GUANTANAMO BAY
BASE ROLLER
UPDATED INFORMATION

April 19, 2018

SUBMIT SLIDES TO:
usn.nsgb.pao@mail.mil
Would you like your departmental or command approved club information to appear in the Roller?

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
Transitioning, Retiring, or Retired personnel:

American Legion will be providing DISABILITY CLAIM assistance by Individual Appointment

May 14-17, 2018
At Fleet and Family Support Center (bldg. 2135)

Call x 4141/4153 to schedule your appointment TODAY

*Space is LIMITED
Small acts add up to big savings.

Every action we take may not seem like much. But when we put it all together, it amounts to major savings, and maximum efficiency is maximum defense.
The first light bulb.
And it's still working.

Turn off overhead lights and use natural daylight or task lighting when available.

Naval Station Guantanamo Bay, Cuba
Indoctrination and Base Orientation Course

BULKELEY HALL 24-27 APRIL 2018
0800-1600

Spouses are highly encouraged to attend. This course is open to all base residents.

<table>
<thead>
<tr>
<th>Day</th>
<th>Attendance</th>
<th>Uniform</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>Military, civilians and spouse</td>
<td>Uniform of the Day</td>
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<tr>
<td>WEDNESDAY</td>
<td>Military, civilians and spouse</td>
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<tr>
<td>THURSDAY</td>
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<tr>
<td>FRIDAY</td>
<td>Military only</td>
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INDOCTRINATION COORDINATOR:
CHIEF THOMPSON- EXT 4824
The following change for all housing occupants of US Naval Station Guantanamo Bay, Cuba

Summer Watering hours are from **1900** to **2000**
Sunday, Monday, Wednesday and Friday

More outdoor water conservation tips

- Use a broom instead of a hose to clean your driveway or sidewalk and save 80 gallons of water every time.
- Aerate your lawn. Punch holes in your lawn about six inches apart so water will reach the roots rather than run off the surface.
- Leave lower branches on trees and shrubs and allow leaf litter to accumulate on top of the soil. This keeps the soil cooler and reduces evaporation.

Source: http://www.wateruseitwisely.com/100ways

DON Water Conservation Tip

Facility Water Leakage

A minimum of 1% of your water bill can be attributed to leakage on a regular basis. Read your water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, there is a leak. Regularly inspect all of your fixtures and make speedy repairs, a single drip = 8.6 gallons per day, and the thinnest stream = 43 gallons per day. Annually perform a leak detection check at your facility.
Energy Conservation

Lighting accounts for about 20% of all electricity use in the United States and more than 40% of electricity use in offices, stores, and other commercial buildings.

Energy Efficiency – You Make It Happen

Lights Off
Turn off the lights when you leave a room or if you see a room that is not in use.
Viasat VoIP Service Now Available

Viasat is pleased to announce new VoIP services for Unaccompanied Housing and Family Housing residents at NS Guantanamo Bay. The service is available by downloading our Voice Navy APP from the APP stores and subscribing at www.gowifnavy.com. Family Housing residents can also purchase an ATA device for their homes that allows a connection through a standard landline telephone for VoIP calls. For further details and information please visit www.gowifnavy.com.

As always please feel free to contact our Customer Care group at 1-888-339-7150 if you have questions or concerns.
Your Cyber Security Tip of the Month
Don't get scammed this tax season

Reports of spoofed emails that ask for W-2 information is on the rise, according to the IRS office that tracks agency-related phishing attempts.

Much like tax season itself, an uptick in tax-related scams is an annual event. The most popular scam this year targets human resource professionals, according to an FBI alert issued Wednesday. HR professionals may receive a request for W-2 information from an email that pretends to be an executive working at the same company—and sometimes those emails also request an unauthorized wire transfer. Criminals, the alerts warns, are focused on “mass data thefts” but may still target individual taxpayers. To avoid falling prey to digital scams, the FBI suggests embracing an older technology: telephones. Businesses should limit the number of employees who can approve or conduct wire transfers or handle W-2 requests, and they should verify requests with a phone call. Ditto for changes to vendor payments: call first. If a phishing attempt is suspected or successful, the IRS, the FBI and the Financial Services Information Sharing and Analysis Center all want to know.

Report all phishing attempts to ISD Service Desk @ 5717
FILL YOUR BLUE RECYCLE BIN WITH THE RIGHT STUFF

RECYCLE
- Plastic
- Aluminum
- Steel
- Glass
- Batteries
- Cooking Oil (in sealed container)

TRASH
- Paper
- Cardboard
- Fabrics
- Dirty Containers

PLEASE ENSURE ALL ITEMS ARE CLEANED OF FOOD WASTE BEFORE BEING PLACED IN BINS

FOR QUESTIONS CONTACT THE ENVIRONMENTAL OFFICE @ 757.458.5623
VITA Tax Program

JTF Service Members can take advantage of the Volunteer Income Tax Preparation (VITA) Tax Program. The VITA Tax Program provides JTF Service Members with advice and the tools needed to file Federal and State Tax Returns with confidence.

Stop by the Legal Assistance Office located at Bldg 2525, Camp America. Walk-Ins are welcomed! No appointment needed!

Tuesdays: (0830 - 1130)
Thursdays: (1330 - 1630)

JTF Service Members can call x8156/x8135 for more information. NAVSTA personnel can also receive assistance with their taxes by calling x4692 to schedule an appointment.
Navy Lodge Perfect for Families on PCS Orders

Navy Lodge Guantanamo Bay is the official government lodging when on PCS orders. Navy Lodge offers guests value with room rates at an average of 45 percent below comparable civilian hotels.

Most Navy Lodges also allow pets under 50 pounds to stay in the room with their family.

Navy Lodge family suites offer guests oversized rooms with living and dining area, fully equipped kitchen and flat screen televisions with cable and DVD player. On-site amenities include guest laundry facilities, vending machines as well as children’s outside play area and workout room at many locations. Most Navy Lodge is handicapped accessible.

Authorized Navy Lodge guests on PCS orders can take advantage of a scratch-off card offering a 10, 15 or 25 percent discount or a free stay up to 20 nights. The discount is valid at all Navy Lodges in the continental United States until February 28, 2019.

For reservations, call (800) 628-9466 or go on line at www.navy-lodge.com or www.dodlodging.com.
April
Month of the Military Child with Wonderful Wednesdays

Wednesday, April 11th
Dress up Day – Military Attire
Lunch and Special Assembly
Elementary Assembly at 1030
Lunch with Parents at 1100
Middle-High School Lunch with Parents at 1140
Middle-High School Assembly at 1220

Wednesday, April 18th
Dress up Day – Purple Up, Everyone wears Purple

Wednesday, April 25th
Dress up Day – Patriotic Dress, Everyone wears Red, White, and/or Blue
W.T. Sampson
Poetry Night
Books of Poems
Now Available!

Books of all poems read by students at Poetry Night are just $10.

To pre-order/purchase a book, please contact Ms. Lauren Mullen at lauren.mullen@am.dodea.edu
Early Summer Session

In-Seat Course Offering:
PSYC 101: Intro to Psychology

Registration Period:
March 19, 2018 - May 2, 2018*
*Restrictions apply*

Class starts Monday April 30, 2018 and will meet
Tues & Thurs evenings from 6:00-8:00 PM

Call: 7-5555 for more info or
email mbattle5@ccis.edu
ACT/SAT

Navy College Office
will be conducting the exams on:

ACT
4/16
5/14

SAT
4/23
5/21

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

Deadline to sign up for exam is the Friday 1100 before the exam
To sign up go to My Navy Portal

For further questions contact x 2227 or email
Jessica.Mojicarivera.civ@mail.mil
New Office Number for Columbia College!!!

The base side number **75555 NO LONGER WORKS!**
Please dial **786-438-1489** to the reach Columbia College Office.
CORRECT ADDRESS FORMAT

POSTAL CUSTOMERS BELOW IS AN EXAMPLE OF A CORRECTLY FORMATTED ADDRESS.

THE “FROM” ADDRESS GOES IN THE TOP LEFT AND THE “TO” ADDRESS IN THE BOTTOM RIGHT.

SMSgt Smith
1 Air Force Way 1ST FW
FPO-AE 09593

Marissa Smith
1234 Jackson Road
Valdosta, Ga 31111
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
Dental Renovations Underway

Dental services are now provided in building 2040 until renovations to the clinic are complete. During this time, limited routine services are available for non active duty patients. Active duty members will continue to receive routine dental care. Emergency services will also remain available to everyone during this time. For additional information contact the dental clinic at 72239.
ACCEPTING APPLICATIONS

IOM is seeking motivated candidates for part-time Social Services Assistant

- High School Diploma or Equivalent
- Experience in provision of social services, refugee and/or migration assistance
- Effective time management, organizational, & interpersonal skills
- Demonstrated ability in the area of problem solving and working in cross cultural environment
- Spanish fluency desirable and other languages welcome.
- Pay scale G4/1 $18.70 per hour

*Interested applicants may apply in person at IOM’s Office located in Bldg. 834 or contact Janny Niedzella at 74788 or jniedzella@iom.int
ANNOUNCEMENT # LH-FN18-002

GET YOUR RESUMES READY!!!
OPENING DATE: 13-APR-18 CLOSING DATE: 27-APR-18
POSITION TITLE – FIREFIGHTER, PS-0081-03/4/5/6/7
$12,812.80 – $23,212.80

(Who may apply: FN applicants with a valid brown card)

APPLICATIONS WILL BE ACCEPTED via EMAIL
Douglas.P.Geyer.Civ@mail.mil
OR
HAND CARRY RESUME TO BLDG 2144 (BUCKLEY HALL) 2ND FLOOR
BY CLOSE OF BUSINESS Friday, April, 27th, 2018
OFFICE HOURS ARE BELOW

MON-FRI 0800-1200, 1300-1600 / THURS – 0800-1200
FMI CALL x4441 OR STOP BY BLDG 2144, BULKELEY HALL
CNRSE-HRO
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
- Women's purses are allowed
- No shower shoes, muddy/painted shoes or boots
- No undershirts worn as an outer garment
GOLDFIELD, LEEWARD & SEASIDE GALLEY MENU
19 APRIL 2018
Thursday

BREAKFAST
Grits
Hot Oatmeal
Eggs to Order
Oven Fried Bacon
Grilled Ham Slices
Grilled Sausage Links
Biscuits and Gravy
Hash Browns
French Toast
Waffles
Steamed / Garlic Fried Rice

LUNCH
Shrimp Gumbo Soup
BBQ Spare Ribs
Fried Chicken
Baked Chicken
Steamed Rice
Mashed Potatoes
Southern Style Greens
Corn on the Cob
Sesame Glazed Green Beans

DINNER
Creole Soup
Roast Turkey
Baked Meatloaf
Lyonaise Rice
Mashed Potatoes
Breaded Dressing
Cauliflower Combo
Brussels Sprouts

SPECIALTY BAR
POTATO BAR
SURF & TURF

GOLD HILL GALLEY / SEASIDE GALLEY / KITTERY CAFÉ / LEEWARD GALLEY

- 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

LUNCH MENU
20 APRIL 2018 (FRIDAY)
GOLDFIELD, SEASIDE & LEEWARD GALLEY MENU
21 APRIL 2018
Saturday

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

LUNCH
Chicken Gumbo Soup
Grilled Pork Chops
Bombay Chicken
Steamed Rice
Paprika Potatoes
Sesame Green beans
Parmesan Cauliflower

DINNER
Cream of Asparagus Soup
Vegetable Lasagna
Baked Lasagna
Chicken and Italian Vegetable Pasta
Assorted Pizza
Buttered Carrots
Broccoli
**GOLDSHILL, SEASIDE & LEEWARD GALLEY MENU**
22 APRIL 2018

**Sunday**

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

**LUNCH**
- Texas Tortilla Soup
- Chicken Fajitas
- Beef & Bean Burritos
- Chicken Enchiladas
- Spanish Rice
- Refried Beans W/ Cheese
- Stewed Tomatoes
- Mixed Vegetables

**DINNER**
- Chicken Noodle Soup
- Crab Stuffed Fish
- Beef Stew
- Steamed Rice
- Buttered Pasta
- Cauliflower Combo
- Peas w/Onions
GOLDSHILL, SEASIDE & LEEWARD GALLEY MENU
23 APRIL 2018

Monday

BREAKFAST
Hot Oatmeal
Hominy Grits
Eggs to Order
Oven Fried Bacon
Chicken Tocino
Biscuits and Gravy
Home Fried Potatoes
French Toast Sticks
Waffles
Steamed Rice/Garlic Rice

LUNCH
Beef with Vegetable and Barley Soup
Southern Fried Chicken
Baked Tuna & Noodles
Spring Garden Rice
Mashed Potatoes
Tangy Spinach
Broccoli Combo

DINNER
Tomato Noodle Soup
Grilled Salmon Steaks
Hungarian Goulash
Seasoned Noodles
Steamed Rice
Succotash
Orange Amandine Carrots

SPECIALTY BAR
PASTA BAR
GOLDSHILL, SEASIDE & LEEWARD GALLEY MENU
24 APRIL 2018
Tuesday

BREAKFAST
Hot Grits
Hot Oatmeal
Hominy Grits
Eggs to Order
Grilled Bacon
Grilled Turkey Sausage Patties
Grilled Sausage Links
Biscuits and Gravy
Tater Tots
Waffles
Pancakes
Steamed / Garlic Fried Rice

LUNCH
Potato Chowder
Turkey Pot Pie
Cajun Roast Beef
Steamed Rice
Oven Glo Potatoes
Buttered Egg Noodles
Steamed Corn
Seasoned Brussel Sprouts

DINNER
Split Pea Soup
Barbecued Pork Chops
Herbed Baked Chicken
Southwestern Rice
Mashed Potatoes
Steamed Black Eye Peas
Green Beans Parisienne

SPECIALTY BAR
WING BAR
GOLDFIELD, SEASIDE & LEEWARD GALLEY MENU
25 APRIL 2018
Wednesday

BREAKFAST
Hot Oatmeal
Hominy Grits
Farina
Eggs to Order
Oven Fried Bacon
Grilled Minute Steak
Biscuits and Gravy
Hashed Brown Potatoes
French Toast
Waffles
Steamed / Garlic Fried Rice

LUNCH
Chicken W/ White & Wild Rice Soup
Stuffed Pork Chops
Beef Porcupines
Steamed Rice
Macaroni and Cheese
Cauliflower Combo
Seasoned Asparagus

DINNER
Minestrone Soup
El Rancho Stew
Savory Baked Chicken
Garlic Roasted Potato Wedges
Noodles Jefferson
Seasoned Peas & Mushrooms
Cream Style Corn

SPECIALTY BAR
TACO BAR
GOLDSHILL, SEASIDE & LEEWARD GALLEY MENU
26 APRIL 2018
Thursday

BREAKFAST
Grits
Hot Oatmeal
Hominy Grits
Eggs to Order
Oven Fried Bacon
Grilled Ham Slices
Creamed Ground Beef
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
Boston Baked Beans
Rice Pilaf
Potatoes Au Gratin
Seasoned Carrots
Southern Style Greens

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

SPECIALTY BAR
BAKE POTATO BAR
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
27 APRIL 2018
FRIDAY

BREAKFAST
Grits
Hot Oatmeal
Hominy Grits
Eggs to Order
Oven Fried Bacon
Grilled Turkey Sausage Patty
Creamed Ground Beef
Biscuits and Creamed Beef
Tator Tots
French Toast
Waffles
Steamed / Garlic Fried Rice

LUNCH
Garden Vegetable Soup
Roast Pork
Blackened Fish
Long Grain & Wild Rice
Oven-Glo Potatoes
Steamed Peas

DINNER
Vegetable Soup
Chicken Parmesan
Cheese Tortellini Marinara
Lasagna
Carrot & Celery Amandine
Broccoli
Attention Military Personnel

If your birthday falls on the month of April

Let the Galley honor you with a Special Birthday Meal.

APRIL 27TH, 1100-1300 HRS
ALL NAVSTA GALLEYS

Sign up sheet is available at the Cashier’s desk. Last day for signing will be on 26 APRIL 2018.

FMI Please Call Tel. # 2231.
TRAVEL UPDATES

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@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-DoD</th>
<th>Non-Fed</th>
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<th>Pet Charges</th>
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<tr>
<td>Norfolk</td>
<td>354</td>
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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
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

**DIRECT: Norfolk, VA ➔ Alternating TUESDAYS**

<table>
<thead>
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<th>Date</th>
<th>Seats Open</th>
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## OUTBOUND

**DIRECT: Norfolk, VA ➔ Alternating TUESDAYS**

<table>
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Prepared 19 APR 2018 @ 0905
# Seat Availability Report

## INBOUND

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

## OUTBOUND

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<th>27 APR</th>
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<tr>
<td>SEATS OPEN</td>
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NAS Jacksonville, FL and NAS Norfolk, VA ➔ FRIDAY/Alternating TUESDAYS

Prepared 19 APR 2018 @ 0905
Kingston, Jamaica
Flights are every Wednesday

INBOUND
Kingston ➔ Guantanamo Bay

<table>
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<th>DATE</th>
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<th>02 MAY</th>
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<th>16 MAY</th>
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OUTBOUND
Guantanamo Bay ➔ Kingston

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Prepared 19 APR 2018 @ 0905
Windward Annex Closure

The Windward Annex will be closed April 25th, 2018 due to scheduled power outage.

*Annex will be open for Jamaica baggage pickup at regularly scheduled time.*
## OUTBOUND

### C-12 SPACE-A

**APR 20-29, 2018**

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<th>ARRIVING AT</th>
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<th>SPACE A</th>
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<td>FORT LAUDERDALE, FL</td>
<td>1030</td>
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</table>

## 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**
**INBOUND**

**C-12 SPACE-A**
**APR 20-29, 2018**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DEPARTING FROM</th>
<th>ARRIVING AT</th>
<th>SHOWTIME</th>
<th>SPACE A</th>
</tr>
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<tbody>
<tr>
<td>20</td>
<td>FORT LAUDERDALE, FL</td>
<td>GUANTANAMO BAY</td>
<td>1515</td>
<td>6</td>
</tr>
<tr>
<td>21</td>
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<td>-</td>
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<tr>
<td>22</td>
<td>SUN</td>
<td>NO FLIGHTS INBOUND</td>
<td>-</td>
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</tr>
<tr>
<td>23</td>
<td>MON</td>
<td>FORT LAUDERDALE, FL</td>
<td>GUANTANAMO BAY</td>
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</tr>
<tr>
<td>24</td>
<td>TUE</td>
<td>JACKSONVILLE</td>
<td>1415</td>
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</tr>
<tr>
<td>25</td>
<td>WED</td>
<td>FORT LAUDERDALE, FL</td>
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<tr>
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<td>27</td>
<td>FRI</td>
<td>CAYMAN ISLANDS</td>
<td>1400</td>
<td>0</td>
</tr>
<tr>
<td>28</td>
<td>SAT</td>
<td>NO FLIGHTS SCHEDULED</td>
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<td>-</td>
</tr>
<tr>
<td>29</td>
<td>SUN</td>
<td>NO FLIGHTS SCHEDULED</td>
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</tr>
</tbody>
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**C-12 TRAVEL REGULATIONS**

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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
BASE ROLLER
CHANNEL 45

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
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>MOVIE</th>
<th>RATING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri. 4/20</td>
<td>8:00 pm</td>
<td>Sherlock Gnomes (NEW)</td>
<td>PG</td>
</tr>
<tr>
<td></td>
<td>10:00 pm</td>
<td>Ready Player One</td>
<td>PG13</td>
</tr>
<tr>
<td>Sat. 4/21</td>
<td>8:00 pm</td>
<td>Rampage</td>
<td>PG13</td>
</tr>
<tr>
<td></td>
<td>10:30 pm</td>
<td>Gringo</td>
<td>R</td>
</tr>
<tr>
<td>Sun. 4/22</td>
<td>8:00 pm</td>
<td>I Can Only Imagine</td>
<td>PG</td>
</tr>
<tr>
<td>Mon. 4/23</td>
<td>8:00 pm</td>
<td>A Wrinkle In Time (LS)</td>
<td>PG</td>
</tr>
<tr>
<td>Tues. 4/24</td>
<td>8:00 pm</td>
<td>Love, Simon</td>
<td>PG13</td>
</tr>
<tr>
<td>Wed. 4/25</td>
<td>8:00 pm</td>
<td>Red Sparrow (LS)</td>
<td>R</td>
</tr>
<tr>
<td>Thurs. 4/26</td>
<td>8:00 pm</td>
<td>Pacific Rim: Uprising</td>
<td>PG13</td>
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<tr>
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<tr>
<td>DATE</td>
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<tr>
<td>Fri. 4/20</td>
<td>8:00 pm</td>
<td>Tomb Raider</td>
<td>PG13</td>
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<td></td>
<td>10:30 pm</td>
<td>Rampage</td>
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<td>PG</td>
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</table>
Sewing with the Coach

$15/person per class
This is an informal time to bring your own sewing machine and your current sewing project to work in the Arts & Crafts Center.
Sewing teacher will be available to answer questions, teach some techniques, etc. Also a great time for socializing!

Sunday, April 15, 1-4pm
Sunday, April 29, 1-4pm
*Sign up beginning April 5.
Sunday, May 13, 1-4pm
Sunday, May 27, 1-4pm
*Sign up beginning May 3.

Kids Sewing Class
*No experience necessary!

Starting May 5 (5 weeks)
* Sign up beginning April 5.

$150 / student- includes all fabric, thread, etc.
Must bring your own sewing machine, thread scissors, fabric scissors, straight pins, seam ripper.
Ages 8-12yrs old
Meeting Saturdays at 1pm

NAVYMWRGUANTANAMOBAY.COM/ARTSANDCRAFTS
April Bowling Specials

Month of the Military Child
Every Tuesday - Saturday in April
Kids bowl 2 games FREE from 1-5pm

Bowling Night Special
Every Monday, Tuesday, & Thursday in April
Pay only $12 for 4 people and get 1-hour unlimited bowling, and a chance to win a free game with every 150 score or more.

For more information call 2118
DAY AT THE BAY

April 21, 10am-2pm
at Ferry Landing Beach

10:00am Craft Fair open all day, Cardboard Regatta
11:00am Wibits Open
11:30am Paddle Boards / Kayaks
12:30pm Swim Break (30min)
1:00pm Prizes for surfboard and regatta announced
2:00pm Conclusion

Call 4092 for more info.

NAVYMWRGUANTANAMO Bay.com
Earth Day Trail Clean Up

Sunday, April 22, 8am
Meet at Christmas Tree Hill
Register by April 18

Let’s celebrate Earth Day with a trail clean up! Join Liberty and Green Space to clean up the trails including Ridgeline and more. Snacks and drinks will be provided.

For more information and to register, call 3379 / 2259

NAVY MWR GUANTANAMO BAY
MWR GOLF LEAGUE
2 PLAYER SCRAMBLE
Monday, April 23
Golf Course

Register by Wednesday, April 18 at Denich Fitness Center or at the Golf Pro Shop. Cart fee $20. Team meeting will be held in the DFC Classroom on Thursday, April 19 at 6:30pm.

For more information call 2113 / 2740

NAVYMWRGUANTANAMOBAY.COM/SPORTS
Paws & Pals Reading

January 4
April 26
September 6

4-5:30pm
Community Library

The Paws & Pals program helps children improve their literacy skills by teaming up with a dog to read books. The dogs are registered volunteer animals that have been trained through the Red Cross.

Prior registration required! Register at the Library by the day prior to the event. Call 4700 for more info.
MWR 12 MILE NE GATE RUN
Start / Finish - Cooper Field
SATURDAY, APRIL 28, 2018
Register by Thursday, April 26 at Denich Fitness Center.
$10 Registration fee.
Check-in - 5:30am / Start Time - 6am
For more information call 2113 / 2740
NAVYMWRGUANTANAMOBAY.COM/SPORTS
Month of the Military Child

KITE SHOW

April 28, 10am-2pm
Phillips Dive Park

Come join us and celebrate
Month of the Military Child!

10am-2pm Bounce houses, lawn games,
free food (while supplies last)
10:30am Kite Show
12:20pm Kite Show

April 30, 3:30pm
Build a Kite at School Age Care

Call 4519 for more info

NAVYMWRGUANTANAMOBAY.COM
MWR
FLAG FOOTBALL
League

Monday, April 30, 7pm
Cooper Field

FREE REGISTRATION!
Register at Denich Fitness Center by April 25

Coaches meeting will be held in the DFC Classroom April 26 at 6:30pm

9 vs 9 competition
Must have shorts without pockets to play.

For more information call 2113 / 2740

NAVYMWRGUANTANAMOBAY.COM/SPORTS
April
Liberty Exclusives

Liberty Ceramic Sunday
Sunday, April 1, 1 - 4pm at Arts and Crafts Shop
Purchase your special piece and Liberty will cover the studio cost and all other supplies you need for a piece to become a masterpiece.

Fishing Basics
Friday, April 13, 6 - 11:30pm at the Marina
Spend the night with Liberty and get a beginner’s lesson on fishing and visit some of the best fishing spots in GTMO. Liberty will provide all fishing gear and bait.

Learn to Sail
Tuesday, April 17, 10 am - 12 pm at the Marina
Come out and join Liberty as we learn to sail. Sailing lessons will be hosted by the Marina Staff.

Ping Pong Tournament
Saturday, April 28, 6-7pm at Camp A Liberty Center
Come hang out with us and participate in a ping pong tournament to see who’s the best. 1st and 2nd place winners take home a trophy.

For more information and to register call 2262 / 3379

FOR UNACCOMPANYED MILITARY ONLY

NAVYMWRGUANTANAMOBAY.COM/LIBERTY
SATURDAY SNORKEL

Saturday, April 28, Ferry Landing Beach
Register by Wednesday, April 25 at Marine Hill Liberty Center.

Join us for a day of snorkeling!
Spend the morning snorkeling with us from Ferry Landing Beach to Glass Beach to see what treasures you can see and find.
Lunch, mask, and snorkel will be provided. Be sure to bring your own boots, and fins. Come out to explore the beauty of mother nature under the sea!

For more information and registration call 3379

FOR UNACCOMPANIED MILITARY ONLY

NAVYMWRGUANTANAMOBAY.COM/LIBERTY
Windjammer

WEEKLY EVENTS

Tuesday
6:30-9:15PM (CARD SALE 5:30PM)
Bingo
2nd & 4th Tuesday
7-9PM
Open Mic
*Sign up inside O’Kelly’s
Wednesday
8-11PM
Karaoke
Thursday
8-11PM
Country Night
Friday
8-11PM
Club Night
Saturday
9:00PM-1:30AM
Hip Hop, R&B, Reggae
Sunday
6:30-9:15PM (CARD SALE 5PM)
Bingo

NAVYMWRGUANTANAMO.BAY.COM
Card Board Regatta

Start preparing now!

Day at the Bay – April 21st

Find a 2 person team and collect your cardboard and duct tape! And begin constructing a boat for the Card Board Regatta competition on April 21st- in conjunction with the annual Day at the Bay event.

Remember... only Cardboard, Duct Tape and Liquid Nails allowed!

Entries will be checked in from 9-9:30am on the 21st. The Regatta will begin at 10am.

Register at the Marina beginning April 1st
Craft Fair
Day at the Bay - April 21st

$15 / Table
2 Tables Max / Vendor

Registration begins Apr. 1 at the Arts & Crafts Center.

*No food vendors, donation booths, or fundraisers of any kind.

Please call 4092 / 4091 for more information
Child and Youth Programs

HOURLY CARE

Do you need to run errands? Do you need time to take Scuba Lessons? Or do you just need a day to yourself to recharge? CYP offers space available Hourly Care at both the CDC and School Age Care programs. You can sign up 30 days in advance or the same day you need care. Both programs are nationally accredited; hallmarks of child care excellence.

Please contact us for more details.
CDC-3664 or SAC-4092
BASE ROLLER
CHANNEL 45

SUBMIT SLIDES TO:
usn.gtmo.navstattmobaycu.mbx.nsgb-n00p-pao@mail.mil
April is Sexual Assault Awareness and Prevention Month (SAAPM)

Communication Challenge Course
28 Apr 18 (Saturday) / 0900-1000 / FFSC

- Open to all Service Members, DoD Civilians, Family Members (18yrs and older), OCONUS Contractors
- Teams of 4 to 8 people complete a 1.5 mile obstacle course
- Obstacles test communication and teamwork
- Certificate and bragging rights for best display of teamwork

Sign up at Fleet and Family Support Center or call 4141/4153/4227

Raise Your Voice for Prevention
April is the Month of the Military Child

We are asking parents to take a moment to write a letter to honor and show appreciation to your military child(ren) and present it at our Purple UP! event on Friday, April 27th at 1500 at the FFSC.

Please call x4141 for more information.

The Center
Fleet & Family Support
“World Map Project”
April is the Month of the Military Child

- Parents, bring your children to FFSC from 1430-1630 to have a photo taken and let us know the different countries where they have been stationed at due to their military lifestyle.
- We will create a world map with your children’s precious faces to celebrate their strength, vibrancy, and special branch of service!

On average, children in military families move 6-9 times during a school career.

- The “Military Child World Map” will be displayed at the center on Friday, April 27th (Purple Up! Day).
- Wear purple and stop by to admire the map!
- For more information call x4141/4153.

The Fleet & Family Support Center
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!

April 23 – April 24

0730-1630 each day

To register: Visit FFSC bldg. 2135 or Call Joannemay Estoesta at x4079
REGISTRATION IS REQUIRED!!
Are you New to the Island?

Start your tour off right!

NSGB is a wonderful duty station and great place to work and play for the entire family. Learn all about this beautiful island, meet and listen to representatives from different organizations, and enjoy a bus tour of the base including Cuzco Wells Cemetery!

Thursday, April 26, 2018
0800-1130
Bldg. 2135
Call x4141/4153 to register. *Space is limited!
Transition Goals Plans Success
Workshop Schedule FY 18

*09 – 13 April 2018
*16 – 20 July 2018

Capstone Events
- 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
Cell Phone: 757-324-8881
www.facebook.com/ombudsmannsgb

Hospital
Monty Robinson
Ombudsman.usnh.gtmo@gmail.com
Cell Phone: 757-933-7938

Coast Guard
Melissa Robinson
ombudsmannsgb@gmail.com

Community:
Jamaicans & Filipinos

Nikisha Hendricks
jn.gtmobudsman@gmail.com
www.facebook.com/NSGBJamaicanCommunity
Michelle Cerillo
Gtmofilombudsman2017@gmail.com
www.facebook.com/gtmofilombudsman

Last updated
January 2018
GROUPS AND ASSOCIATIONS

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
WT Sampson PTO needs your help!

We're in need of a President, Vice President & Box Tops Coordinator for School Year 2018/2019.

- Fall Fest
- School Pictures
- Teacher Appreciation
- School Store
- Dr. Seuss Fun Run
- Penguin Patch
- Movie Night
- And more!

For more information contact PTO at wtsampsonpto@gmail.com.
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.
Come and Help out The Second Class Petty Officer Association in our Monthly Beach Clean-Up.

Everyone is invited. On 22APR18 at 0900 at Windward Ferry Landing for Beach Clean-Up

Any Questions contact MA2 FUTCH @4058
2018 Military Ball Committee Presents: 9-Hole Golf Scramble

Date of Event - Saturday, 28 April 2018
Location - Yatera Seca Golf Course
Arrival time of players is NLT 0715
Shotgun Start at 0800
Event should conclude by 1200
2 person teams
18 teams
Best Ball and Longest Drive!
RSVP NLT 25 April 2018 by contacting Bobby Jaramillo via email
Players can also sign up at Yatera Seca Golf Course in the Pro Shop
CASH Payment will be gathered at golf course

Snacks and drinks will be available to purchase
Lunch: Hotdog, chip, and drink for $5.00

Trophy for 1st, 2nd, and 3rd Place!

To Register Contact:
Bobby Jaramillo
jara5454@email.arizona.edu

Mulligans and putting strings will be available for purchase day of the event!
Mulligans: $5.00 for 3
Putting Strings: $1.00 Per Foot

$30 Per Person
RUCK FOR A REASON

Suicide Awareness

5 MAY 2018 • 0715 • DT LYCEUM

10K RUCK

GTMO 2018
WALK/RUN

FREE EVENT / OPEN TO ALL

FMI and to pre-register visit sa10k.eventbrite.com

Veterans Crisis Line: 1-800-273-8255 press 1 or Text 838255
Can’t get to Ireland to kiss the Blarney Stone? Come to Toastmasters.

Every Thursday 7:00 p.m.
NAVSTA Chapel Annex RM 3
The Iguana Cafe

All Are Welcome!
Soldiers Undertaking Disabled Scuba
April 16 to April 23 2018

Come out April 21 starting at 1800 at Cable Beach for a Beach BBQ!!
This event is open to all residents of the base. It will be Pot Luck Style!
PERSONAL DEVELOPMENT

LEARN OR PRACTICE A FOREIGN LANGUAGE. LANGUAGE DISCUSSION GROUP (LDG) GMTO 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.
RELIGIOUS MINISTRIES
INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmo.baycu.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
APPLIED SUICIDE INTERVENTION SKILLS TRAINING
Workshop

April 24-25 0830-1630

The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles and experience powerful videos on suicide intervention. Feel challenged and safe. Once certified you stay certified.

Learn suicide first aid!

When: Tues and Wed 24-25 APR (0830-1630 both days)
Where: CHAPEL ANNEX – Room 7 (Fellowship Hall)
Pre-Registration: Required. Registration ends COB Apr 20
For more information or to register contact:
PO2 Turner at x 2571 or email: tiffany.l.turner26.mil@mail.mil

Who: Persons 18 and older
What: Certificate of Completion in ASIST
Dress: Casual (no PT/uniform)
Next workshops: (all Tues-Wed 0830-0430)
May 8-9; 22-23
June 12-13; 26-27
Every Monday at 1900 hrs
Naval Station Chapel
Room 3 (Iguana Café) at the Annex

Bible Study
everyone is welcome

Chaplain Zachary Ashley USA
SGT Nathan Marshall
WE ALL NEED A PLAN FOR OUR MONEY. FINANCIAL PEACE UNIVERSITY IS THAT PLAN. YOU ARE INVITED TO ATTEND THIS GROUNDBREAKING 9 WEEK COURSE THAT WILL PUT YOU ON THE PATH TO FINANCIAL FREEDOM...

CLASS BEGINS: 24 APR

<table>
<thead>
<tr>
<th>Times</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>TUESDAYS 0900</td>
<td>JTF Troopers’ Chapel</td>
</tr>
<tr>
<td>1830</td>
<td>NAVSTA Chapel “Fellowship Hall”</td>
</tr>
</tbody>
</table>

POC Reggie.L.Orabuena.mil@mail.mil EXT 2218 must receive email confirmation to attend.
FINANCIAL PEACE UNIVERSITY

- Dave Ramsey will teach you the basics of dumping debt, budgeting and planning for the future.
- Classes are made up of small groups of people. Members share ideas with one another and motivate each other.
- Classes meet for 9 weeks and are led by a volunteer coordinator.
Base Wide Open AA Meetings

**Days:** Wednesdays and Saturdays  
**Time:** 1800-1900  
**Location:** Chapel Annex, Room 16 (south side of building; facing the NEX)

If no one is here by 1815 meeting may be cancelled and door locked.

“The only requirement is a desire to stop drinking or support someone who has that desire”

If you need to talk to someone right away please call 240-406-6584.
JTF TROOPERS CHAPEL

Sunday: Non-Denominational Service 0900
Tuesday: Dave Ramsey-Financial Peace* 0900 & 1830
Thursday: Worship Band Practice* 1730
Friday: Holy Smokes/ The Marina 1800
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