Chief Petty Officers assigned to Naval Station Guantanamo Bay, Naval Hospital Guantanamo Bay and Joint Task Force Guantanamo Bay celebrate the 125th birthday of the CAPs by participating in several events leading up to the Apr. 1 anniversary. During “Chief Week” they participated in a Chief pride run, served lunch at the Gold Hill Galley and held a cake cutting ceremony. Happy Birthday, Chiefs! “Navy Chief, Navy Pride.”

NSGB’S Sailors of the Week for Apr. 3 and Apr. 10

NAVSTA Sailor of the Week, Interior Communications Electrician Second Class Alvaro Edgar Deanda, IC2 Deanda is a motivated Sailor who plays an essential role in the everyday Emergency Management Operations for the Base. One of the only two PQS qualifiers in Emergency Management, he conducted over 40 hours of training this week alone, bridging the knowledge gap among dispatchers and qualifying new personnel. Recognizing a short fall in the dispatch PQS, he developed a dispatch QPR ensuring all dispatchers are trained on policies and procedures not covered in the PQS. As lead dispatcher, he managed various emergency responses to over 50 incidents involving building alarms, medical emergencies, and criminal activity ensuring the well-being and safety of over 5,000 residents onboard the installation. As the Assistant Leading Petty Officer he coordinates dispatcher scheduling ensuring a fair rotation and adequate off time for personnel in a 24/7 work center. Bravo Zulu, IC2 Deanda!

NAVSTA Sailor of the Week, Aviation Boatswain’s Mate (Handling) Second Class Matthew Knopp ABH2 Knopp immediately became an asset to Naval Station Guantanamo Bay’s (NSGB) Air Terminal Team. As the ONLY Airfield Operations Specialist on NSGB, he conducts daily airfield operational checks resulting in 28 safe takeoffs and landings of commercial and military aircraft to include GTMO’s very own C-12 Huron, which carried 629 passengers, 2,516 pieces of baggage and millions of dollars of supplies for NSGB. His motto of “ACCURACY AND COMPETENCY PROMOTES SAFETY AND EFFICIENCY” has been vital to the operational success of NSGB Air Operations. ABH2 Knopp also supports the Air Terminal Security Team by ensuring all passengers and cargos screened are in compliance with NSGB’s air terminal and Transportation Security Administration (TSA) regulations. During one inbound flight he identified one passenger was unaccounted for and immediately took action. The individual was apprehended and escorted back to the air terminal to verify inbound processing requirements were met and also received counseling. He supported USCG Aviation Detachment by providing SEIK services to 7 detainees accused of narcotics smuggling during two detainee movement evolutions. As an aspiring Chief, ABH2 Knopp dedicated nearly 70 hours to complete the Primary Professional Military Education (Enlisted) E7-E9 course on NeL to ensure he has a common educational baseline for senior enlisted (E7 to E9) across the spectrum of professional military education as identified by the Officer Professional Military Education Program/Enlisted Professional Military Education Program (OPMEP/EMEP) and fleet requirements. ABH2’s commitment to planes flying and his ever present smile is indispensable to “Making Air Ops Great Again”! Bravo Zulu, ABH2 Knopp!

Raise Your Voice for Prevention

By Bethany Cortes, Installation Sexual Assault Response Coordinator (SARC), Fleet and Family Services Center (FFSC)

This April marks the 14th annual Sexual Assault Awareness and Prevention Month (SAAPM), which spotlights the work of the Sexual Assault Prevention and Response (SAPR) Program. The Department of Defense (DoD) is continuing the prevention drumbeat with the 2018 SAAPM campaign theme and Navy tagline: “Protecting Our People Protects Our Mission: Raise Your Voice for Prevention.” This theme places emphasis on the critical role that everyone plays in preventing sexual assault. SAAPM is an opportunity to highlight our commitment to the SAPR Program and offers a collaboration of innovative ways to establish prevention practices. SAAPM has become a great way of sending the awareness and prevention message as one voice across the fleet.

SAAPM provides a great opportunity to raise awareness and promote the prevention of sexual assault through special events throughout the month. This year will see an increased line up of activities and special events to engage SAAPM participants. SAAPM events often include SAPR 5K runs/walks, sports tournaments, art exhibits, writing contests, poster contests, teal ribbon campaigns, and so much more. At Naval Station Guantanamo Bay and all tenant units, SAAPM events include:

- 20 Apr 2018/1500-1600/Self-Care Fair for First Responders/Sleep Hygiene Training/FFSC Training Room
- 27 Apr 2018/1500-1600/Self-Care Fair for First Responders/Yoga and Meditation/FFSC Training Room
- Why should I attend? Open to all First Responders: Learn how to improve the quality of your sleep with a focus on shift/day sleepers, cognitive behaviors, and the circadian rhythm.
- 28 Apr 2018 (Saturday) 0900-1000/Communication Challenge Course/FFSC Start and Finish Why should I attend? Open to all Service Members, Family Members, DoD Civilians, OCONUS Contractors 18yrs of age and older in teams of 4-8 people: Teams complete a communication obstacle course on a route. Teams are only successful when using communication and valuing each member of the team. A certificate and bragging rights awarded for the best display of team work!
- For more information on SAAPM events and activities at Naval Station Guantanamo Bay, please contact Ms. Bethany Cortes at 757-458-4227/4908 or e-mail at bethany.j.cortes.naf@mail.mil or stop by the FFSC to sign up for an event!

Why should I attend? Open to all First Responders: Learn how to improve the quality of your sleep with a focus on shift/day sleepers, cognitive behaviors, and the circadian rhythm.

Get involved in your unit, SAMM Committee, the installation. As the Assistant Leading Petty Officer he coordinates dispatcher scheduling ensuring a fair rotation and adequate off time for personnel in a 24/7 work center. Bravo Zulu, IC2 Deanda!

The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at U.S. Naval Station Guantanamo Bay. The contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of U.S. Naval Station Guantanamo Bay. The Guantanamo Bay Gazette is printed by the Defense Logistics Agency (DLA) Document Services with a circulation of 1100.
Naval Station Guantanamo Bay residents celebrated the Easter holiday with several events around the base’s facilities including a sunrise service at Windmill Beach and two egg hunts - one at the base’s plant nursery and another at the Splash Pad. These events allowed families to come together and have a good time enjoying the bases facilities.
Fitness and Figure Competition Highlights Goals Met

Thirteen Naval Station Guantanamo Bay (NSGB) residents participated in the Morale, Welfare and Recreation (MWR) Figure and Fitness competition at the Windjammer Ballroom, Apr. 7.

During the competition, participants showed what it looks like to live a culture of fitness while displaying their hard work and dedication for the more than 250 in attendance.

Kaleb Heninger, MWR Fitness Coordinator and event spokesperson, said that the figure and fitness competition workouts are different.

“What body builders usually do is bulk up for the first three to four months and for the last two they start leaning out,” said Heninger. “Which means higher repetitions, more cardio and they really start watching their diet toward the end so they can be as lean as possible and have the lowest percent of body fat so that their muscles pop.”

The event was comprised of two different segments: the figure segment consisting of participants getting on stage next to one other while posing and flexing, which weighs the most on overall score; and the fitness portion that had contestants on stage by themselves performing a routine to music designed to set them apart from their fellow competitors.

Cameron Lincks, event participant and Overall Male Competition Winner, said diet is the most important part of this type of workout. You can train all day but if your diet is not right it’s going to affect you for sure, so start early.

“I started two months before the event, but I would give it at least another month,” said Lincks. “Nutrition and training, that’s what it comes down to for sure.”

Heninger added that when training for this type of event, it takes a lot of time, five to six months. You want to do body building style workouts that include high repetitions at low weights so you sculpt your muscles on both sides of your body because the judges are looking for symmetry.

Trever Haines, event participant, said that he has completely changed his workouts.

“I have never done any kind of physique and figure competition before so I have no experience in this field. I have changed all my workouts to lower weight for high repetitions and some days I attempt heavy weight for high repetitions,” said Haines. “I also do cardio everyday for 30-40 minutes.”

Allison Kusgen, event participant and Overall womens winner, said having a strong support system really helps to keep you motivated.

“All of my friends helped keep me motivated, my boyfriend who is here also helped motivate me a lot,” said Kusgen. “My friends were super motivating, especially those friends that were competing as well— they were awesome.”

When asked how a person that is thinking about starting a body building regiment should start, here is what three participants and Heninger had to say.

“Give yourself five or six months, possibly more, to train,” said Heninger.

“Start early,” said Lincks.

“Stay patient and stay focused on why you wanted to start in the first place,” said Haines. “You will get tired of your diet and you will get tired of having no energy and feeling weak.”

“Have fun with it and don’t completely cut out all the foods that you love, and don’t try to starve yourself,” said Kusgen. “It’s all or nothing.”

For more information about body building workouts and other training needs, contact the Fitness Coordinators at the Denich Gym.
I. Needs generally do not limit assignments

The sponsor notifying him/her of the EFM’s category: The EFMP coordinator will then send a memorandum to BUMED to review. Once the Exceptional Family Member’s (EFM) paperwork has been reviewed, the EFM is given a category.

Surgery (BUMED) to review. The EFMP serves military families with special needs. Special needs include special medical, dental, mental health, developmental or educational requirements, the development disorder characterized by social communi-

II. Pinpoint assignment location for either CONUS or OCONUS. Must complete overseas screening.

III. No overseas locations. Exceptions to the policy are based on overseas screening approval.

IV. Major medical areas only.

V. Voluntary homesteading. Sponsor receives assignment to areas that support multiple sea/shore tours.

VI. Temporary enrollment. Condition requires a stable environment for 6 months to 1 year.

Members who receive orders to Naval Station Guantanamo Bay (NSGB) who have an EFM are required to complete an overseas screening. The suitability screening coordinator, located in the Patient Administration department at the Naval Hospital, will receive the exceptional family member’s paperwork and submit it for review by the providers. Once a final decision is made by the dental and medical department on whether the base has sufficient capabilities to take care of a member’s EFM, then a form is sent back to the command.

Completed overseas screening is required for Active Duty members and their dependents to be stationed in NSGB. For members who have shaded boxes on their I300/1 selected, they are automatically required to submit their paperwork to the suitability screening coordinator at the Naval Hospital in Guantanamo Bay. Only categories 1 and 2 are accepted in NSGB. A category that is higher than a 2 can result in early return due to the limited capabilities on island.

When a family member has a health condition that cannot be properly managed on NSGB, the member is suggested for early return. The family member is first put on EFMP. Once the EFM has been categorized, a package is submitted to the sponsor’s detailer. The detailer will utilize all information and forms from the package to help the family obtain new orders to a more suitable duty location with the appropriate medical capabilities needed.

Points of Contact for the EFMP: USNH Guantanamo Bay EFMP Coordinator HT McCall: 72006 NAVSTA EFMP Coordinator LT Jack Turner: 4412

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NSGB Gives During Radiothon

Sailors assigned to American Forces Network (AFN) Guantanamo Bay partnered with the Navy-Marine Corps Relief Society (NMCRS) to host the 2018 Radiothon April 3-5. All donations made during the Radiothon went directly to NMCRS, an institution that provides financial assistance, interest-free loans, educational scholarships and other support to Sailors, Marines and their families.

“This Radiothon helped out not just [Guantanamo Bay], but the whole Navy,” said Aviation Boatswains Mate (Handling) 1st Class Kneus Bruns, NMCRS Key Person. “On top of that it helped raise awareness about what Navy-Marine Corps Relief Society is.”

Listeners pledged donations by calling the radio station. Contributions started at a minimum of $1, allowing participants to hear a song of their choice and “bump” someone else’s song off-air. George Parker, one of the Radiothon’s top contributors, donated a total of $351 to NMCRS by the conclusion of the event.

“I enjoyed the immense community involvement,” said Parker. “The base participating in the Radiothon really brought that community feel to the surface in a few days of musical shenanigans for a good cause.”

The Radiothon was promoted by AFN Guantanamo Bay’s Sailors through their Facebook page as well as various posters, flyers and on-air advertisements detailing the event. They also transmitted the Radiothon using all three of the radio station’s frequencies, maximizing the fundraiser’s circulation. The 2018 Radiothon was a success, raising more than four times the amount pledged in 2017.

“it was advertising,” said Chief Interior Communications Electrician James Whitehead, Station Manager AFN Guantanamo Bay. “People were willing to donate and the more money we raise, the more we can help out.”

This year the Radiothon raised more than $3,500 in pledges, exceeding expectations and helping to raise more for Navy and Marine families.

FFSC and NHGB Puzzle Piece Project

The Fleet and Family Support Center (FFSC) shined bright and blue, Monday, April 2, in honor of World Autism Awareness Day. Autism Spectrum Disorder is a development disorder characterized by social communication impairments and restricted, repetitive patterns of behavior.

The FFSC, in collaboration with the U.S. Naval Hospital Guantanamo Bay, hosted their first “Puzzle Piece Project” event to raise awareness, understanding, and acceptance for people with autism. Throughout the month of March, NSGB children colored and decorated over 150 puzzle pieces, which were connected and displayed at the center. Participants admired and took photos of the “Puzzle Piece” display, enjoyed refreshments, and received information about Autism and the Exceptional Family Member Program (EFMP).

The EFMP serves military families with special needs. Special needs include special medical, dental, mental health, developmental or educational requirements, the requirement for adaptive equipment assistive technology devices and services and/or wheelchair accessibility. The EFMP is a mandatory enrollment program for sponsors with qualifying family members. Each military service branch has EFMP resources. EFMP coordinators provide families with the necessary paperwork for initial enrollment as well as enrollment updates and guidance of the EFMP process. Once a final decision is made by the dental and medical department on whether the base has sufficient capabilities to take care of a member’s EFM, then a form is sent back to the command.

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NSGB Resident Remembers Her Family’s Holocaust Struggle

My grandfather is one of the most interesting people I know. He knows something about everything and can carry on an intelligent conversation with anyone about anything, with the possible exception of pop music. He’s a well known Dutch writer, Herman Heijermans, who was a cousin to Louis. Had an SS officer with any knowledge of Dutch society checked his papers, Grandpop would have been identified immediately. In 1943, during his time with the Resistance, SS officers came to his home looking for eligible young men who would be taken and ordered to work in their ammo plants. Rie told Grandpop to play on the floor with the children. Amazingly, he was able to blend in; the SS overlooked him and no questions were asked.

My grandfather was able to remain in the home of the Maljaars in Delft until the end of the war. This northern area of Holland was in much worse shape than the areas south of the big rivers. Aad worked for the government as an administrator in the bureau of liquor rationing. He had many contacts with manufacturers and dealers and he was able to obtain a steady supply of liquor. He would use this to exchange for food, which was needed for survival, especially since so many were starved, and having no money to buy food from the shops. What was needed for survival, especially since so many were sharing their ration coupons with those hiding from the Nazis.

Aad would travel to the north by train, where there were still farmers able to grow and raise some food. He would take an old leather suitcase that had belonged to Louis, first filled with booze for the farmers and on the way back filled with food for the family. These were always very risky trips, and on one trip back, somewhere along the way a bottle of oil broke and dripped slowly the entire route from the train station to the house. On another trip home, the British RAF strafed the train. The train stopped, and the passengers rushed to hide in ditches along the tracks. In the process, Aad took a batch of shrimp in his back and trousers. When the planes were gone, the passengers returned to the train and continued home. The precious cargo of the suitcase had been spared, and he limped home with his trousers covered in blood. Aad carried lots of that shrimp in his body for the remainder of his life.

Grandpop remembers many things about the horrors of that war: relatives being deported and killed; starved, frozen bodies in the streets; people who were nearly starving and having no money to help them; people looking at their door for potato peelings and vegetable scraps; eating bread made from tulip bulb flour.

HOLOCAUST

But there are other things he shares, too: Aad and Rie, risking deportation and execution for welcoming the remnants of their home; his first view of a jeep when the Canadians drove in and liberated Delft; a young Second Lieutenant always willing to give him a candy bar; eating the better and cheaper that the Swedish dropped from the streets of his town from low-flying aircraft after Holland had been liberated.

It’s these efforts that make a difference. I’m here because God used two people who saw a need and did something to save my Grandpop’s life, even when it meant risking their own.

Medical Strategy

Associate Degrees-
Ashford University: Zachary A. Anderson-Associate in Science in General Studies, Keenan J. Kelton-Associate in Science in General Studies, Matthew M. Timper-Associate in Science in General Studies, Fadil S. Mallik-Associate in Science in General Studies, Mona J. Bodlov-Associate in Arts in Business Administration and Joslyn S. Skrind-Associate in Science in Human Service Studies
Cooper Field turns into Kid’s Day Playground

Photo By Mass Communication Specialist 1st Class John Philip Wagner, Jr., Naval Station Guantanamo Bay Public Affairs Office

Morale, Welfare and Recreation’s (MWR) Children and Youth Programs along with Navy Federal Credit Union held Kid’s Day at Cooper Field, Apr. 3. Kid’s Day transforms portions of Cooper Field into a playground full of inflatables and other activities for children all ages.