GUANTANAMO BAY
BASE ROLLER
UPDATED INFORMATION

March 22, 2018

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

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

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

**SUBMIT SLIDES TO:**
usn.nsgb.pao@mail.mil
BASE ROLLER
CHANNEL 45

GENERAL INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
Attention Base Residents

Scheduled POWER outages will occur on March 29th 0800-1600 for Housing Units CP1410, CP1405, CP1403, CP18, CP19 & 20.
Overseas Cost of Living Allowance (COLA) Survey

Overseas COLA is a non-taxable supplemental pay allowance, designed to offset overseas prices of non-housing goods and services.

**About the Survey:** This Living Pattern Survey (LPS) is used to track the shopping patterns of Uniformed Service members stationed overseas. The data collected will assist in the determination of Overseas Cost of Living Allowance (COLA) paid to members in Guantanamo Bay, Cuba.

**Participation:** Participation in this survey is voluntary. Failure to respond will not result in penalty to the respondent. However, maximum response is encouraged so that data will be representative of your country of assignment.

The Automated LPS is available now and **MUST** be completed by 31 March 2018. The survey is **ONLY** for Uniformed Service members receiving COLA in GTMO, if you have your dependents one survey per household. Please copy and paste the link below to complete the survey.


For questions contact LSCS Eli Quintanilla at X5492
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](http://www.wateruseitwisely.com/100ways)

**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
Grilling Safety

Grilling Safety Tips:
- Propane and charcoal BBQ grills should only be used outdoors
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three (3) feet away from grill area
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill
- NEVER leave your grill unattended
- ALWAYS make sure your gas grill lid is open before lighting it

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

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

FACT: Roughly half of the injuries involving grills are thermal burns
Source: National Fire Protection Association

For questions Contact Fire Prevention @ 4178
Or email: usn.gtmo.navstagtmobaycu.list.n30-freprevention@mail.mil
Moving season is approaching fast. Once your household goods pack out is scheduled, please ensure that you come by the Housing Office so we can schedule delivery of your temporary furniture.

For more information please call #4172
AS A REMINDER, Family housing thermostats should not be set below 76 degrees. This is per NAVSTAGTMOINST 4100.2

For additional information please call the Base Energy Manager at #5689.
Legal Assistance

If you're a Military Service Member that needs.....

- Notary Services
- Powers of Attorney
- Advice on Personal Civil Matters such as:
  - Landlord-Tenant issues
  - Divorce/ Child Custody

Stop by the Legal Assistance Office located at Bldg 2525, Camp America

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

Or call x8156/x8135 and schedule an appointment
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!

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

JTF Service Members can call x8156/x8135 for more information. NAVSTA personnel can call 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.
WT SAMPSON
Volunteers Wanted
WE NEED YOU!
SHOWCASE YOUR SKILLS
WITH US!
Classrooms, Cafeteria, Recess Duty, Landscape, Gardening, Study Trips, Special Presentations
Pick up your application today!

Taylor Edwards # 3500
Volunteer Coordinator
WTS School
WT SAMPSON YEARBOOKS ARE ON SALE NOW!

**Softcover** $22.50
https://goo.gl/0DFX9y

**Hardcover** $35.00
https://goo.gl/yFHvTI

(Prices go up March 31st)

Questions? Email casey.Burkhardt@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
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!

To sign up go to My Navy Portal

For further questions contact x 2227 or email Jessica.Mojicarivera.civ@mail.mil
Navy College Office
Appointment Scheduler

Coming to see the counselor made more convenient. Visit the link below and see the available times and book your spot!

https://www.mnp.navy.mil/group/training-education-qualifications/appointment-scheduler
Did you complete your degree, certificate or certification in 2017/18?
Are you 6 to 9 credits from completing your degree, certificate or certification?

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

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

Graduation/Recognition Ceremony

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

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

*3/16 last day to sign up
Employment Opportunity

Choctaw Staffing Solutions (CSS) has the following **part-time** position available at the **Site name, country** Women, Infants & Children (WIC) Overseas office:

- **Nutritionist/Dietitian/Nurse/Home Economist/Physician Assistant.** Requires a B.S. in Nutrition, Dietetics or Home Economics, or a BSN in Nursing. RNs without a BSN considered. Experience in prenatal, maternal or infant nutrition required. Registered Dietitian preferred. Experience with WIC desirable. Must have current Driver’s License. Must be U.S. citizen.

For consideration, please e-mail your resume and cover letter to: jobs@wicoverseas.net or fax to: (210) 325-1398 or you may mail your information to the address below:

Choctaw Staffing Solutions
Attn: WIC Overseas
70 NE Loop 410, Suite 400
San Antonio, TX 78216
Ph: (210) 341-3336
# NEXCOM

## NEX GITMO JOBS VACANCIES

**AS of 08 Mar 2018**

### NEW U.S. VACANCIES

<table>
<thead>
<tr>
<th>Ann. No.</th>
<th>Job / Title</th>
<th>Ser / Grd</th>
<th>Location</th>
<th>Category</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>180000QK</td>
<td>Food Service Worker</td>
<td>NA-03</td>
<td>NEXMART - GTMO</td>
<td>Flex</td>
<td>03/21/2018</td>
</tr>
<tr>
<td>180000PF</td>
<td>Sales Clerk (2 positions)</td>
<td>Nf-01</td>
<td>NEX - Camp A - GTMO</td>
<td>Flex</td>
<td>03/20/2018</td>
</tr>
<tr>
<td>180000MP</td>
<td>Meatcutter</td>
<td>NA-07</td>
<td>NEXMART - GTMO</td>
<td>RFT</td>
<td>03/21/2018</td>
</tr>
<tr>
<td>180000QL</td>
<td>Store Worker (2 positions)</td>
<td>NA-01</td>
<td>NEXMART - GTMO</td>
<td>Flex</td>
<td>03/21/2018</td>
</tr>
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</table>

### NEW FN VACANCIES

<table>
<thead>
<tr>
<th>Ann. No.</th>
<th>Job / Title</th>
<th>Ser / Grd</th>
<th>Location</th>
<th>Category</th>
<th>Closing Date</th>
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<tbody>
<tr>
<td>180000QK</td>
<td>Food Service Worker</td>
<td>WG-04</td>
<td>NEXMART - GTMO</td>
<td>Flex</td>
<td>03/21/2018</td>
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<tr>
<td>180000PF</td>
<td>Sales Clerk (2 positions)</td>
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<td>Flex</td>
<td>03/20/2018</td>
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<tr>
<td>180000MP</td>
<td>Meatcutter Worker</td>
<td>WG-07</td>
<td>NEXMART - GTMO</td>
<td>RFT</td>
<td>03/21/2018</td>
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<tr>
<td>180000QL</td>
<td>Store Worker (2 positions)</td>
<td>WG-04</td>
<td>NEXMART - GTMO</td>
<td>Flex</td>
<td>03/21/2018</td>
</tr>
</tbody>
</table>

### EQUAL EMPLOYMENT OPPORTUNITY (EEO)

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

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

# Links

- [NEXCOM](#)
- [NAVY LODGE](#)
- [NCTRIF](#)
- [TPO](#)
- [SHIPS STORE](#)
- [UPMO](#)
## Job Vacancy Announcement

Current Vacancies as of March 12, 2018

### U.S. Applicants Only

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

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

<table>
<thead>
<tr>
<th>Vacancy Code</th>
<th>Position Description</th>
<th>Pay Grade</th>
<th>Hiring Range</th>
<th>Pay Grade</th>
<th>Hiring Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017-017</td>
<td>Youth Sports Assistant - Flex</td>
<td>CY-1702-01/02</td>
<td>($11.27-$14.26 p/hr)</td>
<td>LGS-1702-05-01</td>
<td>($7.64 p/hr)</td>
</tr>
<tr>
<td>2017-020</td>
<td>Food Service Worker - Flex</td>
<td>NA-7408-02-01</td>
<td>($9.29 p/hr)</td>
<td>LWG-7408-02-01</td>
<td>($5.37 p/hr)</td>
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<tr>
<td>2017-021</td>
<td>Food Service Worker - Flex</td>
<td>NA-7408-02-01</td>
<td>($9.29 p/hr)</td>
<td>LWG-7408-02-01</td>
<td>($5.37 p/hr)</td>
</tr>
<tr>
<td>2017-025</td>
<td>Food Service Worker - PFT</td>
<td>NA-7408-02-01</td>
<td>($9.29 p/hr)</td>
<td>LWG-7408-02-01</td>
<td>($5.37 + 0.33 B.A. p/hr)</td>
</tr>
<tr>
<td>2017-028</td>
<td>Fitness Specialist - Flex</td>
<td>NF-0030-03</td>
<td>($10 - $12 p/hr)</td>
<td>LGS-0030-07-01</td>
<td>($9.19 p/hr)</td>
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<tr>
<td>2017-041</td>
<td>Recreation Aid - Flex</td>
<td>NF-0189-01</td>
<td>($7.25 p/hr)</td>
<td>LGS-0189-03-01</td>
<td>($6.08 p/hr)</td>
</tr>
<tr>
<td>2017-050</td>
<td>Waiter/Waitress - Flex</td>
<td>NA-7420-01-01</td>
<td>($8.57 p/hr)</td>
<td>LWG-7420-01-01</td>
<td>($4.98 p/hr)</td>
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<tr>
<td>2017-054</td>
<td>Electrical Worker - PFT</td>
<td>NA-4749-08-01</td>
<td>$13.84 p/hr</td>
<td>LWG-4749-08-01</td>
<td>($7.66 + 0.38 B.A. p/hr)</td>
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<tr>
<td>2017-056</td>
<td>Rec. Assistant - Flex</td>
<td>NF-0189-02</td>
<td>($8.71 p/hr)</td>
<td>LGS-0189-05-01</td>
<td>($7.64 p/hr)</td>
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<tr>
<td>2017-057</td>
<td>Rec. Aid - Flex</td>
<td>NF-0189-01</td>
<td>($7.25 p/hr)</td>
<td>LGS-0189-03-01</td>
<td>($6.08 p/hr)</td>
</tr>
<tr>
<td>2017-063</td>
<td>CYP Asst. - PFT (O.C.)</td>
<td>CY-1702-01/02</td>
<td>($11.27 - $14.26 p/hr)</td>
<td>LGS-1702-05-01($7.64+0.58B.A. p/hr)</td>
<td></td>
</tr>
<tr>
<td>2017-064</td>
<td>CYP Asst. - Flex (O.C.)</td>
<td>CY-1702-01/02</td>
<td>($11.27 - $14.26 p/hr)</td>
<td>LGS-1702-05-01</td>
<td>($7.64 p/hr)</td>
</tr>
<tr>
<td>2017-065</td>
<td>CYP Asst. - Flex (O.C.)</td>
<td>CY-1702-01/02</td>
<td>($11.27 - $14.26 p/hr)</td>
<td>LGS-1702-05-01</td>
<td>($7.64 p/hr)</td>
</tr>
</tbody>
</table>
## Job Vacancy Announcement

**Current Vacancies as of March 9, 2018**

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

<table>
<thead>
<tr>
<th>Job No.</th>
<th>Position</th>
<th>Code 1</th>
<th>Code 2</th>
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</thead>
<tbody>
<tr>
<td>2017-067</td>
<td>Rec. Assistant – RFT</td>
<td>$8.71</td>
<td>$7.86</td>
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<tr>
<td>2017-074</td>
<td>Rec. Assistant – RFT</td>
<td>$9.00</td>
<td>$7.64</td>
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<tr>
<td>2017-077</td>
<td>ID Checker – RFT</td>
<td>$7.25</td>
<td>$6.08</td>
</tr>
<tr>
<td>2017-078</td>
<td>Food Service Worker – Flex</td>
<td>$9.29</td>
<td>$5.37</td>
</tr>
<tr>
<td>2017-083</td>
<td>CYP Asst. – Flex</td>
<td>$11.27 - $14.26</td>
<td>$7.64</td>
</tr>
<tr>
<td>2018-001</td>
<td>Recreation Aid - Flex</td>
<td>$7.25</td>
<td>$6.08</td>
</tr>
<tr>
<td>2018-003</td>
<td>ID Checkers – Flex</td>
<td>$7.25</td>
<td>$6.08</td>
</tr>
<tr>
<td>2018-005</td>
<td>Rec. Aid/Life Guard – Flex</td>
<td>$7.25</td>
<td>$6.08</td>
</tr>
<tr>
<td>2018-006</td>
<td>Cook – Full Time</td>
<td>$11.59</td>
<td>$6.50 + 0.36</td>
</tr>
<tr>
<td>2018-008</td>
<td>Food Service Worker – Flex</td>
<td>$9.07</td>
<td>$5.32</td>
</tr>
<tr>
<td>2018-009</td>
<td>Marketing Assistant – Flex (Temp)</td>
<td>$8.71</td>
<td>$7.64</td>
</tr>
<tr>
<td>2018-011</td>
<td>Front Desk Associate – Flex</td>
<td>$6.94</td>
<td>$6.21</td>
</tr>
<tr>
<td>2018-012</td>
<td>Housekeeper – Flex</td>
<td>$10.25</td>
<td>$5.82</td>
</tr>
<tr>
<td>2018-013</td>
<td>Custodial Worker – Flex</td>
<td>$9.48</td>
<td>$5.44</td>
</tr>
<tr>
<td>2018-015</td>
<td>Fitness Specialist – RFT</td>
<td>$14.00</td>
<td>$9.31 + 0.64</td>
</tr>
<tr>
<td>2018-016</td>
<td>Custodial Worker – PFT</td>
<td>$9.48</td>
<td>$5.44 + 0.33</td>
</tr>
</tbody>
</table>
PSD HOURS OF OPERATION

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

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

- CLOSED EVERY DAY FOR LUNCH 1100-1200

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

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

Timeline for Repair

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

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

MAC – 10 DAYS
(Move, Add, Change)

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

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

Have your TCO contact us at:
usn.gtmo.navstagtmobaycu.mbx.nctldet@mail.mil
or 757-458-2500
NAVAL STATION GUANTANAMO BAY POSTAL TIPS:

- **USPS PACKAGE TRACKING**: MAIL PACKAGE TRACKING INQUIRIES CAN BE SUBMITTED VIA EMAIL TO usn.gtmo.navstagtmobaycu.mbx.nsgb-n33-postal@mail.mil. ALL INQUIRIES WILL BE ANSWERED WITHIN 24 HOURS. INFORMATION REQUIRED WILL BE TRACKING/CERTIFIED/INSURED NUMBER, TO AND FROM ADDRESS INFORMATION AND DATE MAILED.

- **YOU CAN ALSO TEXT YOUR TRACKING NUMBER TO 28-777** AND YOU WILL GET AN UPDATE FROM USPS WITHIN 30 SECONDS. NORMAL TEXT RATES APPLY.

- **FOR JTF INQUIRIES PLEASE CALL THE CAMP AMERICA POST OFFICE AT @2331.**

- **POST OFFICE HOURS**: JTF- 0800-1600 NAVSTA-0900-1530.
- **NAVSTA POC**: Mr. RICH VARGAS or Mr. WILL SMITH @ X2156.
- **JTF POC**: SGT VARGAS @2331.
WIC Overseas

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

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

Program services are provided to eligible participants overseas:

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

Contact us now to see if you qualify:

Chapel Annex, Room 9
Phone: 2186
dawn.s.cox.ctr@mail.mil
WIC Overseas

HOURS:
WEDNESDAY 0930-1500
THURSDAY 0930-1500

CLOSED FOR LUNCH 1200-1230
JSMART Team x2321
Hours Mon-Fri 0700-1700, 1800-2000
Saturday walk-ins 0800-1200

- 3 Psychologists
- Med management referrals
- 6 Behavioral Health Technicians
- And Various Pet Visitation Dogs
  - 0830-1430
VEHICLE REGISTRATION OFFICE

Steps to register a new vehicle

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

Procedure for reregistering a vehicle

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

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

IF YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT VRO: 4229
NEW POLICIES:

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

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

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

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

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

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

IF YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT VRO: 4229
DOD Military and Civilian Personnel

INBOUND SHIPMENTS

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

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

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

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

- YOU MUST GO ONLINE TO WWW.MOVE.MIL
- COMPLETE THE COUNSELING ONLINE
- PRINT THE 3 FORMS AT THE END
- BRING IN YOUR FORMS AND THE ORDERS (for military personnel, we need BOTH mobilization and demobilization orders) to NAVSUP FLCJ PPO (Bldg. 752 / 2nd Floor)

For more information contact PPO at 4206/4495/4735
Personal Property Office

SHIPPING INFORMATION

- Personnel here on MOBILIZATION orders are NOT authorized household goods shipment, ONLY a baggage shipment.

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

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

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

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

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

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

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

Any questions or concerns, please contact PS1(AW/FMF) Taylor at extension 5099.
CORRESPONDENCE EMAIL ADDRESS

• usn.gtmo.navstagtmobaycu.mbx.nsgb-n04c-admin-correspondence@mail.mil

• Submit all Correspondence to this email address.

Routing Times Strictly Adhered to:

• Emergency requests are requested via Department Heads only.

• Space A Request and UEML are due to Admin a minimum of 14 days prior to departure date.

• Funded Environmental and Morale Leave is due to Admin a minimum of 30 days prior to departure date.
APPOINTMENTS

- Fingerprints for security investigations are done by appointment only on Wednesdays 1300-1400.
- Contact YN1 Haga at x4412 to set an appointment or by email at usn.gtmo.navstagtmo.baycu.mbx.nsgb-n04c-security-mgr@mail.mil
BASE ROLLER
CHANNEL 45

GALLEY MENUS AND INFORMATION

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

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

23 MARCH 2018
1100-1300
GOLDHILL, SEASIDE & LEEWARD GALLEY MENU
24 March 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
GOLDFILL, SEASIDE & LEEWARD GALLEY MENU
25 March 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
GOLDFIELD, LEEWARD & SEASIDE GALLEY MENU
26 March 2018
Monday

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

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

LUNCH SPECIALTY BAR
PASTA BAR

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

If your birthday falls on the month of MARCH

Let the Galley honor you with a Special Birthday Meal.

MARCH 30TH, 1100-1300 HRS

ALL NAVSTA GALLEYS

Sign up sheet is available at the Cashier’s desk. Last day for signing will be on 22 MARCH 2018.

FMI Please Call Tel. # 2231.
TRAVEL UPDATES

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

*** ATTENTION ***

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>To/From</th>
<th>DoD</th>
<th>Non-DoD</th>
<th>Non-Fed</th>
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<th>Pet Charges</th>
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All fares are for one-way travel only.

Space ‘A’ fee of $34.91 from GTMO to Norfolk/JAX
And $18.30 from Norfolk/JAX to GTMO
Excess Baggage Charges

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

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

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

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

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

**INBOUND**

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

<table>
<thead>
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<th>DATE</th>
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<th>03 APR</th>
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**OUTBOUND**

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

<table>
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<th>DATE</th>
<th>23 MAR</th>
<th>30 MAR</th>
<th>03 APR</th>
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<tr>
<td>SEATS OPEN:</td>
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<td>61</td>
<td>134</td>
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Prepared 22 MAR 2018 @ 0930
**Kingston, Jamaica**  
*Flights are every Wednesday*

### INBOUND

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<tr>
<td>Seats Open</td>
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### OUTBOUND

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<td>Seats Open</td>
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Prepared 22 MAR 2018 @ 0830
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<tr>
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<td>20</td>
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<tr>
<td>21</td>
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<td>CURACAO</td>
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<td>25</td>
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**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**  
**MAR 16- MAR 25, 2018**

<table>
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**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**
Important Rotator/C-12 Notes

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>Departs Fort Lauderdale</td>
<td>7:00 am</td>
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<td>7:00 am</td>
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<tr>
<td>Arrives Guantanamo Bay</td>
<td>8:55 am</td>
<td>8:55 am</td>
<td>8:55 am</td>
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<tr>
<td>Departs Guantanamo Bay</td>
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</tr>
<tr>
<td>Arrives Fort Lauderdale</td>
<td>11:45 am</td>
<td>11:45 am</td>
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</tbody>
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*Departure and Arrival times may vary due to airport delays. Please ensure that all reservations are confirmed no later than 24 hours prior to travel.

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

www.flyibcair.com
IN THE BUSINESS OF FUN

Morale, Welfare & Recreation
Naval Station Guantanamo Bay, Cuba

SUBMIT SLIDES TO:
usn.gtmo.navstagramobaycu.mbx.nsgb-n00p-pao@mail.mil
Windjammer Complex will be closed from March 19th to March 26th due to maintenance. It will re-open regular hours on Tuesday, March 27th.
<table>
<thead>
<tr>
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<th>TIME</th>
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<tr>
<td>Fri. 3/23</td>
<td>8:00 pm</td>
<td>Pacific Rim: Uprising <em>(NEW)</em></td>
<td>PG13</td>
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<tr>
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<td>10:30 pm</td>
<td>Game Night</td>
<td>R</td>
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<tr>
<td>Sat. 3/24</td>
<td>8:00 pm</td>
<td>Annihilation <em>(NEW)</em></td>
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<tr>
<td></td>
<td>10:30 pm</td>
<td>Tomb Raider</td>
<td>PG13</td>
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<tr>
<td>Sun. 3/25</td>
<td>8:00 pm</td>
<td>Early Man</td>
<td>PG</td>
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<tr>
<td>Mon. 3/26</td>
<td>8:00 pm</td>
<td>Winchester: The House that Ghosts Built <em>(LS)</em></td>
<td>PG13</td>
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<tr>
<td>Tues. 3/27</td>
<td>8:00 pm</td>
<td>Tomb Raider</td>
<td>PG13</td>
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<tr>
<td>Wed. 3/28</td>
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<td>The Shape of Water <em>(LS)</em></td>
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<tr>
<td>Thurs. 3/29</td>
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<td>Black Panther</td>
<td>PG13</td>
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<tr>
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<td>Fri. 3/23</td>
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<td><em>The 15:17 to Paris</em></td>
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<td></td>
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<td>RATING</td>
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<td>Fri. 3/23</td>
<td>8:00 pm</td>
<td>Pacific Rim: Uprising <em>(NEW)</em></td>
<td>PG13</td>
</tr>
<tr>
<td></td>
<td>10:30 pm</td>
<td>Winchester: The House that Ghosts Built <em>(LS)</em></td>
<td>PG13</td>
</tr>
<tr>
<td>Sat. 3/24</td>
<td>8:00 pm</td>
<td>Annihilation <em>(NEW)</em></td>
<td>R</td>
</tr>
<tr>
<td></td>
<td>10:30 pm</td>
<td>Black Panther</td>
<td>PG13</td>
</tr>
<tr>
<td>Sun. 3/25</td>
<td>8:00 pm</td>
<td>Tomb Raider</td>
<td>PG13</td>
</tr>
<tr>
<td>Tues. 3/27</td>
<td>8:00 pm</td>
<td>The Shape of Water <em>(LS)</em></td>
<td>R</td>
</tr>
<tr>
<td>Thurs. 3/29</td>
<td>8:00 pm</td>
<td>A Wrinkle In Time</td>
<td>PG</td>
</tr>
</tbody>
</table>
Our Kids’ Day event this year will include a coloring/essay contest. Children of all ages can enter and the winner of each age group below will receive a prize. *Entries are due on or before March 30th @ SAC (Bldg. 2148) or CDC (Bldg. 3200)

- PreK-2nd  Color a picture
- 3rd-5th    1 to 2 paragraphs
- 6th-8th    2 to 3 paragraphs
- 9th-12th   1 to 2 pages

Topic: “Why it is important to save”

*Please include name and contact information on entry. Winners will be announced at the event, but you do not have to be present to win.
Food Vendors
Needed for Day at the Bay

Day at the Bay - April 21st, 10am-2pm

Fee for each booth is $20 which provides you with 2 tables and a 10’x10’ space. Electrical outlets are limited, plan to supply your own extension cords. Booths are assigned on a first come-first serve basis.

All organizations must complete the required food facility fundraiser request form and fundraiser request form as required by preventive medicine and jag.

Booth can be reserved at school age care (Bldg 2148) March 19th-March 30th from 8am-5pm.

*we accept credit card payments only – no cash.

Please call 4092 for more information
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
Surfboards for Day at the Bay

Day at the Bay - April 21st

Commands and Community Groups can stop by:
School Age Care (BLDG 2148)
March 12-16 from 8:30am-5pm

to pick up a wooden surfboard to decorate for the event.
Judges will choose their favorites in the following categories:
Most GTMO
Most Totally Radical
Most Island Inspired

*Supplies are limited - first come first serve

Please call 4092 for more information
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
STUDENT REWARD PROGRAM

QUARTERLY DRAWINGS FOR MONETARY AWARDS

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

SUBMIT SLIDES TO:
usn.gtmo.navstagtmobaycu.mbx.nsgb-n00p-pao@mail.mil
ARE YOU NEW TO NSGB?
Get familiarized with key base personnel, base history, installation rules, location and resources:
  Part 1: Numerous guest speakers will inform you about many of the resources available on the installation.
  Part 2: A bus tour highlighting the installation.

Call x4141/4153 to register.
Parents, bring your children (of all ages) to FFSC Bldg. 2135 from 1430-1630 this month to color a puzzle piece to raise Autism Awareness.

April 2nd is World Autism Awareness Day!

All the puzzle pieces will be displayed at the center on April 2nd. Stop by to admire the “Puzzle Piece Project” wall and enjoy some refreshments.

Remember to wear BLUE on April 2nd.

For more information call 4141/4049
"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 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.
DO NOT FORGET TO WEAR BLUE!

STOP BY FFSC ON APRIL 2ND FROM 1400-1600 TO ADMIRE OUR PUZZLE PIECE PROJECT DISPLAY!

WORLD AUTISM AWARENESS DAY

LEARN ABOUT AUTISM AND THE EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP), TAKE PHOTOS, AND ENJOY SOME REFRESHMENTS!

DO NOT FORGET TO WEAR BLUE!
Fleet and Family Support Center
Bldg. 2135
Please call 4141/4153 to register.
Space is limited.

USAJOBS

NAVIGATING FEDERAL EMPLOYMENT
April 3
0900-1100
Not sure where to start? Need a refresher on resume writing?

April 5 from 0900-1100

Basic Workshop

Call x4141 to register. Located at Fleet and Family Support Center
Transition GPS is mandatory and open to all military personnel.

Prior to registration, please complete Pre-Separation Counseling with your Command Career Counselor.

Are you . . .
- Separating within a year?
- Retiring within 2 years?
- A reservist?

April 9-13, 2018
FFSC, Bldg. 2135
0730-1630
POC- Joannemay Estoesta
Transition Counselor
x4329/x4141
RESUME BASICS

April 17
1400-1600

Please call 4141/4153 to register. Space is limited.
APRIL 18, 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
Stress Management 101

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

Thursday, April 19 from 0900-1100
Please call x4141 to register.
SMOOTH MOVE

PCS’ing in the next 4 months?
The Smooth Move Workshop will address move-related topics such as who pays what for your move, how to ship your personal property, what you should know BEFORE/AFTER your move, and more!

Thursday, April 19, 2018
1400-1600
Bldg. 2135
Please call 4141/4153 to register
Accessing Higher Education Track

*Must have completed TGPS 5-day workshop*

Going to college after the military?

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

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

*16 - 20 October, 2017
*22 – 26 January 2018
*09 – 13 April 2018
*16 – 20 July 2018

Capstone Events

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

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

**Naval Station**
Cynthia Roman
Angela Thompson
ombudsmannsgb@gmail.com
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

**Hospital**
Nikisha Hendricks
jm.gtmobudsman@gmail.com
www.facebook.com/NSGBJamaicanCommunity
Michelle Cerillo
GtmoFilombudsman2017@gmail.com
www.facebook.com/gtmoFilombudsman

Last updated
January 2018
An Ombudsman are a spouse or other family member of Naval Station Guantanamo Bay service member who has volunteered their time and effort to guiding other families through various problems that may arise from time to time.

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

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

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

Ombudsman fulfill the following roles:

• Serve as the primary communicator of information between the command and command families.

• Provide information and outreach to command family members. Interact and cooperate with organizations and military offices such as Fleet and Family Service Centers, chaplain’s office, medical treatment facilities, Navy-Marine Corps Relief Society, American Red Cross, and legal assistance offices. These organizations are valuable resources in obtaining assistance for command family members.

• Refer individuals in need of professional assistance to appropriate resources. Ombudsman may provide support to individuals and refer them for counseling. Counseling is not provided by Ombudsman.

• Act as an advocate for command family members by helping access the appropriate level of the chain of command for intervention and for the forwarding of appropriate requests/grievances while exercising confidentiality.
GROUPS AND ASSOCIATIONS

SUBMIT SLIDES TO:
usn.gtmo.navstagtmoaycu.mbx.nsgr-n00p-pao@mail.mil
Disney Mulan Jr.

March 23 and 24th—1900
W.T. Sampson Gymnasium

Admission is FREE
Donations gratefully accepted at door
Jeep & 4x4 Club
Trail Ride & Cookout

Saturday, 24 March 0845
Downtown Lyceum

POC: gtmojeep4x4@gmail.com
Join us at the NEX Atrium
Saturday 24 March 2018
11 am - 2 pm

Nevertheless,
she persisted:
Women who fight all forms of discrimination against
women.

- Scavenger Hunt with Prizes
- Live Wax Museum
- Food
- Multimedia Exhibits
- Live Readings

Point of contact for the event:
valerie.l.duchon.mil@mail.mil or x4809
Discover the **Unexpected!**

Gently used clothing, household items, military uniforms, books, toys & more.

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

All purchases & donations help fund scholarships, community events, & birth certificates.
COME ONE!! COME ALL!!

We are looking for helping hands. Stop by the store for more info.

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

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

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

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

COME CHECK OUT A MEETING EVERY 2ND AND 4TH WEDNESDAY OF EVERY MONTH AT 1900 AT CCC CAFÉ.
W.T. Sampson
Poetry Night
Hosted by the Senior Class

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

Where: W.T. Sampson School Gym
When: April 13, 2018
Time: 1800 – 2000
Who: Open to the Public
Admission: Donations Greatly Appreciated
Snacks and Drinks will also be available for purchase by donation
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!
WILL YOU SAVE A LIFE?

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

Scheduled date:
April 14, 2018  Saturday 0800-1300
Private Class dates for April available
*Fee must be paid when registering for class as this holds your spot as seats limited.

Price:
Certification:  $55 (Huge discount)

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

Learn or practice a foreign language. Language Discussion Group (LDG) at GTMO meets every Monday and Thursday at Chapel Annex Room 14. Languages offered are French, Spanish, Arabic, and Italian. It is free and you can join us any time. For more information contact LS2 Martinez at X8045.
CSADD
Coalition of Service Members Against Destructive Decisions

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

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

CHECK OUT OUR FACEBOOK PAGE!
Hey You!

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

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

For more information call: 757-907-0661
NSGB BOY SCOUT TROOP 435
Meets every Tuesday 1830-2000 at the Scout Hut (top of 6th Street Villamar housing)

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

For more info email: gtmoboyscouttroop435@gmail.com
RELIGIOUS MINISTRIES
INFORMATION

SUBMIT SLIDES TO:
usn.gtmo.navstagtmoabaycu.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
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
Thursday, March 29, 2018
1900 hrs
Troopers’ Chapel

MAUNDY THURSDAY

- CH Zachary Ashley, USA
APPLIED SUICIDE INTERVENTION SKILLS TRAINING
Workshop

Mar 13-14 (cancelled) Next one is March 27-28 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 27-28 MAR (0830-1630 both days)
Where: CHAPEL ANNEX – Room 7 (Fellowship Hall)

Pre-Registration: Required. Registration ends COB Mar 23
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)
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.
RELIGIOUS SERVICES

Naval Station Chapel

PALM SUNDAY MASSES- MAR 24TH 1730 and 25th AT 0900

HOLY WEEK MASSES- MAR 26TH -28TH 1730,

GOOD FRIDAY - MAR 30TH 1700 CATHOLIC /1930 PROTESTANT

CATHOLIC EASTER DAY MASS- APR 1ST AT 0900

Easter Sunrise Service – 01 April

0700 – Windmill Beach
RELGIOUS SERVICES

TROOPER CHAPEL
PALM SUNDAY SERVICES – 0900, MARCH 25TH

MAUNDY THURSDAY – 1930, MARCH 29TH

EASTER SUNRISE SERVICE – 01 APRIL

0700 – WINDMILL BEACH
<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Non-Denominational Service</td>
<td>0900</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Dave Ramsey-Financial Peace*</td>
<td>0900 &amp; 1830</td>
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<tr>
<td>Thursday</td>
<td>Worship Band Practice*</td>
<td>1730</td>
</tr>
<tr>
<td>Friday</td>
<td>Holy Smokes/ The Marina</td>
<td>1800</td>
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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**