
Green Beans W/Mushroom
Calico Corn
GOLDHILL, LEEWARD & SEASIDE GALLEY MENU
19 February 2018
Monday

BREAKFAST
Hot Oatmeal
Grits
Eggs to Order
Oven Fried Bacon
Grilled Turkey Sausage Patties
Biscuits and Gravy
Home Brown Potatoes
Pancakes
Waffles/Syrup
Steamed/ Garlic Fried Rice

LUNCH
Cream of Broccoli Soup
Steamed Rice
Cajun Baked Fish
Roast Beef
Baked Macaroni & Cheese
Rosemary Roasted Potato Wedges
Stewed Tomatoes
Club Spinach

LUNCH SPECIALTY BAR
PASTA BAR

DINNER
Green Vegetable Soup
Steamed Rice
Roast Pork
Chinese Five-Spice Chicken
Hot Spiced Beets
Peas & Carrots
Surf & Turf
GOLD HILL / CAMP AMERICA / LEEWARD / KITTERY CAFE

Shrimp Gumbo
Baked Lobster Tails
Boiled Crab Legs
Grill Steaks
Shrimp Cocktail
Lemon Butter Sauce
Baked Potato Halves
Steamed Rice
Sautéed Mushrooms & Onions
Steamed Broccoli
Corn on the Cob
Hot Dinner Rolls
Garden Fresh Salad Bar
Assorted Desserts
Assorted Beverages

16 FEB 2018
1100-1300
BASE ROLLER
CHANNEL 45

TRAVEL UPDATES

SUBMIT SLIDES TO:
usn.gtmo.navstagtmo@mbx.nsgb-n00p-pao@mail.mil
NAVY OPERATED AMC TERMINAL
GUANTANAMO BAY, CUBA (NBW)

*** ATTENTION ***

- The old ATOC email is no longer valid. The new email to send your Space-A paperwork and inquiries to is as follows:

- usn.gtmo.navstagtmbaycu.list.n32-atoc@mail.mil
NSGB ACTIVE DUTY AND DOD

JTF and USNH personnel must use their chain of command for foreign travel.

If you are planning on traveling to a foreign country please have the following completed at least 30 days in advance. Only exceptions are emergencies.

All training must cover leave time.
- Antiterrorism LV 1 (within 12 months)
- Human rights awareness (12 Months)
- ISOPREP (within 6 months)
- SERE 100.1 or 100.2A (within 3 years)
- APACS request

Once training is completed and leave is approved an Individual Anti-Terrorism Plan must be completed. Please call the NSGB AT office at 4608 or email MA1 Wells or MA1 Tannehill at eric.j.wells14.mil@mail.mil or nathan.c.tannehill.mil@mail.mil

NOTE: Some foreign countries require more than 60 days and may require additional information, please contact the NSGB AT office for more info.
# AMC Tariff Rates FY-18

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<th>Non-Fed</th>
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<th>Pet Charges</th>
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All fares are for one-way travel only.

Space ‘A’ fee of $34.91 from GTMO to Norfolk/JAX

And $18.30 from Norfolk/JAX to GTMO
Excess Baggage Charges

Effective October 1st 2017 the fee for Excess Baggage for Norfolk, VA., Jacksonville, FL. and Kingston, Jamaica has increased to $125.00 for each excess bag. Questions, please call the Air Terminal at 6408
AMC FLIGHT CHANGES

In an effort to expand opportunities to travel via AMC at least twice weekly, the Rotator and the COMBI (Direct Norfolk) mission will operate on opposite Tuesdays beginning 20 March, 2018.

This change will last for 90 days to see if ridership increases, but could become permanent if it proves beneficial. Friday flights remain unchanged.
FLIGHT DATES

ROTATOR missions will operate:
  March- 20
  April- 3 & 17
  May- 1, 15 & 29
  June- 12

DIRECT NORFOLK missions will operate:
  March- 27
  April- 10 & 24
  May- 8 & 22
  June- 5 & 19
# Seat Availability Report

## INBOUND

NAS Norfolk, VA and NAS Jacksonville, FL ➔ FRIDAY/Alternating TUESDAYS

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## OUTBOUND

NAS Jacksonville, FL and NAS Norfolk, VA ➔ FRIDAY/Alternating TUESDAYS

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<tr>
<td>SEATS OPEN</td>
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Prepared 15 FEB 2018 @ 0906
Kingston, Jamaica
Flights are every Wednesday

**INBOUND**

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Prepared 15 FEB 2018 @ 0908
C-12 TRAVEL REGULATIONS

- NO OPEN TOED SHOES
- CONUS TO CONUS TRAVEL: FOR MILITARY AND FAMILY TRAVELING WITH MILITARY MEMBERS ONLY
- 40LBS MAXIMUM LUGGAGE ALLOWED
- C-12 FLIGHTS FREQUENTLY CHANGE ON SHORT NOTICE – CALL 4888 TO CONFIRM PRIOR TO ARRIVAL

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**C-12 SPACE-A**
**FEB 08 - 18, 2018**

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- 40LBS MAXIMUM LUGGAGE ALLOWED
- C-12 FLIGHTS FREQUENTLY CHANGE ON SHORT NOTICE – CALL 4888 TO CONFIRM PRIOR TO ARRIVAL
Important Rotator/C-12 Notes

• If traveling on official business, you **must have orders to fly**. Do not go Space-A just to avoid the extra paperwork.

• Space-A Letters must have a date and time when signed by your command.

• Tuesday rotators generally have more Space-A than the Friday rotator.
  
  – Air Operations: **C-12 Flights** – x4888
  – Air Terminal: **Rotator Flights** – x6305
NEW SCHEDULE STARTING THURSDAY OCTOBER 5

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<th></th>
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<th>Thursday</th>
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<tr>
<td>Departs Fort Lauderdale</td>
<td>7:00 am</td>
<td>7:00 am</td>
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<tr>
<td>Arrives Guantanamo Bay</td>
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*Departure and Arrival times may vary due to airport delays. Please ensure that all reservations are confirmed no later than 24 hours prior to travel.*

Please call 74110 or +1 954-915-4375 to get in touch with our local staff

www.flyibcair.com
IN THE BUSINESS OF FUN

Morale, Welfare & Recreation
Naval Station Guantanamo Bay, Cuba

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
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CAMP BULKELEY LYCEUM CLOSED UNTIL FURTHER NOTICE
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Friday, February 16, 8pm
Windjammer Ballroom

RED & WHITE AFFAIR

Dress in your best RED/WHITE outfit and let’s party the night away!
Music by local DJ.
Military 18 & up / Civilian 21 & up

For more information call 2533

NAVYMWRGUANTANAMOBAY.COM
7 VS. 7 FLAG FOOTBALL TOURNAMENT

Saturday, February 24, 8am
Multi Purpose Field

Register at Denich Fitness Center by Wednesday February 21.
Coaches meeting will be held in the DFC Classroom on Thursday, February 22 at 6:30pm.

Free Registration!
Must have shorts without pockets to play!

For more information call 2740 / 2113
YSF Winter Sport Season

Start Smart Soccer
Starting February 7 (6 weeks)
Wednesdays, 5:30-6pm, Youth Baseball Field
3-4 years old, free
*Limited to 12 participants only.

Soccer
Starting January 29 (8 weeks)
Mondays & Wednesdays, 5:30-6:30pm, Cooper & Multi-purpose field
Saturdays, games will be held in the mornings starting at 8am
5 yrs & up, $50

Golf
Starting February 1 (6 weeks)
Thursdays, 4:30-5:30pm, The Lateral Hazard
7 yrs & up, $35

Dance: Youth Flamenco and Musical Theatre
Starting January 30 (12 weeks)
Flamenco: Wednesdays, 5:30-6:30pm (Ages 5-8), 6:30-7:30pm (Ages 9-12)
Thursdays, 6:30-7:30pm (Ages 13-18)
Musical Theatre: Tuesdays, 5:30-6:30pm (Ages 5-8), 6:30-7:30pm (Ages 9-12)
Thursdays, 5:30-6:30pm (Ages 9-12)
5 yrs & up, $60/class or $100/both + $35 costume fee/class

Registration for all activities taken at SAC. Call 4092 for more info.

NAVY MWR GUANTANAMO BAY.COM/YOUTHSPORTS
Adult Swim Lessons

Morning Lessons @ Marine Hill Pool
5:45AM-6:30AM on Wed & Fri

Evening Lessons @ Windjammer Pool
6:00PM-6:45PM on Tue, Wed & Thu

Purchase a 10 lesson punch card for $50.00 at the Denich Fitness Center. Active Duty is FREE but must register at the Denich Fitness Center.
Bundles of Joy
Story time, sing-alongs, rhymes, puppets, and more!
For 0-24 months old
Prior registration is required by Thursday prior to the event at Community Library.

Every Friday!

Book Buddies
Story time, crafts, sing-alongs, and more!
For 3-5 yrs old
No registration required.

Call 4700 for more info
MWR will begin offering sewing classes in February 2018 through the Arts & Crafts Center.

Consider getting that special someone on your holiday list a SEWING MACHINE so they can participate in these classes.

The instructor recommends:
A sewing machine with the following features:
A needle up/down button
Multiple stitch choices (30+ preferred)

Utilize your Navy Exchange or other favorite retailer!

Here are some compatible models - but choose whichever works best for you!
Brother Computerized Sewing and Quilting Machine XS3109
Brother Computerized 130 Stitch Sewing Machine CS7130
Singer® Patchwork™ 7285Q Sewing & Quilting Machine
SINGER 7258 Stylist Award-Winning 100-Stitch Computerized

NAVYMWRGUANTANAMOBAY.COM

Connect with us!
Aok
STUDENT REWARD PROGRAM
QUARTERLY DRAWINGS FOR MONETARY AWARDS

JOIN TODAY!
Ask a Customer Service Representative for details.
Or call Tel: 4349
BASE ROLLER
CHANNEL 45

SUBMIT SLIDES TO:
usn.gtmo.navstagtmoBaycu.mbx.nsgb-n00p-pao@mail.mil
RESUME BASICS

February 20
1400-1600

Please call 4141/4153 to register. Space is limited.
Transition GPS Capstone

February 21, 2018
By APPT only
Fleet and Family Support Center
(Bldg, 2135)

Pre-requisites:
- Attended Transition GPS 5 day course
- Documents proving Career Readiness Standards met must be completed and present

For more information call x4141
Thursday, February 22, 2018
0815-1130

You are invited to attend the Newcomer’s Orientation and Tour of NSGB.

Get familiarized with key base personnel, base history, installation rules, location and resources:

♥ Part 1: Numerous guest speakers will inform you about many of the resources available on the installation.
♥ Part 2: A bus tour highlighting the installation.

Pre-registration is required. Call x4141/4153 to register.
Accessing Higher Education Track

*Must have completed TGPS 5-day workshop*

Going to college after the military?

Learn resources and benefits to make the most of your education!

February 26 – February 27 0730-1630 each day

To register: Visit FFSC bldg. 2135 or Call Joannemay Estoesta at x4079
REGISTRATION IS REQUIRED!!
Transition Goals Plans Success
Workshop Schedule FY 18

*16 - 20 October, 2017
*22 – 26 January 2018
*16 – 20 July 2018

Capstone Events

• 11 October 2017
• 15 November 2017
• 06 December 2017
• 17 January 2018
• 21 February 2018
• 21 March 2018
• 18 April 2018
• 16 May 2018
• 20 June 2018
• 25 July 2018
• 15 August 2018
• 19 September 2018

To get scheduled for TGPS, see your Command Career Counselor.
NSGB Ombudsman

**Naval Station**
Cynthia Roman
Angela Thompson
[ombudsmannsgb@gmail.com](mailto:ombudsmannsgb@gmail.com)
Cell Phone: 757-324-8881
[www.facebook.com/ombudsmannsgb](http://www.facebook.com/ombudsmannsgb)

**Hospital**
Monty Robinson
[Ombudsman.usnh.gtmo@gmail.com](mailto:ombudsman.usnh.gtmo@gmail.com)
Cell Phone: 757-933-7938

**Coast Guard**
Melissa Robinson
[ombudsmannsgb@gmail.com](mailto:ombudsmannsgb@gmail.com)

**Community:**
Jamaicans & Filipinos

**Hospital**
Nikisha Hendricks
[jn.gtmodbudsgman@gmail.com](mailto:jin.gtmodbudsgman@gmail.com)
[www.facebook.com/NSGBJamaicanCommunity](http://www.facebook.com/NSGBJamaicanCommunity)

Michelle Cerillo
[gtmofilombudsman2017@gmail.com](mailto:gtmofilombudsman2017@gmail.com)
[www.facebook.com/gtmofilombudsman](http://www.facebook.com/gtmofilombudsman)

Last updated January 2018
Ombudsman Information

An Ombudsman are a spouse or other family member of Naval Station Guantanamo Bay service member who has volunteered their time and effort to guiding other families through various problems that may arise from time to time.

Please note: the Ombudsman will not solve the problem for you, but will most likely be able to point you in the right direction to help you solve the problem on your own.

If you are a spouse or family member of Naval Station Guantanamo Bay command member and need support, you may contact your Ombudsman using the email below:

ombudsmannsgb@gmail.com
Cell Phone: 757-324-8881

Ombudsman fulfill the following roles:

- Serve as the primary communicator of information between the command and command families.
- Provide information and outreach to command family members. Interact and cooperate with organizations and military offices such as Fleet and Family Service Centers, chaplain’s office, medical treatment facilities, Navy-Marine Corps Relief Society, American Red Cross, and legal assistance offices. These organizations are valuable resources in obtaining assistance for command family members.
- Refer individuals in need of professional assistance to appropriate resources. Ombudsman may provide support to individuals and refer them for counseling. Counseling is not provided by Ombudsman.
- Act as an advocate for command family members by helping access the appropriate level of the chain of command for intervention and for the forwarding of appropriate requests/grievances while exercising confidentiality.
Department of Navy
SAPRO presents:
Pure Praxis

What: Pure Praxis presents high energy, interactive scenarios that challenge, encourage, and motivate audience members to take a stand and accomplish the change they desire

When: April 10th - 0700 and 1400
April 11th - 1000 and 1900

Who: Free to all active duty and civilian personnel

Where: Windjammer Ballroom

**SAPR/Uniformed Victim Advocates will receive continuing education credits for attendance!**

For more Information call: 4141 or 4153
BASE ROLLER
CHANNEL 45

GROUPS AND ASSOCIATIONS

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
AMERICAN GIRL DOLL GIVE AWAY

WHILE SUPPLY LASTS

RED CROSS BUILDING 2142

DEPENDENTS BORN 2005 THROUGH 2011 ONLY

PARENT AND CHILD MUST BE IN GTMO AND MUST COME IN PERSON

PARENT MUST CURRENTLY BE MILITARY OR RETIRED OR VETERAN

CALL SHARON AT 5060 OR 4676 FOR QUESTIONS
Discover the Unexpected!
Gently Used Clothing, Household Items, Military Uniforms, Books, Toys & More.

Mon, Wed, & Fri: 1100 – 1700
Sat: 1100 – 1500

All purchases & donations help fund scholarships, community events, & birth certificates.
COMING SOON! COME ALL!!
We are looking for helping hands. Stop by the store for more info.
Mon, Wed, & Fri: 1100 – 1700
Thur & Sat: 1100 - 1500

VOLUNTEER
YOU SHOULD JOIN G.L.A.S.S!  
GAY, LESBIAN AND SUPPORTIVE SERVICE MEMBERS IN GUANTANAMO BAY

EARN VOLUNTEER HOURS!  
NETWORK WITHIN OUR COMMUNITY!  
CREATE LASTING BONDS AND FRIENDSHIPS!

JOIN US ON FACEBOOK BY SEARCHING “GUANTANAMO BAY GLASS” OR CALL 4488 FOR MORE INFORMATION.

COME CHECK OUT A MEETING EVERY 2ND AND 4TH WEDNESDAY OF EVERY MONTH AT 1900 AT CCC CAFÉ.
The current annual authorization for Non-Federal Entities (NFEs) to operate onboard NSGB expires at the end of the year on 12/31/2017. Private organizations will no longer be able to fund raise/organize special events until your organization reapplies for the year 2018. In order to prevent any lapse in your NFE being approved, the following items are needed in order to renew your NFE’s authorization to operate: An Annual Audit, Bylaws, List of Members, List of Officers, and a Statement of understanding; all of which can be sent to you by either calling 4834 or sending an email to LN1 Howard at the NSGB SJA Office trevis.a.howard2.mil@mail.mil. Thank you!
All of our histories can be history for all of us.

Join us for our Black Heritage Month Festival

Saturday Feb 24th
1700-2000 Cooper Field

Each week we will highlight a different African American that served in a time of war:

- Phyllis Mae Dailey received a commission in the U.S. Navy Nurse Corps. March 8, 1945
- Dailey was the Navy’s first African-American nurse and the first of four African-American nurses to serve active duty in WW II.

Phyllis Mae Dailey

Come be a part of the committee! Meetings are held every Wednesday at 1830 in Fellowship Hall, located in the Chapel Annex!!!
Senior Class Bake Sale

When: February 24
Time: 1000 - 1400
Where: NEX Atrium

Help support the Senior Class Trip!
Let’s have a book swap here at W. T. Sampson!

Bring in to the library your gently used, clean books the week of February 20-23, then the book swap will take place during Read Across America / Dr. Seuss’ Birthday Week, Feb. 26-March 2.

Every WTS student may select one book, whether or not they bring in any books to ‘swap’. Students who bring in books will get to select more books.
Monday – Dr. Seuss’ Sleep Book, Dress in Your P.J.s
Tuesday—Fox in Socks, Crazy Sock Day
Wednesday—Wacky Wednesday, Wear Wacky or Backwards Outfits
Thursday – Oh the places You’ll Go, Dress in your Dream Career
Friday, Dr. Seuss’ Birthday – The Cat in the Hat, Where a Wacky Hat

READ ACROSS AMERICA
February 26-March 2
W.T. Sampson Elementary/High School
GTMO Jeep and 4x4 Club Monthly Meeting
15 February, 2018 at 6:00pm
Community Center
Please bring a plate of finger foods to share.

Have a Jeep or 4x4 here in GTMO, or elsewhere in the world?
Off-road enthusiast?
Anyone welcome to join! Membership is $5 per month!
Have a Jeep or 4x4 here in GTMO, or elsewhere in the world? Off-road enthusiast?

This month we will be riding a different trail and ending at the beach for a cookout!!! Come out and enjoy the wind in your hair and great company! See you there!

Join us for our monthly trail ride
Monday, 19 February 0845
Christmas Tree Hill
Extra Seats Available for Riders

POC: gtmojeep4x4@gmail.com
WT SAMPSON MIDDLE SCHOOL

SPELLING BEE COMPETITION

GTMO Community is invited to support this event

- **Date:** Wednesday, February 28, 2018
- **Time:** 5:30 PM
- **Location:** School Library
- **POC:** Ms. Robinson-Caton, Sponsor
Support the Senior Class Bowl-A-Thon
March 4, 2018
Find your Senior today!

Seniors will bowl 3 games and the total number of pins knocked down will be used to calculate the pledge donations. This is a closed event, but anyone can pledge or donate to support the Senior Class Graduation.

For more information, email: Lauren.Mullen@am.dodea.edu
W.T. Sampson Poetry Night
Hosted by the Senior Class

Featuring students in Grades 6-12 and a special guest Published Poet

Where: W.T. Sampson School Gym
When: April 13, 2018
Time: 1800 – 2000
Who: Open to the Public
Admission: Donations Greatly Appreciated
Snacks and Drinks will also be available for purchase by donation
LEARN OR PRACTICE A FOREIGN LANGUAGE. LANGUAGE DISCUSSION GROUP (LDG) GTMO MEETS EVERY MONDAY AND THURSDAY AT CHAPEL ANNEX ROOM 14. LANGUAGES OFFERED ARE FRENCH, SPANISH, ARABIC, AND ITALIAN. IT IS FREE AND YOU CAN JOIN US ANY TIME. FOR MORE INFORMATION CONTACT LS2 MARTINEZ AT X8045.
CSADD
Coalition of Service Members Against Destructive Decisions

Meetings every 2nd and 3rd Friday of the month
@1700
Iguana Cafe

POC:
HA McCall, Niya 72070
HN Hansen, Brittany 72280

CHECK OUT OUR FACEBOOK PAGE!
Hey You!

His hair says one thing;
The knife-hand says another.
Come to Toastmasters, and learn how to not send mixed messages.

When: Every Thursday at 7:00 p.m.
Where: The Iguana Cafe, Room 3
Navsta Chapel Annex.

For more information call: 757-907-0661
NSGB BOY SCOUT TROOP 435

Meets every Tuesday 1830-2000 at the Scout Hut (top of 6th Street Villamar housing)

This is the traditional Scouting experience for young men in the fifth grade through high school. Service, community engagement, and leadership development become increasingly important parts of the program as youth lead their own activities and work their way toward earning Scouting’s highest rank, Eagle Scout. With the exposure to a uniquely hands-on learning experience through over 130+ merit badges and culminating the Boy Scouting experience by earning the rank of Eagle and accomplishing a service project imagined and executed by the Scout himself, he can prove his leadership skills and gain the confidence he needs to excel in life and in the world at large.

Prepared. For Life.

For more info email: gtmoboysscouttroop435@gmail.com
RELIGIOUS MINISTRIES
INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
Location: Chapel annex RM 3 (Chapel Hill)
Hours: Mon-Sat 0900-2100
Who: Everyone is welcome to use

Enjoy a quiet place on base to relax. We have:
- Keurig machine for perfect coffee anytime
- Snacks
- Dart boards, foosball table, and board games
- Watch TV with full cable access and a blu-ray player
- Evening jam sessions every month

Volunteer Opportunity
Sign up in the Chaplain’s Office
DSN 2323
REGROUP

For more information or to register
Contact Dr. Debbi Byrd at x 2248
573-797-0202
Deborah.l.byrd5.ctr@mail.mil
Dates and Topics

- MBTI for Self-Awareness and Healthy Relationships – Feb. 8
- Effective Communication and Conflict Resolution – Feb. 15
- Stress Reduction and Anger Management – Feb. 22
- Positive Problem-Solving and Goal Achievement – Mar. 1

- MBTI for Self-Awareness and Healthy Relationships – Mar. 8
- Effective Communication and Conflict Resolution – Mar. 15
- Stress Reduction and Anger Management – Mar. 22
- Positive Problem-Solving and Goal Achievement – Mar. 29
Find Growth in Regroup

Regroup personal growth seminars include both education and skills training and are designed to help participants 18 and older strengthen character, develop or enhance healthy relationships, and improve work performance.

Weekly topics cycle every four weeks and include:

- Use of the MBTI to show how our personality traits effect our relationships
- Effective communication and conflict resolution techniques
- Appropriate management of emotions, including stress and anger
- Improved problem-solving and decision-making skills, including career and life goals
- Strengthened team-building and leadership skills

Classes meet on Thursdays from 1530–1700 in Rm 7 (Fellowship Hall) Chapel Annex beginning Thursday February 8
For more information or to register contact Dr. Debbi Byrd at x2248 or deborah.l.byrd5.ctr@mail.mil. Space is limited and pre-registration is required.
Every Monday at 1900 hrs
Naval Station Chapel
Room 1 at the Annex

Bible Study
everyone is welcome

Chaplain Zachary Ashley USA
SGT Nathan Marshall
**Base Wide AA Meetings**

**Days:** Mondays, Wednesdays, Saturdays

**Time:** 1830-1930

**Location:** Chapel Annex, Room 16 (south side of building; facing the NEX)

If no one is here by 1845 meeting may be cancelled and door locked.

If you need to talk to someone right away please call 317-652-4695.
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<td>Sunday</td>
<td>Non-denominational Worship Service @Trooper’s Chapel</td>
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<tr>
<td>Tuesday</td>
<td>Financial Peace University @Trooper’s Chapel</td>
<td>@NAVSTA Chapel Annex</td>
<td>0900</td>
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<td>Wednesday</td>
<td>Bible Study @Bowling Alley SPINZ food court</td>
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<td>Thursday</td>
<td>Worship Band Practice @Trooper’s Chapel</td>
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<td>Friday</td>
<td>Cigar Fellowship @The Marina</td>
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**Chaplains Office Hours:** 0800-1600
DSN- x2218//COMM. 757-458-2218
Don’t see the info you’re looking for?

Check out our

NSGB Official Facebook page
https://www.facebook.com/NSGuantanamoBay/

Naval Station Guantanamo Bay website