BASE ROLLER
CHANNEL 45

GUANTANAMO BAY
BASE ROLLER
UPDATED INFORMATION

April 26, 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
BASE ROLLER
CHANNEL 45

SUBMIT SLIDES TO:
usn.gtmo.navstagitmobaycu.mbx.nsgb-n00p-pao@mail.mil
Beach Construction

- **Glass Beach**: will be closed for 6-7 weeks, beginning 26 Apr, as a contractor replaces the stairs to address safety concerns.
- **Girl Scout Beach**: will also be closed for 4-5 weeks immediately following the completion of Glass Beach for the same reason.

NSGB PWD Team
19 April 17
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.

Energy efficiency. You make it happen.
Visit https://energy.navy.mil
The first light bulb.
And it's still working.

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

Energy efficiency. You make it happen.
Visit https://energy.navy.mil
BASEWIDE WATERING HOURS

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.watuseitwisely.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.
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 online at www.navy-lodge.com or www.dodlodging.com.
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!
Dead line 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 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.
## Job Vacancy Announcement

**Current Vacancies as of April 27, 2018**

### U.S. Applicants Only

<table>
<thead>
<tr>
<th>Job ID</th>
<th>Title</th>
<th>Rate</th>
<th><strong>AMENDED FROM</strong> Rate</th>
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<tbody>
<tr>
<td>2017-062</td>
<td>NGIS Purchasing Agent - PFT</td>
<td>($12.75 - $14.75)</td>
<td>($16.94 - $18.49 p/hr)</td>
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<td>2018-021</td>
<td>MWR Recreation Specialist (Special Events/Green Spaces) - PFT</td>
<td>($11.98 - $21.08 p/hr)</td>
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### U.S. & F.N. Applicants

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<tr>
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<tr>
<td>2017-017</td>
<td>Youth Sports Assistant - Flex</td>
<td>($11.43-$14.46 p/hr)</td>
<td>($7.74 p/hr)</td>
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<td>2017-020</td>
<td>Food Service Worker - Flex</td>
<td>($9.48 p/hr)</td>
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<td>Food Service Worker - Flex</td>
<td>($9.48 p/hr)</td>
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<tr>
<td>2017-025</td>
<td>Food Service Worker - PFT</td>
<td>($9.48 p/hr)</td>
<td>($5.44 + 0.33 B.A. p/hr)</td>
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<td>2017-028</td>
<td>Fitness Specialist - Flex</td>
<td>($10 - $12 p/hr)</td>
<td>($9.31 p/hr)</td>
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<tr>
<td>2017-041</td>
<td>Recreation Aid - Flex</td>
<td>($7.25 p/hr)</td>
<td>($6.16 p/hr)</td>
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<td>($8.75 p/hr)</td>
<td>($5.04 p/hr)</td>
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<td>2017-054</td>
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<td>($13.84 p/hr)</td>
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<td>Rec. Assistant - Flex</td>
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<td>2017-057</td>
<td>Rec. Aid - Flex</td>
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<td>2017-063</td>
<td>CYP Asst. - PFT (O.C.)</td>
<td>($11.43 - $14.46 p/hr)</td>
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<td>2017-064</td>
<td>CYP Asst. - Flex (O.C.)</td>
<td>($11.43 - $14.46 p/hr)</td>
<td>($7.74 p/hr)</td>
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<td>2017-065</td>
<td>CYP Asst. - Flex (O.C.)</td>
<td>($11.43 - $14.46 p/hr)</td>
<td>($7.74 p/hr)</td>
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</table>
### Job Vacancy Announcement

**Current Vacancies as of April 27, 2018**

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

<table>
<thead>
<tr>
<th>ID</th>
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<th>Grade 1</th>
<th>Grade 2</th>
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<tr>
<td>2017-074</td>
<td>Rec. Assistant – PFT</td>
<td>NF-0189-02 ($9.00 p/hr)</td>
<td>LGS-0189-05-01 ($7.74 + 0.58 B.A. p/hr)</td>
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<td>2017-077</td>
<td>ID Checker – Flex</td>
<td>NF-0085-01 ($7.25 p/hr)</td>
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<td>Food Service Worker – Flex</td>
<td>NA-7408-02-01 ($9.48 p/hr)</td>
<td>LWG-7408-02-01 ($5.44 p/hr)</td>
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<tr>
<td>2017-083</td>
<td>CYP Asst. – Flex</td>
<td>CY-1702-01/02 ($11.43 - $14.46 p/hr)</td>
<td>LGS-1702-05-01 ($7.74 p/hr)</td>
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<tr>
<td>2018-003</td>
<td>ID Checkers – Flex</td>
<td>NF-0085-01 ($7.25 p/hr)</td>
<td>LGS-0085-03-01 ($6.16 p/hr)</td>
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<tr>
<td>2018-005</td>
<td>Rec. Aid/Life Guard – Flex</td>
<td>NF-0189-01 ($7.25 p/hr)</td>
<td>LGS-0189-03-01 ($6.16 p/hr)</td>
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<tr>
<td>2018-006</td>
<td>Cook – PFT</td>
<td>NA-7404-05-01 ($11.59 p/hr)</td>
<td>LWG-7404-05-01 ($6.59 + 0.36 B.A. p/hr)</td>
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<td>2018-008</td>
<td>Food Service Worker – Flex</td>
<td>NA-7408-02-01 ($9.48 p/hr)</td>
<td>LWG-7408-02-01 ($5.44 p/hr)</td>
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<td>2018-009</td>
<td>Marketing Assistant – Flex (Temp)</td>
<td>NF-0303-02 ($8.71 p/hr)</td>
<td>LGS-0303-05-01 ($7.74 p/hr)</td>
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<td>2018-011</td>
<td>Front Desk Associate – Flex</td>
<td>NF-0303-04 ($6.94 p/hr)</td>
<td>LGS-0303-04-01 ($6.94 p/hr)</td>
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<td>2018-012</td>
<td>Housekeeper – Flex</td>
<td>NA-3566-03-01 ($10.25 p/hr)</td>
<td>LWG-3566-03-01 ($5.82 p/hr)</td>
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<tr>
<td>2018-013</td>
<td>Custodial Worker – Flex</td>
<td>NA-3566-02-01 ($9.48 p/hr)</td>
<td>LWG-3566-02-01 ($5.44 p/hr)</td>
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<td>2018-016</td>
<td>Custodial Worker – PFT</td>
<td>NA-3566-02-01 ($9.48 p/hr)</td>
<td>LWG-3566-02-01 ($5.44 + 0.33 B.A. p/hr)</td>
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<tr>
<td>2018-018</td>
<td>Cashier – Flex</td>
<td>NF-0530-01 ($7.25 p/hr)</td>
<td>LGS-0530-03-01 ($6.16 p/hr)</td>
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<tr>
<td>2018-022</td>
<td>Waiter/Waitress – PFT</td>
<td>NA-7420-02-01 ($9.48 p/hr)</td>
<td>LWG-7420-02-01 (5.44 + 0.33 B.A. p/hr)</td>
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<tr>
<td>2018-023</td>
<td>Carpenter – PFT</td>
<td>NA-4607-09-01 ($14.88 p/hr)</td>
<td>LWG-4607-09-01 ($8.13 + 0.40 B.A. p/hr)</td>
</tr>
</tbody>
</table>
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
GALLEY MENUS AND INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
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
GOLDHILL, 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

**SPECIALTY BAR**
- BAKE POTATO BAR

**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
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
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
28 APRIL 2018
Saturday

BREAKFAST
Hot Grits
Hot Oatmeal
Eggs to Order
Corned Beef Hash
Oven Fried Bacon
Biscuits and Gravy
Home Fried 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
GOLDFIELD, SEASIDE & LEEWARD GALLEY MENU
29 APRIL 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
GOLDSHILL, LEEWARD & SEASIDE GALLEY MENU
30 APRIL 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

DINNER
Green Vegetable Soup
Steamed Rice
Roast Pork
Chinese Five-Spice Chicken
Hot Spiced Beets
Peas & Carrots

LUNCH SPECIALTY BAR
PASTA BAR
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
01 MAY 2018
Tuesday

BREAKFAST
Hot Oatmeal
Grits
Eggs to Order
Oven Fried Bacon
Chicken Tocino
Baked Turkey Sausage
Biscuits and Gravy
Tater Tots
French Toasts
Waffles
Steamed / Garlic Fried Rice

LUNCH
Beef Noodle Soup
Savory Baked Chicken
Grilled Pork Chops
Rice Pilaf
Garlic Cheese Potatoes
Cabbage
Steamed Green Beans

DINNER
Chicken Rice Soup
Crab Stuff Fish
Swiss Steak with Mushroom Gravy
Steamed Rice
Roasted Pepper Potatoes
Corn on the Cob
Lyonnaise Carrots

SPECIALTY BAR
WING BAR
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
02 MAY 2018
Wednesday

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

LUNCH
Corn Chowder
Beef Stroganoff
Fried Shrimp
Seasoned Egg Noodles
Rice Pilaf
Broccoli
Cauliflower Au Gratin

DINNER
Creole Soup
Braised Pork Chops
Fried Chicken
Red Beans w/ Rice
Mashed Potatoes
Corn Combo
Southern Style Greens

SPECIALTY BAR
TACO BAR
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
03 MAY 2018
Thursday

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

LUNCH
Velvet Corn Soup
Beef Sauerbraten
Herbed Baked Chicken
Mashed Potatoes
Squash
Okra Melange

DINNER
Chicken Noodle Soup
Cajun Meat Loaf
Scalloped Ham and Noodles
O’Brien Potatoes
Simmered Black-eyed Peas
Glazed Carrots

SPECIALTY BAR
HOT POTATO BAR
GOLDFIELD, SEASIDE & LEEWARD GALLEY MENU
04 MAY 2018
Friday

BREAKFAST
Hot Oatmeal
Grits
Eggs to Order
Breakfast Burrito
Oven Fried Bacon
Biscuits and Gravy
Shredded Hashed Brown Potatoes
French Toast
Waffles
Steamed / Garlic Fried Rice
Filipino Rice

LUNCH
Navy Bean Soup
Braised Beef and Noodles
Baked Knockwurst and Sauerkraut
Steamed Rice
French Fried Potatoes
Stewed Tomatoes
Club Spinach
Tangy Spinach

DINNER
Wonton Soup
Bombay Chicken
Tempura Fish
Beef Sukiyaki
Shrimp Fried Rice
Pork Pancit
Green Beans Combo
Fried Cabbage

SPECIALTY BAR
ASIAN BAR
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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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>
<tr>
<th>Date</th>
<th>08 MAY</th>
<th>22 MAY</th>
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</thead>
<tbody>
<tr>
<td>Seats Open:</td>
<td>20</td>
<td>36</td>
</tr>
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</table>

## OUTBOUND

**DIRECT** Norfolk, VA ➔ Alternating TUESDAYS

<table>
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<tr>
<th>Date</th>
<th>08 MAY</th>
<th>22 MAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seats Open:</td>
<td>36</td>
<td>34</td>
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</table>

Prepared: 26 APR 2018 @ 0850
## Seat Availability Report

### INBOUND

**NAS Norfolk, VA and NAS Jacksonville, FL → FRIDAY/Alternating TUESDAYS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>27 APR</th>
<th>01 MAY</th>
<th>04 MAY</th>
<th>11 MAY</th>
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<tbody>
<tr>
<td>SEATS OPEN:</td>
<td>96</td>
<td>103</td>
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</table>

### OUTBOUND

**NAS Jacksonville, FL and NAS Norfolk, VA → FRIDAY/Alternating TUESDAYS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>27 APR</th>
<th>01 MAY</th>
<th>04 MAY</th>
<th>11 MAY</th>
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<tbody>
<tr>
<td>SEATS OPEN:</td>
<td>66</td>
<td>118</td>
<td>79</td>
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Prepared: 26 APR 2018 @ 0850
# Kingston, Jamaica

Flights are every Wednesday

## Inbound

Kingston ➔ Guantanamo Bay

<table>
<thead>
<tr>
<th>DATE</th>
<th>02 MAY</th>
<th>09 MAY</th>
<th>016 MAY</th>
<th>23 MAY</th>
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</thead>
<tbody>
<tr>
<td>Seats Open</td>
<td>11</td>
<td>25</td>
<td>33</td>
<td>36</td>
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## Outbound

Guantanamo Bay ➔ Kingston

<table>
<thead>
<tr>
<th>DATE</th>
<th>02 MAY</th>
<th>09 MAY</th>
<th>16 MAY</th>
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<tr>
<td>Seats Open</td>
<td>31</td>
<td>35</td>
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Prepared 26 APR 2018 @ 0855
**C-12 SPACE-A**
**APR 20-29, 2018**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DEPARTING FROM</th>
<th>ARRIVING AT</th>
<th>SHOW TIME (FERRY)</th>
<th>SPACE A</th>
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<tbody>
<tr>
<td>20</td>
<td>FRI</td>
<td>GUANTANAMO BAY</td>
<td>FORT LAUDERDALE, FL</td>
<td>0930</td>
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<td>21</td>
<td>SAT</td>
<td>NO FLIGHTS SCHEDULED</td>
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<td>SUN</td>
<td>GUANTANAMO BAY</td>
<td>FORT LAUDERDALE, FL</td>
<td>1030</td>
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<tr>
<td>23</td>
<td>MON</td>
<td>NO FLIGHTS OUTBOUND</td>
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</tr>
<tr>
<td>24</td>
<td>TUE</td>
<td>GUANTANAMO BAY</td>
<td>JACKSONVILLE, FL</td>
<td>0730</td>
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<tr>
<td>25</td>
<td>WED</td>
<td>GUANTANAMO BAY</td>
<td>FORT LAUDERDALE, FL</td>
<td>1330</td>
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<tr>
<td>26</td>
<td>THU</td>
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<tr>
<td>27</td>
<td>FRI</td>
<td>GUANTANAMO BAY</td>
<td>CAYMAN ISLANDS</td>
<td>0730</td>
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<td>29</td>
<td>SUN</td>
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</tbody>
</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**
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**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>
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<td>21</td>
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<tr>
<td>22</td>
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<tr>
<td>23</td>
<td>FORT LAUDERDALE, FL</td>
<td>GUANTANAMO BAY</td>
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<tr>
<td>24</td>
<td>JACKSONVILLE</td>
<td>GUANTANAMO BAY</td>
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<td>6</td>
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<td>25</td>
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<td>CAYMAN ISLANDS</td>
<td>GUANTANAMO BAY</td>
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<td>28</td>
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<td>29</td>
<td>NO FLIGHTS SCHEDULED</td>
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</tbody>
</table>
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
# Flight Schedule

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Departs Fort Lauderdale</strong></td>
<td>7:00 am</td>
<td>7:00 am</td>
<td>7:00 am</td>
</tr>
<tr>
<td><strong>Arrives Guantanamo Bay</strong></td>
<td>8:55 am</td>
<td>8:55 am</td>
<td>8:55 am</td>
</tr>
<tr>
<td><strong>Departs Guantanamo Bay</strong></td>
<td>9:40 am</td>
<td>9:40 am</td>
<td>9:40 am</td>
</tr>
<tr>
<td><strong>Arrives Fort Lauderdale</strong></td>
<td>11:45 am</td>
<td>11:45 am</td>
<td>11:45 am</td>
</tr>
</tbody>
</table>

*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

BOOK ONLINE! [www.flyibcair.com](http://www.flyibcair.com)
IBC Air is hiring!

We are seeking applicants for full- and part-time positions.

Ideal applicant is experienced in customer service, level-headed, responsible, and able to use computers including MS Office and computer-based reservation and payment systems.

Please send resumes and a brief note introducing yourself to: joshua.foust@flyibcairways.com

Please call 74110 or +1 954-834-1700 to get in touch
www.flyibcair.com | www.facebook.com/ibcairwaysgtmo
BASE ROLLER
CHANNEL 45

SUBMIT SLIDES TO:
usn.gtmo.navstargtmbaycu.mbx.nsgrb-n00p-pao@mail.mil
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Fri. 4/27</td>
<td>8:00 pm</td>
<td>Avengers: Infinity War (NEW)</td>
<td>PG13</td>
</tr>
<tr>
<td></td>
<td>10:30 pm</td>
<td>Tomb Raider</td>
<td>PG13</td>
</tr>
<tr>
<td>Sat. 4/28</td>
<td>8:00 pm</td>
<td>Tyler Perry’s: Acrimony (NEW)</td>
<td>R</td>
</tr>
<tr>
<td></td>
<td>10:30 pm</td>
<td>I Can Only Imagine</td>
<td>PG</td>
</tr>
<tr>
<td>Sun. 4/29</td>
<td>8:00 pm</td>
<td>Love, Simon (LS)</td>
<td>PG13</td>
</tr>
<tr>
<td>Mon. 4/30</td>
<td>8:00 pm</td>
<td>Sherlock Gnome</td>
<td>PG</td>
</tr>
<tr>
<td>Tues. 5/1</td>
<td>8:00 pm</td>
<td>Gringo (LS)</td>
<td>R</td>
</tr>
<tr>
<td>Wed. 5/2</td>
<td>8:00 pm</td>
<td>Ready Player One</td>
<td>PG13</td>
</tr>
<tr>
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<td>8:00 pm</td>
<td>Avengers: Infinity War (NEW)</td>
<td>PG13</td>
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<td></td>
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<td>Rampage</td>
<td>PG13</td>
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<tr>
<td>Sun. 4/29</td>
<td>8:00 pm</td>
<td>I Can Only Imagine</td>
<td>PG</td>
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<tr>
<td>Sun. 4/29</td>
<td>8:00 pm</td>
<td>Pacific Rim: Uprising</td>
<td>PG13</td>
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</table>
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

NAVY MWR GUANTANAMO
MOBAY.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
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 UNACCOMPANIED 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
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

MWR SPORTS
NAVYMWRGUANTANAMOBAY.COM/SPORTS
Windjammer
WEEKLY EVENTS

Tuesday
6:30-9:15PM (CARD SALE 5:30PM)
2nd & 4th Tuesday
7-9PM

Bingo

Open Mic
*Sign up inside O’Kelly’s

Wednesday
8-11PM

Karaoke

Thursday
8-11PM

Country Night

Friday
9:00PM-1:30AM

Club Night

Saturday
9:00PM-1:30AM

Hip Hop, R&B, Reggae

Sunday
6:30-9:15PM (CARD SALE 5PM)

Bingo

NAVYMWRGUANTANAMOBAY.COM

MWR Food and Beverage
Connect with us!
Screen Free Week
May 1-5, Library

Tuesday, 10am-2pm
Urban Gardening

Wednesday, 1-9pm
Makerspaces

Thursday, 1-9pm
Board games

Friday, Story Times
10:30am for Infants
4pm for all Children

Saturday, 2pm
Kid's LEGO Club

*Prior registration required for story time for infants and Kid's LEGO Club. Call 4700 for more info.

NAVYMWRGUANTANAMO湾.COM/LIBRARY
MEXICAN Night

May 2, 5-9pm at the Bayview

Tickets are available for purchase until April 30 at the Bayview.
*Walk-ins will not be accepted.

Adults $20
Kids 6-12yrs old $10
Kids 5yrs & below FREE

Call 2059 for more info.

NAVYMWRGUANTANAMOBAY.COM/BAYVIEW

MWR
FOOD & BEVERAGE
MAY THE FOURTH
BE WITH YOU

MAY 4, 4:30PM
GROUND ZERO PAINTBALL RANGE

Register at the Marina by May 1.
Ages 10 yrs & up.
$15/person

Paintball Game,
Star Wars Costume Contest, Jawa Trading Cantina, and more!

Call 2345 / 2259 for more info.
Marblehead Lanes
May Bowling Specials

Every Saturday of the month

Mother & Child Special
1-7pm $10/mother & child team (Shoes included) for 3 games

Cinco Dollars Bowling & Drinks Special
May 5 1-7pm $5 for 50 mins unlimited bowling. Ages: 18+
$5 for all mixed drinks. Ages 21+

Teachers’ Day Fun Special
May 8 4-9pm $1/game and $1 shoe rental for all teachers!
No registration. Must show ID.

Military Spouse Appreciation Day
May 11 1-6pm FREE bowling for all military spouses. Must show ID.

Mother’s Day Fun Special
May 13 1-9:30pm FREE bowling for all mothers!

Armed Forces Dollar Day Special
May 19 1-9:30pm $1/game and $1 shoe rental for all Active Duty military personnel! Must show ID.

Memorial Day Bowling Special
May 28 1-9:30pm Half price bowling all day! Open to all hands.

Call 2118 for more info

NAVY MWR GUANTANAMO BAY COM/BOWLING
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 8-12 yrs old
Meeting Saturdays at 1pm

NAVY MWR GUANTANAMO BAY.COM/ARTSANDCRAFTS
Pickleball Tournament
May 5
8am
Deer Point Tennis Courts

Register for FREE by May 1 at Denich Fitness Center. Players meeting will be held on May 2 at 6:30pm in the DFC Classroom. Open to ages 16 years and older.

Call 2113 / 2740 for more info.

NAVYMWRGUANTANAMOBAY.COM/SPORTS
GTMO OPEN

May 5-6, 8am
The Lateral Hazard Golf Course
2 days, 18 holes each day

Registration fee $20.
Register by May 3 at the Lateral Hazard Golf Course.
Open to ages 12 yrs and up.

Call 2743 for more info.

NAVY MWR GUANTANAMO BAY COM/SPORTS
POWERLIFTING COMPETITION

MAY 12, 9AM, DENICH FITNESS CENTER

REGISTER BY MAY 11
DENICH FITNESS CENTER FRONT DESK

THREE MAJOR LIFTS
- BENCH
- SQUAT
- DEADLIFT

LIFT AS MUCH WEIGHT AS YOU CAN AND BE CROWNED THE POWER LIFTING CHAMPION!

For more information call 2065 / 2740

NAVY MWR GUANTANAMO BAY.COM
Mother’s Day Luau
May 12, 12-2pm
LIBRARY

Let us help you to celebrate this special day!
We are offering special mom crafts, a gift for mom, and lunch!

Call 4700 for more info.
Mother's Day Craft

Saturday, May 12, 2-4pm
at Child Development Center

Open to all ages.
This event is FREE.
*Parents must be present.

Call 4092 for more info.

NAVYMWRGUANTANAMOBAY.COM
CAPTAIN'S CUP
Sports Challenge

May 18
5k Run
Bowling Tournament
Punt Pass & Kick
3 Point Shoot Out
Canoe Battleship

May 19
Mini Max Performance
Golf Tournament
Softball Tournament
Beach Volleyball
Tug of War

Register for FREE by May 15 at Denich Fitness Center.
ACTIVE DUTY ONLY.
Information Meeting will be held on May 9.
Call 2113 / 2740 for more info.

NAVY MWR GUANTANAMO BAY.COM/SPORTS
Liberty

Ridgeline Hike

May 19, 8:30-10:30am
Meet at Marine Hill Liberty Center

Join Liberty for a morning hike on the Ridgeline trail. New and seasoned hikers welcome!

Registration is required by Thursday, May 17. For more information and to register, call 3379 / 2262.

FOR UNACCOMPANIED MILITARY ONLY

NAVY MWR GUANTANAMO BAY.COM/LIBERTY
YSF
AMERICA'S KIDS RUN
2018
MAY 19, 7-9PM AT COOPER FIELD TRACK
REGISTER BY MAY 18 AT SAC. OPEN TO AGES 5 YRS AND OLDER.
Call 4092 for more info.
NAVYMWRGUANTANAMOBAY.COM/YOUTHSPORTS
**Homemade Smoothies**
Tuesday, May 22, 4:30pm at Marine Hill Liberty Center
In need of some fresh fruits and veggies? Join Liberty and make your own homemade smoothies.

**Graffiti Galore**
Thursday, May 24, 4pm at Camp America Liberty Center
Put your creativity to work and design your very own masterpiece. All materials will be provided.

**Stress Relief Jigsaw Puzzles**
Monday, May 28, 5pm at Camp America Liberty Center
Enjoy piecing together some jigsaw puzzles to destress and relax!

**Kayak 101**
Tuesday, May 29, 4:30pm at the Marina
Interested in learning how to kayak? Join Liberty for a free instructional class at the Marina.

For more information and to register, call 2262 / 3379

*FOR UNACCOMPANIED MILITARY ONLY*
3 vs 3 Basketball Tournament

May 26, 8am
DFC Basketball Courts

Register for FREE by Wednesday, May 23 at Denich Fitness Center.
Coaches meeting will be held on May 24 at 6:30pm in the DFC Classroom.
Open to ages 16 years and older.

Call 2113 / 2740 for more info.
Liberty Paintball

May 26, 11am-1pm, Ground Zero Paintball Range

Join Liberty for a day of paintball! Register by Thursday, May 24 at Marine Hill Liberty Center.
Call 2262 / 3379 for more information and to register.

For unaccompanied military only

NAVY MWR GUANTANAMO BAY.COM/LIBERTY
Hot Wheels Extravaganza
May 26, 12-2pm, at the Library

Come and join us for a STEM concept based track racing / building event!

Open to ages 5 years and older. No registration necessary.

Call 4700 for more info.
SLIDE INTO SUMMER

700 ft. slip n slide

May 26, 1-5pm
Recreation Road

Register for FREE at the Urban Slide registration booth located in the Auto Skills parking lot between 12:30-4:50pm to sign a waiver and get a wristband for sliding. Slide shuts down at 5pm. Open to ages 5 years and older. Call 4519 for more info.

The Department of the Navy does not endorse any company, sponsor or their products or services.

NAVY MWR GUANTANAMO BAY.COM
Memorial Day

5 GAMES MARATHON CASH TOURNAMENT

MAY 27, 3-6PM
MARBLEHEAD LANES

Entry fee $40 includes 5 games and shoe rental.
Open to ages 18 yrs and up.
Register by May 27, 2pm at Marblehead Lanes.
Call 2118 for more info.

NAVYMWRGUANTANAMOBAY.COM/BOWLING
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
SUBMIT SLIDES TO:
usn.gtmo.navstagtmoaycu.mbx.nsgb-n00p-pao@mail.mil
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.
“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
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

Installation SAPR Hotline 4912

NAVY

DoD Safe Helpline 1-877-995-5247

Safe Helpline 1-877-995-5247

CNIC

I.A.M. STRONG
Not sure where to start? Need a refresher on resume writing?

May 1 from 0900-1100

Basics Workshop

Call x4141 to register. Located at Fleet and Family Support Center
SAPR Unit POC Training

03 May 18/ 0730-1630 / FFSC Conference Room

- For the command designated Point of Contact (POC)
- SAPR Unit POCs assist SARC with awareness and prevention training
- Maintains current information on victim resources
- Provides oversight of Command Compliance with SAPR Program requirements
- POCs stay current on DOD and Navy requirements
- Keeps Command informed about SAPR Program requirements
- Maintains a Command POC Resource Binder

- Please call 4141/4153 to register

Installation
SAPR Hotline 4912

Installation SAPR Team
SARC: 4908
CVA: 4910
Stress Management 101

Establish personal strategies to reduce stress in work and home life.

Tuesday, May 8 from 1400-1600

Please call x4141 to register.

Space is limited.
Sponsorship Training

Good news!
You have been given the opportunity to welcome and assist newcomers!
Please join us to learn how to be an effective sponsor!

Tuesday, May 8, 2018
0900-1030
FFSC
Bldg. 2135

Call 4141/4153 to register
The FFSC presents: Speed Networking for Teens

TEENS are invited to engage in Career Exploration via multiple Career-Field Representatives from local Agencies on NSGB. At this fun and fast paced event, you will move from table to table to quickly and efficiently meet a large number of contacts and become acquainted with education, training, and qualifications for those Careers.

Wednesday, May 9, 2018
1430-1630
Bldg. 2135
Call 4141/4153 to register!
DEAR FRIENDS
we are
moving!

The Smooth Move Workshop will address move-related topics such as who pays what for your move, how to ship your personal property, and more...

The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance Program services and tools.

Thursday, May 10, 2018
0900-1100
Bldg. 2135
Please call 4141/4153 to register
Interviewing 360°

Learn how to:
- Prepare
- Dress
- Give strategic answers
- Ask the right questions
- Close with confidence

May 10
1400-1600

The Center
Fleet and Family Support Center
Bldg. 2135
Please call 4141/4153 to register.
Space is limited.
Initial SAPR Victim Advocate Training
14-18 May 18 / 0730-1630 daily / FFSC Training Room

- Initial training to become a SAPR VA
- Covers the basic overview of the SAPR program, protocol, roles
- Learn how to respond to and support victims
- VAs will apply for D-SAACP credentialing following class
- VAs are expected to stand the Installation 24/7 SAPR watch bill

- Call SARC at **4908** to schedule interview
- Installation SAPR Team:
  - SARC: **4908**
  - CVA: **4910**
- Installation SAPR Hotline **4912**
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
Transition GPS Capstone

MAY 16, 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

The Center
Fleet & Family Support
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.
SAPR CDO Training
24 May 18/ 0800-0900/ FFSC Conference Room

- For Command Duty Officer personnel
- Receive familiarization training with the SITREP Data Tool for incidents of sexual assault
- Gain proficiency in appropriate telephonic response protocol

Installation SAPR Team
SARC: 4908
CVA: 4910

Installation SAPR Hotline 4912
WELCOME TO NSGB!

RECEIVE INFORMATION AND RESOURCES ON PROGRAMS AND SERVICES AVAILABLE ON THE INSTALLATION AS WELL AS A BUS TOUR!

THURSDAY, MAY 31, 2018
0815–1130

BLDG. 2135
CALL X4141/4153 TO REGISTER.
RESUME BASICS

May 31
1400-1600

Please call 4141/4153 to register. Space is limited.
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
jnh.tmoebudsman@gmail.com
www.facebook.com/NSGBJamaicanCommunity

Michelle Cerillo
Gtmofilombudsman2017@gmail.com
www.facebook.com/gtmofilombudsman

Last updated
January 2018
SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
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
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

$30 Per Person

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

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

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

To Register Contact:
Bobby Jaramillo
jara5454@email.arizona.edu
DO YOU EVEN GTMO?
A Recreational Adventure

Location: JSMART
Date: 12 May 2018
Time: 1015

Come join the JSMART team on Self Care Saturday for a new competitive and innovative obstacle course!!

Available to JTF Personnel Only
“Uniting Our Vision by Working Together”

Join us in the celebration of the unique cultures of Asian-American and Pacific Islanders. Sample a variety of cuisine foods, enjoy activities, and learn about several countries and their diverse cultures!

Heritage Festival
Where: Cooper Field (softball fields)
When: May 26th, 2018
@ 1700-2100
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 wt sampson pto@gmail.com
Security Social Committee

Will be selling coins!

You can stop in at the VRO and get yours!

$10
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.
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!
PERSONAL DEVELOPMENT

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.
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
APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Workshop

May 8-9th 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 **8-9 May** (0830-1630 both days)
Where: CHAPEL ANNEX – Room 7 (Fellowship Hall)

Pre-Registration: Required. Registration ends COB **May 04**
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 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>
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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>
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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